



PBA
24/7 SHARP
Hotline
870-209-4093

PBA
SAFETY
GLANCE



- Safety Element for fiscal year 2018: Lost Day Case: 0.14 Award Goal: 0.57**
- * Lost time injuries for fiscal year 2018 is one. There are zero lost time injuries as of September 2018.**
- *Recordable injuries for fiscal year 2018 are nine. Recordable injuries are zero as of September 2018.**
- *Pine Bluff Arsenal days without a lost time injury is 138.**
- *Pine Bluff Arsenal days without a recordable injury is 56.**
- *Estimated hours worked without a lost time injury: 584,795**

IN BRIEF

Pine Bluff Arsenal will host a Hispanic Heritage Month luncheon Sept. 26 at 11:30 a.m., at the Army Reserve Center. Speaker will be Arsenal Commander Col. Luis A. Ortiz. Tickets are \$12 and must be purchased by Sept. 20. Lunch will be catered by El Parian Restaurant in White Hall. Points of contact for this event to purchase tickets are the Commanders office at 540-3004; Equal Employment Office at 540-3095; Welton Boyce at 540-2969 or Megan Booker at 540-3418.

ON THE INSIDE



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Timber!! Tree limb nearly falls on Headquarters Building



According to information from R.J. England with Pine Bluff Arsenal's Directorate of Public Works, no damage was caused when a large tree limb fell around 6 a.m., July 27 behind Pine Bluff Arsenal's Headquarters Building. England said the tree limb, which was dying, fell and nearly missed the building. For safety reasons, the damaged tree and one other tree were removed from the area. Rob Aikman, Luke Dickson and Fred Magnini, with DPW's Roads and Grounds Division, cut the trees down and ground the stumps. After a good rain, grass should grow over the stump area, said England. U.S. ARMY PHOTO BY HUGH MORGAN



Promotion to BG set for Letcher



The United State Senate confirmed the promotion of Col. Michelle M.T. Letcher, Commander of U.S. Army Joint Munitions Command, to the rank of Brigadier General July 31. This is a great honor for Letcher and demonstrates her continued dedication, leadership, and hard work for the Army and the Nation. The ceremony will be held Sept. 18. Time is still pending. U.S. ARMY PHOTO-JMC

PBA represented at recent Guard training

By Rachel Selby

Pine Bluff Arsenal was well represented in a training conducted by the 142nd Field Artillery Brigade with the Arkansas National Guard.

The annual training, an Emergency Deployment Readiness Exercise, was held during June at Camp Guernsey, Wy.

Capt. (P) Dallas Heltz, the Arsenal's Chief Legal Counsel, has been with the brigade for four years, and works as the unit's JAG or Judge Advocate. Heltz was promoted to major Sept. 8.

"As the brigade judge advocate, I serve the O6 commander and I am his personal JAG," he said. "I'm at the brigade level but assist the lower level battalions. As the JAG, I give all the legal advice to the O6 commander and battalion commanders. I assist in legal affairs for the entire brigade and I achieve this through another JAG and a paralegal plus there is an enlisted paralegal in all the battalions."

M485 illumination mortar rounds, produced at the Arsenal, were also used during the training exercise. According to Linda Wallace with the Arsenal's Directorate of Material Management, a replenishment shipment of approximately 150 M485s were sent to Wyoming at the end of June. In a phone conver-



Top photo, Capt. (P) Dallas Heltz gives the thumbs up as he poses with several M485 illumination mortar rounds in a tent during Operation Western Strike at Camp Guernsey, Wy. Heltz is the current chief legal counsel for Pine Bluff Arsenal. These rounds are produced at the Arsenal U.S. ARMY PHOTO PROVIDED BY DALLAS HELTZ

Bottom photo, M485 illumination mortar rounds are shot during Operation Western Strike, a recent training mission conducted by the 142nd Field Artillery Brigade, Arkansas National Guard, at Camp Guernsey, Wy. These mortar rounds are produced at Pine Bluff Arsenal. U.S. ARMY PHOTO-ARKANSAS NATIONAL GUARD

SEE OWS, PAGE 4

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.

Hails and Farewells

Hails

Sean M. Connelly, Mechanical Engineer, has joined the Directorate of Public Works, Engineering and Plans Division.

Teddy R Spivey, Firefighter (BLS/HAZMAT Technician), has joined the Directorate of Emergency Services, Fire Protection & Prevention Division.

David J. Pinell, Utility Systems Operator, has joined the Directorate of Public Works, Operations and Maintenance Division

Finis A. Martin, Supply Technician, has joined the Directorate of Material Management.

William Moore Jr., Chemical Equipment Repairer, has joined the Directorate of Chemical and Biological Defense Operations.

Peter Bethea, Mechanical Engineer, has joined the Directorate of Engineering and Technology.

Transfers

Millicent R. Hobson, Program Analyst, has transferred from the Directorate of Public Works to the Department of the Navy.

Joel S. Marriott, General Engineer, has transferred from the Directorate of Public Works to the United States Veterans Administration, North Little Rock, Ark.

Correction

Col. Michelle M.T. Letcher's name was printed wrong in the August Arsenal Sentinel. Letcher is the Commanding General of U.S. Army Joint Munitions Command.

GIG

Continued from Page 2

hefty tax bill because they'll owe the full amount at filing time.

If you don't want to be caught off guard at filing time, consider one of the following ways to prepare:

- **Save part of your contract income.** Knowing that you'll eventually have to pay taxes on the contract or freelance income you earn, you could set aside a portion of the money in a savings account as you receive it. An added financial benefit of doing this is that you could earn interest on the savings throughout the year.

- **Make estimated tax payments.** If you owe more than \$1,000 in taxes when you file your return, you may have to pay an additional penalty for underpaying your taxes throughout the year. To avoid this, you can make estimated tax payments online, by phone or by mail each quarter.

- **Increase your W-4(s) withholdings.** If you're an employee (as opposed to a contractor), the Form W-4 you fill out helps the company

determine how much money it should withhold and send to the IRS from each of your paychecks. When you start a new side gig, you can update your Form W-4 and change your withholdings based on your new total income.

To determine the correct withholdings, you can use the worksheet attached to the W-4 or try the free IRS tool online. Once you figure out the correct withholdings amount, fill out a new Form W-4 and give it to your company's HR department (or whoever manages your payroll). You can update your W-4 as many times as you want throughout the year.

Bottom line: There are many ways to get a side gig and earn extra money, and the new tax bill means many contract workers may be able to keep more of the money they earn. However, freelancers and contractors should still take steps throughout the year to avoid being caught off guard when they file a tax return next year.

CPAC Corner



How Do You Use ABC-C?

You can access EBIS from a government computer seven days a week, 24 hours a day through the ABC-C website at <https://www.abc.army.mil> with your Common Access Card (CAC). Click on "Employee Benefits Information System (EBIS)," then enter your Social Security number and EBIS PIN. To access EBIS from home, you must install a CAC reader. Information on CAC readers and installation instructions are available on the Army Knowledge Online (AKO) website at <https://www.us.army.mil>.

Customers in the 50 states can reach a Benefits Specialist by calling the toll-free number 1-877-ARMY CTR (1-877-276-9287). Overseas customers, see back of this brochure for toll-free numbers accessed through a commercial/civilian telephone. Benefits Specialists are available Monday through Thursday from 7:00 a.m. to 5:00 p.m. Central Time (CT). For additional information, visit the ABC-C website.

Injury Compensation

The Employees' Compensation Claims Filing Portal (ECOMP) can be accessed by visiting www.ecomp.dol.gov. Customers can reach an Injury Compensation Specialist by calling the toll-free number 1-866-792-7620. Injury Compensation Specialists are available Monday through Thursday from 7:00 a.m. to 5:00 p.m. Central Time (CT). For additional information, visit the ABC-C website.



dodea
DEPARTMENT OF DEFENSE
EDUCATION ACTIVITY



Overseas Toll-Free Numbers

Belgium	0800-78245
Germany.....	0800-1010282
Italy	0800-780821
Japan.....	00531-1-20378
Korea.....	00798-14-800-4766
Kuwait.....	1-877-276-9287
Netherlands.....	0800-0232739
Saudi Arabia.....	1-877-276-9287
United Kingdom.....	08-000857723

Army Benefits Center – Civilian
305 Marshall Avenue
Fort Riley, KS 66442-7005
1-877-276-9287

E Excellence Through Partnership



What can the
Army Benefits Center – Civilian
do for you?

The ABC-C provides automated benefits support to Army-serviced appropriated fund employees through the Employee Benefits Information System (EBIS), Employee Benefits Automated Tracking System (EBATS), and trained Benefits Specialists.

- **EBIS** is a web application that allows you to access general and personal benefits information and conduct electronic transactions using a computer. The system contains comprehensive information and personalized benefits statements.
- **EBATS** allows you the opportunity to see the status of your action(s) that are being processed by the ABC-C. You will be able to see a summary of your current benefits, and any open/closed benefit actions such as military/civilian deposits or redpositions, retirements, and retirement estimates.
- **Benefits Specialists** are knowledgeable on life and health insurance, Thrift Savings Plan, and retirement issues. They are available to assist you in completing your benefits transactions in EBIS.

Please note that EBIS and EBATS can only be accessed if you are logged in with your Common Access Card (CAC).

How Do You Get Your EBIS PIN?

Initially, your EBIS PIN will be the four-digit number equivalent to your month and year of birth (MMYY). For security purposes, once you access EBIS, you must change it to a new six-digit number. Your EBIS PIN will not expire.

Benefits

For Health Benefits, Life Insurance & Thrift Savings Plan services, you can:

- Log on to EBIS through the ABC-C website with your Social Security Number and EBIS PIN.
- Select the tab for the desired topic.
- Review general information available in each subject area.
- Review personal information from your records.
- Make changes to your benefits.
- Verify the action on your Leave and Earnings Statement (LES).

The ABC-C provides services in the following program areas:

- Retirement (Civil Service & Federal Employees Retirement Systems)
- Thrift Savings Plan (TSP)
- Federal Employees Health Benefits (FEHB)
- Federal Employees' Group Life Insurance (FGLI)
- Survivor Benefits
- Injury Compensation
- Unemployment Compensation

Pre-Retirement DCS Briefings:

The ABC-C hosts CSRS and FERS Pre-Retirement DCS briefings. Visit our website at <https://www.abc.army.mil> for more information.

ABC-C is good for you!

- Fast, easy access to current and complete benefits information.
- Automated system ensures accuracy.
- Convenience – You are in control of your benefits and entitlement transactions.
- Knowledgeable and trained Benefits Specialists available to provide assistance.

ABC-C VISION

The Army Benefits Center - Civilian strives to set the standard as a diverse, unified center through our attitudes, behaviors, communication and culture. We are committed to our values, resilient through our challenges and will demonstrate our dedication as caring civilian human resource professionals.

Timely Accurate
Efficient Beneficial
Automated Consistent
Modern Caring

How will you know if your transaction has processed?

Most transactions are processed overnight. You can verify your transaction by revisiting the website, accessing EBATS, or calling the ABC-C. You can also verify your transaction by reviewing your LES.

It Pays to Visit a Personal Financial Counselor (PFC)

- ✔ Are you interested in planning your financial future?
- ✔ Do you need financial peace of mind to better focus on the mission?
- ✔ Are you ready to boost your monetary might?



Take advantage of the no-cost, personal support services that PFCs offer and make the most of your money today as you develop your financial plan for the future.

Support and counseling services include face-to-face appointments with individuals and families, group presentations, referrals to military and community resources, support for family members during deployments, and help with budgeting, credit management and navigating benefits.

PFCs offer a wide range of training and workshops on topics such as money management, budgeting and developing spending plans, debt and credit card management, consumer rights and obligations, homebuying, retirement and estate planning, taxes and more.

PFCs are:

- Accredited professionals
- Available by appointment at your installation Family Center
- Flexible, providing their services one-on-one, at group briefings and at events

You work hard; let your budget reflect that hard work. Reach out to your installation's Family Center to make an appointment with a PFC who can help you develop a healthy financial future.

Follow the Office of Financial Readiness

- Facebook: <https://www.facebook.com/DoDFINRED>
- Twitter: <https://www.twitter.com/DoDFINRED>
- Instagram: <https://www.instagram.com/DoDFINRED>
- YouTube: <https://www.youtube.com/channel/UCq0MPnnQV4wVimcGH1i-TBQ>

Local Contact Information

This DoD information is shared by

Pine Bluff Arsenal

Army Community Service
870-540-3588



PINE BLUFF ARSENAL OBSERVANCE IN CELEBRATION OF

Hispanic Heritage Month

Hispanics: One Endless Voice
to Enhance Our Traditions

Wednesday, September 26, 2018

Army Reserve Center

1130hrs - 1230hrs

Deadline for ticket purchase: September 20, 2018

Distinguished Speaker



COLONEL LUIS A. ORTIZ
COMMANDER, PINE BLUFF ARSENAL

\$12
per ticket

Luncheon Menu
catered by El Parian Restaurant
Chicken and Steak Fajitas, Mexican Rice,
Refried Beans, Lettuce, Pico de Gallo,
Guacamole, Sour Cream
Chips and Salsa
Mexican Punch and Water

Ticket POCs with Extension:
Front Office - 3004
EEO Office - 3095
Welton Boyce - 2969
Megan Booker - 3418



Little Rock Air Force Base
AIR AND SPACE SHOW

THUNDER OVER THE ROCK

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27-28 OCTOBER

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FOR MORE INFORMATION VISIT US ONLINE: WWW.THUNDEROVERTHEROCK.COM

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Commander’s Column

This past Tuesday marked the 18th anniversary of the 9-11 attacks on our Nation. I hope everyone took a moment to reflect on the profound sacrifices of that day. We continue to remember those that died, as well as the military service members, civilians and contractors that have given their lives in Iraq, Afghanistan and elsewhere.

Pine Bluff Arsenal is an important part of our Nation's military. The products we make and maintain here save lives and protect our Soldiers. I know everyone here takes great pride in what they do on a daily basis.

The Arsenal's guiding values and expectations focus on excellence, responsiveness, leadership, accountability, communication and teamwork. We have a greater responsibility during this time to keep our expenses down, focus on being effective and efficient and retaining our critical manufacturing capabilities.

We need to ensure our products perform each and every time they are needed. We should apply a great focus on strategic issues, listen to our customers and showcase what we can do for them. A great example of our ability to do all of this was the production of the four millionth grenade without an incident since we started installing our own starter patches. That is



Col. Luis A. Ortiz

dependability and attention to detail. That is life for our military that depends on our products. Military personnel thank you and will continue to depend on your work.

A strategic transition workshop was held in August to further assist my transition as Arsenal commander, and to sharpen our strategic focus. The two-day workshop brought directors, office chiefs and other leaders from across the Arsenal workforce together to examine, brainstorm and develop strategies in dealing with challenges facing the Arsenal today.

The transition workshop provided me the opportunity to communicate my vision to the workforce. It allowed us to come together as a team and talk about the future of the Arsenal. The workshop did not just apply to what happens in the next two years, but allowed us to see how we prepare for the next 10 to 20 years down the road.

In early August, a

Protection Assessment and Fire and Emergency Services Operational Readiness Inspection (ORI) was conducted by U.S. Army Material Command. Nine critical tasks were evaluated and assessed. Eight were rated green and one amber. An action plan is being developed to address all the findings from the combined assessment and inspection.

September is National Suicide Prevention Awareness Month. Pine Bluff Arsenal's Army Substance Abuse Program/Employee Assistance Program will sponsor a two mile walk Sept. 15, 8 a.m., at the Jefferson Regional Medical Center Wellness Center in Pine Bluff. For information about this event, contact EAP at 540-3094.

As we continue into September, we are now past Labor Day. School is in full swing. The weather continues to be unpredictable with storms and heat. Please continue to stay mindful of the daily weather changes and heat index updates sent out by DES. Take scheduled breaks, limit outdoor work during hot times during the day and stay hydrated. Continue to watch out for your teammates and be safety conscious.

Team Pine Bluff is all of us. In order for this Arsenal to be successful and continue to operate, it takes all of us to do our part. Our part

includes being accountable for all of our actions and ensuring that we pay attention to whatever we are doing whether it is working, walking, running, riding, or driving. I mention this because I have observed that there are times as I ride throughout the installation there is trash on the side of the road and in many cases this trash is new soda cans or plastic bottles. I ask myself why? Why would a person want to discard a soda can or anything instead of taking it to the trash? My immediate thought goes to the fact that the driver or passenger was distracted, and tossed the can or bottle because he/she was thinking of something else.

So I ask that all of us pay attention to our driving, while driving. Do not talk on the cell phone, do not read text or email, do not speed (pay attention to your speed gauge), in other words, just concentrate on driving. Please do not throw trash out of your vehicle.

I chose the trash example because it is the most basic example. If you treat that particular situation without regard for anyone else, than what else are you neglecting? We work in an installation that has inherent dangers. We cannot afford to lose a member of our team for lack of concentration.

Thank you for what you do every day.

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 representatives 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.

This 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 all.

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 of our conduct have not.

Online misconduct is misconduct -wherever, whenever, and however it occurs. Whether in the form of online harassment, 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, 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, Post."

Social Security

Medicare Explained

By Tonya Cater

Social Security Public Affairs

Social Security and Medicare have a few things in common. Both programs help safeguard millions of Americans as well as improve the quality of life for our family and friends. Although both programs are household names, many people may not be familiar with the details of Medicare.

Medicare is our country's health insurance program for people age 65 or older. The program helps with the cost of health care, but it doesn't cover all medical expenses or the cost of most long-term care.

You have choices for how you get Medicare coverage. If you choose to have original Medicare coverage, you can buy a Medicare supplement policy (called Medigap) from a private insurance company to cover some of the costs that Medicare does not.

Medicare has four parts:

- **Medicare Part A (hospital insurance)** helps pay for inpatient care in a hospital or skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care.
- **Medicare Part B (medical insurance)** helps pay for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment, and some preventive services.
- **Medicare Part C (Medicare Advantage)** in-

cludes all benefits and services covered under Part A and Part B. Some plans include Medicare prescription drug coverage (Medicare Part D) and other extra benefits and services.

• **Medicare Part D (Medicare prescription drug coverage)** helps cover the cost of prescription drugs. Some people with limited resources and income may also be able to get Extra Help with the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. The Extra Help is estimated to be worth about \$4,900 per year. You must meet the resources and income requirement.

Medicare's different parts are further explained in our publication at www.socialsecurity.gov/pubs/EN-05-10043.pdf.

If you can't afford to pay your Medicare premiums and other medical costs, you may be able to get help from your state. States offer programs for people eligible for or entitled to Medicare who have low income. Some programs may pay for Medicare premiums and some pay Medicare deductibles and coinsurance. To qualify, you must have Medicare Part A and have limited income and resources.

You can learn more about Medicare, including how to apply for Medicare and get a replacement Medicare card, at www.socialsecurity.gov/benefits/medicare.

Practical Money Matters

Gig economy more enticing with new tax bill

Editor's note: This article and the recommendations included within it are provided for informational and educational purposes only and should not be relied upon for tax, legal, regulatory or other advice. Recommendations should be independently evaluated by a tax professional in light of your specific needs and any applicable laws and regulations. Neither Visa nor Mr. Norton is responsible for your use of the recommendations or other information, including errors of any kind, contained in this document.

By Hugh Norton
Practical Money Skills

Whether they're renting out a spare room, driving others, delivering food or prod-

ucts, selling crafts or offering services online, many people are trying to find new and interesting ways to make money outside of their nine-to-five jobs. Some turn to online platforms that connect contractors with work and others are creating their own small businesses. Either way, a side gig can help you make ends meet or provide you with extra spending money.

The idea of joining the "gig economy" may be even more enticing for some after the passage of the Tax Cuts and Job Act (the new tax bill), which offers some contractors and business owners a tax break if they meet certain outlined criteria. Even if you're eligible for the new deduction, you should still plan ahead

to avoid a surprise next tax season.

What does the new tax bill offer freelancers and contractors? In short, you may be able to deduct 20 percent of the net income (your income after expenses) you earn as a sole proprietor or contractor. Owners of a pass-through entity, such as an S-corporation or limited liability company (LLC), could also be eligible.

The deduction doesn't apply to income you earn as an employee of a temp company, even if you've moved from one short-term gig to another. And there are exceptions for high-income earners. But many people who work a regular job and have a side gig, or even a few side gigs, could be eligible.

Freelancers and contractors still have to pay taxes. The new deduction could help limit how much you'll owe when you file a tax return next year. However, even if you are eligible for the deductions, your net income will likely still be subject to income taxes – you should consult a tax professional for further information. You could also have to pay Social Security, Medicare and self-employment taxes on all your earnings (including the deductible portion).

Unlike income earned as an employee, when you work as an independent contractor, taxes generally aren't taken out of your paychecks. As a result, contractors could face a

Arsenal Sentinel



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Cheryl Avery, Public Affairs Officer
Rachel Selby, Editor
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Stan Nelson, Webmaster



Lakita Cato
Pine Bluff Commercial
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GateHouse Media, Printer

This newspaper is an authorized publication for members of the U.S. Army. Contents of the Arsenal Sentinel are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of Army or the Pine Bluff Arsenal. It is published monthly using the offset method by the Public Affairs Office of the Pine Bluff Arsenal. Address mail to: Editor, AMSSB-OPB-IN, 10020 Kabrich Circle, Pine Bluff, AR 71602-9500. Telephone: 870-540-3421 or DSN 966-3421. Printed circulation: Approximately 1,200. The appearance of advertising in this publication including inserts or supplements does not constitute endorsement by the Department of Army or Gate House Media, of the products or services advertised. All editorial content of the Arsenal Sentinel is prepared, edited, provided and approved by the Public Affairs Office of the Pine Bluff Arsenal. The Sentinel is printed by Gate House Media, a private firm in no way connected with the Department of Army, under exclusive written contract with the Pine Bluff Arsenal. The civilian printer is responsible for all commercial advertising. Universal Resource Locator: <http://www.pba.army.mil>.

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.**

Lachowsky joins Business Ops

By Rachel Selby

A new engineer joined Pine Bluff Arsenal's Directorate of Business Operations in June and has been assigned to the task of overseeing public and private partnerships for the installation.

Zach Lachowsky comes to the Arsenal fresh out of college, graduating in May from Arkansas Technical University in Russellville, Ark. "I was hired in as a general engineer but have also been doing some junior project management work since I've been here," he said. "Most of my tasks have been centered on public/private partnerships."

Originally from Ozark, Ark., Lachowsky has a Bachelor of Science in Mechanical Engineering and an Associates of Science in Nuclear Technology. He currently lives in Bryant, Ark.

"It has been a bit of a learning curve for me in the area of public/private partnerships. It wasn't something I knew much about, however, I have already traveled and had the



Zach Lachowsky

opportunity to talk to some potential partners," he said. "Part of these opportunities are about developing strategies with the various corporations."

Lachowsky also had the chance to participate in a two-day Industry Day event June 7. The event brought more than 124 attendees together and was organized by the Arsenal and the Joint Program Executive Office for Chemical, Biological, Radiological and Nuclear Defense. Approximately 46 chemi-

cal and biological defense companies were represented.

"Industry Day was during my second week here. It was good visibility and being able to sit down and have one-on-one conversations with the companies was great," he said.

As a junior project manager, Lachowsky has been providing support to Justin Lieber and Jordan Freer, project managers for Business Operations.

"I was recently assigned my first project which involves the creation of two prototypes for a Nuclear, Biological, Chemical Reconnaissance Vehicle. This is a variant of the Stryker vehicle – which is an eight-wheeled armored fighting vehicle," he said. "The prototypes are scheduled right now for fiscal year 2021."

Lachowsky also served in the U.S. Army for three and a half years. "When I got out of high school, I joined the Army with the infantry," he said. "I did a tour in Iraq and Jordan during the draw down period around 2011."



Capt. (P) Dallas Heltz poses for a selfie during Operation Western Strike. Heltz was promoted to major Sept. 8. Look at that beautiful Wyoming land and sky in the background. U.S. ARMY PHOTO BY DALLAS HELTZ

OWS

Continued from Page 1

sation with Chief Warrant Officer 3 Travis Reinhardt, whose office supported the training in Wyoming, the rounds sent from PBA will be expended during future artillery unit trainings.

"The mobilization for this training included rail movement of the entire brigade for the first time since Desert Storm. The destination just happened to be Wyoming," said Heltz. "The 142d is a contingency brigade and has to be ready to go at a 30-day notice. This mean the unit has to be operating on the ground within the 30-day time frame. This includes the load and unload – pretty much everything."

He explained that it would be similar to him moving his office across post and cataloging what it took to do the move. "We would know how many boxes each desk area took, etc.," he said. "If we ever had to do something similar in the future, we could do it super-fast and know what assets would be needed."

According to information from the Arkansas National Guard Public Affairs Office, the rail operations for Operation Western Strike were conducted at Fort Chaffee, Ark., near Fort Smith. Approximately 100 Soldiers from across the brigade participated in the movement of the equipment, and approximately 900 vehicles were loaded onto flatbed trucks and rail cars during the operation.

Heltz said there are two main areas that take up the majority of duties with the brigade, one of which includes personnel. "This is very similar to what I do at the Arsenal," said Heltz. "The second major demand is operational law. As the JAG, I think op law is a neat and fun area because you are applying the law of armed conflict, international/na-

tional law, etc. There are just so many lanes there. I'm there to answer the commander's questions within those lanes."

The Soldiers are so incredibly well-trained and sophisticated, said Heltz. "They want to follow the law. They want to make sure because seconds matter," he said. "Sometimes we are so deep into the exercise that things are understood and full sentences of explanation are not even needed. Facts matter during armed conflict."

The exercise operations in Wyoming took approximately 20 days, said Heltz. "I've really enjoyed being a part of this unit," he said, explaining that he is being promoted out of the brigade. "I am becoming the chief of domestic operational law for the state of Arkansas. This is the guard's domestic mission side – which includes disaster response. However, if the 142d deploys I will deploy with them."

Battalions from Alabama and Tennessee were also part of the exercise.

At the conclusion of the exercise in Wyoming, the 142d FAB Commander Lt. Col. (P) Nick Jaskolski, said he was incredibly proud of the Soldiers. "The Soldiers here are tied to a broader network – their families and employers. Without the support of their employers and especially the families, there is no way we would be able to accomplish what we did," he said during a Facebook video created by the PAO. "I'm continually humbled by the sacrifices the Soldiers make, and even more important the sacrifices of the family, as well as the understanding of the employers. The employers give that Soldier time to complete their training to be ready. That is something that is so incredibly important."


Achievement Medal



Shane Marriott was presented a U.S. Army Achievement Medal for Civilian Service by Steve Redman, Director of Material Management, for his contributions to the Arsenal as the Energy Manager. Marriott has been serving as the program manager in multiple energy reduction projects. The Arsenal now boasts to be the top fifth performer in all of U.S. Army Materiel Command's 22 reporting installations in reduction of energy use intensity against a fiscal year 2015 baseline with a 14.3 percent reduction. In addition, water use for the Arsenal saw a 66.3 percent reduction from a 2007 fiscal year baseline ranking the installation seventh in the 22 AMC reporting installations. Marriott, who recently transferred to the Veterans Administration in North Little Rock, Ark., had 18 years of dedicated service to the Arsenal. U.S. ARMY PHOTO



Top photo, Carla Easterling with Pine Bluff Arsenal's Recreation Services and Debbie Johnson, bottom photo, with Child and Youth Services were recognized recently with a Thanks-A-Million Certificate by Missy Brodnax, director of Family Morale, Welfare and Recreation, for demonstrating the U.S. Army Installation Management Command principles of Service, Excellence, Respect, Vision, Integrity, Communication and Empowerment. U.S. ARMY PHOTO-MWR



2nd Annual Cabot Civil War Muster


On the grounds of Change Point Church
3525 AR-89, Cabot, Arkansas

October 5th-7th, 2018

Hosted by: 1st Michigan Battery G

Come spend a day back in time as we bring history to life!

Battle of Whitney's Lane & Battle of St. Charles



ABOUT US

The Cabot Civil War Muster is a FREE, annual event that reenacts battles and skirmishes from around the Great State of Arkansas that might otherwise be forgotten to time.

This years program takes us back to 1862

Battle of Whitney's Lane & Battle of St. Charles

History comes alive each day with:

- *Military and Civilian Encampments*
- *Battlefield Reenactments*
- *Blacksmith and Sutlers Row*
- *Local Civil War Artifacts on display*

Saturday evening

- *Artillery Night Fire and Candlelight programs* and new this year...
- *The Cabot Military Ball*

Dress your best or come as you are! The public is welcome to join in or just enjoy the atmosphere as we dance to the music of the period.

Our School Days Program will be held Friday October 5th

For more information regarding our school days program or taking part in our event, please contact Grace at:

(989) 297-2768

or
batteryg@hotmail.com

Sponsored by the:

Cabot A&P Commission

local businesses and personal contributions

Achievement Medals



Cameron Funderberg, engineering intern, was presented a U.S. Army Achievement Medal for Civilian Service by Pine Bluff Arsenal Commander Col. Luis Ortiz during a staff meeting in August. Funderberg was recognized for his exceptional service to the Arsenal from May 29 to Aug. 30. His internship supported various Directorates with projects of key importance to our customers. His work included support of the M1121 start up, white phosphorus filling operation and validation of Lightning Protection Systems on the installation.



Colby Vestal, engineering intern, was presented a U.S. Army Achievement Medal for Civilian Service by Pine Bluff Arsenal Commander Col. Luis Ortiz during a staff meeting in August. Vestal was recognized for his exceptional service to the Arsenal from May 29 to Aug. 30. His internship supported various Directorates with projects of key importance to our customers. His work included support of the M819 81mm red phosphorus smoke mortar, M18 colored smoke grenade, M8 smoke pot and the Clothing and Textile production lines.



Davis R. Harp, engineering intern, was presented a U.S. Army Achievement Medal for Civilian Service by Pine Bluff Arsenal Commander Col. Luis Ortiz during a staff meeting in August. Harp was recognized for his exceptional service to the Arsenal from May 29 to Aug. 30. His internship supported various Directorates with projects of key importance to our customers. His work included support of Countering Weapons of Mass Destruction kitting.



Perry Doles, engineering intern, was presented a U.S. Army Achievement Medal for Civilian Service by Pine Bluff Arsenal Commander Col. Luis Ortiz during a staff meeting in August. Doles was recognized for his exceptional service to the Arsenal from May 29 to Aug. 30. His internship supported various Directorates with projects of key importance to our customers. His work included support of the white phosphorus fill line, M295 Decontamination kit and Large Filter Production lines.



Skylar Redman, engineering intern, was presented a U.S. Army Achievement Medal for Civilian Service by Pine Bluff Arsenal Commander Col. Luis Ortiz during a staff meeting in August. Redman was recognized for his exceptional service from May 29 to Aug. 30. His internship supported various Directorates with projects of key importance to our customers. His work included inspection of Lightning Protection Systems in the Bomb Storage Area and support of Patient Protective Wraps.

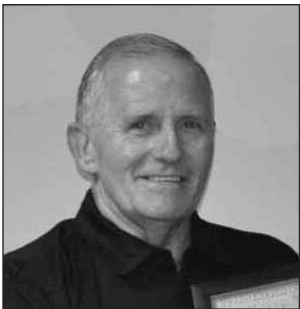


Col. Luis Ortiz, commander of Pine Bluff Arsenal, Holston and Radford Army Ammunition Plants, visits with members of the government staff at Holston Army Ammunition Plant Aug. 13. U.S. ARMY PHOTO BY KATHY COLE-HSAAP

Ortiz visits Holson Army Ammo Plant

By Kathy O. Cole
HSAAP Public Affairs

Holston Army Ammunition Plant welcomed Col. Luis Ortiz, Commander of Pine Bluff Arsenal, Holston and Radford Army Ammunition Plants Aug. 13. Ortiz assumed command July 19, and this was his first visit to Holston. Ortiz was greeted by Joseph Kennedy, Commander's Representative, and met with the government staff. During his visit, Ortiz presented Gene



Gene Faxon

Faxon, HSAAP's Safety manager, his certificate of completion of his CP-12 Explosives Safety Professional Level 2 certificate. He discussed with the staff his

priorities for Holston and the direction for the future. Ortiz received a plant tour which highlighted the HSAAP's ongoing modernization projects. Holston AAP is a Government-Owned, Contractor- Operated facility located in Kingsport, Tenn. BAE Systems is the current operating contractor. Since 1942, Holston has produced explosives in support of the Department of Defense. Holston AAP is a subordinate installation of the Joint Munitions Command. JMC operates a nationwide network of conventional ammunition manufacturing plants and storage depots, and provides on-site ammunition experts to U.S. combat units wherever they are stationed or deployed. JMC's customers are U.S. forces of all military services, other U.S. government agencies and allied nations.

Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

- High temperature and humidity, direct sun exposure, no breeze or wind
- Heavy physical labor
- No recent exposure to hot workplaces
- Low liquid intake
- Waterproof clothing

Symptoms of Heat Exhaustion

- Headache, dizziness, or fainting
- Weakness and wet skin
- Irritability or confusion
- Thirst, nausea, or vomiting

Symptoms of Heat Stroke

- May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
- May stop sweating

To Prevent Heat Illness:

- Establish a complete heat illness prevention program.
- Provide training about the hazards leading to heat stress and how to prevent them.
- Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.

OSHA 3154-ORR 2017

For more information:
OSHA Occupational Safety and Health Administration
www.osha.gov (800) 321-OSHA (6742)

- Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.
- Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).
- Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.
- Consider protective clothing that provides cooling.

How to Protect Workers

- Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.
- Block out direct sun and other heat sources.
- Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.
- Avoid beverages containing alcohol or caffeine.
- Wear lightweight, light colored, loose-fitting clothes.

What to Do When a Worker is Ill from the Heat

- Call a supervisor for help. If the supervisor is not available, call 911.
- Have someone stay with the worker until help arrives.
- Move the worker to a cooler/shaded area.
- Remove outer clothing.
- Fan and mist the worker with water; apply ice (ice bags or ice towels).
- Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

For more information:
OSHA Occupational Safety and Health Administration
www.osha.gov (800) 321-OSHA (6742)

Cool Breezes Menu

<p>SALADS!</p> <p>All salads are served with crackers, croutons, and one dressing.</p> <p>Chef Salad \$5.50</p> <p>A blend of iceberg and romaine lettuces, with carrots and cabbage. Add in some diced tomatoes, cheese and diced ham. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.</p> <p>Crispy Chicken Salad \$6.50</p> <p>A blend of iceberg and romaine lettuces, with carrots and cabbage. Add in some diced tomatoes, cheese and chopped fried chicken tenders. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.</p> <p>Ranch, Thousand Island, and Lite Italian dressings available</p> <p>CHICKEN!</p> <p>Chicken Strips (3) \$3.25</p> <p>Combo (with fries) \$4.25</p> <p>Crispy Chicken Sandwich \$4.25</p> <p>Combo (with fries) \$5.25</p> <p><small>*Add 1/2 Buffalo Sauce on your chicken!</small></p> <p>Seasonal/Variational Items</p> <p>Cottage Cheese and Fruit \$3.25</p> <p>Fruit Plate \$2.75</p> <p>Homemade Taco Soup \$3.25</p> <p>Chicken and Dumplings \$3.50</p> <p>Homemade Potato Soup \$3.25</p> <p>Pound Cake \$1.75</p> <p>Combireid \$0.50</p>	<p>1/3 LB BURGERS!</p> <p>Hamburger \$4.25</p> <p>Combo (with fries) \$5.25</p> <p>Cheeseburger \$4.50</p> <p>Combo (with fries) \$5.50</p> <p>OTHER ITEMS!</p> <p>Country Fried Steak Sandwich \$4.50</p> <p>Combo (with fries) \$5.50</p> <p>Philly Cheesesteak \$4.00</p> <p>Combo (with fries) \$5.00</p> <p>Patty Melt (Burger patty on Rye with Swiss and onions) \$3.50</p> <p>Combo (with fries) \$4.50</p> <p>Polish \$3.00</p> <p>Combo (with fries) \$4.00</p> <p>Hot Dog \$1.50</p> <p>Combo (with fries) \$2.50</p> <p>Frito Pie \$3.50</p> <p>Nachos \$3.00</p> <p>Fries (Regular or seasoned) \$1.35</p> <p>Onion Rings \$1.50</p> <p>Mozzarella Sticks (4) \$3.00</p> <p>Jalapeno Mozzarella Sticks (4) \$3.00</p> <p>Jalapeno Cheddar Bites (5) \$1.30</p> <p>Fried Pickles \$2.50</p> <p>Fried Green Beans \$2.50</p> <p>BreeryDog \$2.50</p> <p>Jalapenos, Pickles, onions and tomatoes \$3.00</p> <p>Bacon, Egg & Cheese Sandwich \$2.85</p> <p>4 Slices of Bacon, Cheese, and one egg</p> <p>BLT Sandwich \$2.85</p> <p>4 Slices of Bacon, Lettuce, Tomato</p> <p>Egg & Cheese Sandwich \$1.75</p> <p>Grilled Cheese \$1.50</p> <p>2 slices of cheese on white bread</p> <p><small>Ask for American or Swiss Cheese!</small></p>	<p>EXTRAS!</p> <p>Slice Cheese \$0.25</p> <p>Nacho Cheese \$1.00</p> <p>Chili \$1.00</p> <p>Jalapenos \$0.25</p> <p>Extra Meat \$1.50</p> <p>Bacon (2 slices) \$0.75</p> <p>Condiments \$0.50</p> <p>Salad Dressing \$0.50</p> <p>One Egg \$0.50</p> <p>Candy Bars \$0.85</p> <p>Chips \$0.60</p> <p>MORE SEASONAL ITEMS</p> <p>Pizza Stick \$2.00</p> <p>Pickles in a Pouch \$1.25</p> <p>Ice Cream Cups \$0.60</p> <p>Vanilla, Chocolate</p> <p>Strawberry Shortcake \$1.75</p> <p>Ice Cream Sandwich \$1.50</p> <p>Fudge Bars \$1.00</p> <p>Slushies \$1.25</p> <p>DRINKS!</p> <p>Coca Cola \$1.75</p> <p>Diet Coke \$1.75</p> <p>Dr. Pepper \$1.75</p> <p>Mt. Dew \$1.75</p> <p>Sprite \$1.75</p> <p>Powernades \$1.50</p> <p>Water \$1.40</p> <p><small>Call in your order ahead of time!</small></p> <p><small>(870) 540 - 3777</small></p> <p><small>Full Menu Monday - Thursday 1030-1230</small></p>
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EAP Corner

Be There

Courtesy of Pine Bluff Arsenal's Employee Assistance Program

September is Suicide Prevention Month. The National Suicide Prevention theme for this year is “Working Together to Prevent Suicide”, and the Army’s theme for this year is “Make It Your Mission to #Be There”.

Suicide prevention remains a universal challenge. Globally every year, suicide is among the top 20 leading causes of death for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds.

Every life lost represents someone’s partner, child, parent, friend or colleague. For each suicide, approximately 135 people suffer intense grief. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide, and also encompass suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide, (*Robert D. Goldney, 2018*).

More than four times as many men as women die by suicide; but women attempt suicide more often during their lives than men. Suicide rates are highest among the elderly, particularly older white males. Over 70 percent of older suicide victims have visited their primary care physician within the month of their death, and many did not tell their doctor that they were depressed nor did the doctor detect depression symptoms.

Firearms are the most common means by which people take their lives. Other common methods include overdose of medication, asphyxiation, and hanging. Warning signs that an individual is imminently planning to kill him or herself may include the making of a will, getting his/her affairs in order, sud-

denly visiting or writing letters to loved ones, buying instruments of suicide, experiencing a sudden change in mood, or writing a suicide note. Many people who complete suicide do not tell any health professional of their intent in the months before they do so. If they communicate a plan to anyone, it is more likely to be a friend or family member.

People consider suicide when they are feeling hopeless and cannot see other options for solving problems. Sometimes when people are extremely distressed they believe that suicide is their only option. Individuals who contemplate suicide are not “crazy”. Often suicidal people feel terribly isolated and because of their distress they may not believe that they can turn to someone for help furthering the isolation.

Suicidal behavior is often related to psychiatric disorders, such as depression, substance use, or borderline personality disorder. Suicidal behavior is more likely to be experienced by individuals who have suffered losses or extremely stressful events.

While there is no one best measure to predict the potential for someone to attempt suicide, there are several factors that place individuals at greater risk, (*2018, Be There*).

- Other risk factors include:
- Previous suicide attempt(s),
 - History of mental disorders, particularly depression,
 - History of alcohol and substance abuse,
 - Family history of suicide,
 - Family history of child maltreatment,
 - Feelings of hopelessness,
 - Impulsive or aggressive tendencies,
 - Barriers to accessing mental health treatment,
 - Loss (relational, social, work, or fi-

NAME _____ OFFICE SYMBOL _____

Word Search Rules and Info. Rules: Locate the given words in the grid, running in one of the possible directions horizontally, vertically, or diagonally.

BE THERE

D S S E R T S I D C A U J I V	ARMY
G T Z A C O H M F F H E R S Y	SUICIDE
I O R M H N K T M W X Z X O L	IDEATION
D K P R E V E N T I O N K L I	FIREARMS
E X B G S R E D R O S I D A M	ASPHYXIATION
A R Q M S E S N L H B L N T A	HOPELESSNESS
T R T K F F X Q S E G C B I S	LETHAL
I Y K K N A Y V H J T C P O U	ISOLATION
O A M P Z S D A W R S H X N I	DISTRESS
N O I R B I V G J G C Z A M C	BEHAVIOR
N O I T A I X Y H P S A M L I	PREVENTION
I L J J O C H G I G O S G X D	DISORDERS
E P G R D X U J N D W B Z H E	
U R S S E N S S E L E P O H F	
K X F I R E A R M S T J F F Y	

- nancial),
- Physical illness,
 - Easy access to lethal methods,
 - Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts,
 - Cultural and religious beliefs for instance, the belief that suicide is a noble resolution of a personal dilemma,
 - Local epidemics of suicide
 - Isolation, a feeling of being separate from other people.

We acknowledge all who experience the challenges of suicidal ideation, and those who have lost loved ones through suicide. Always remember there should be no shame in seeking support and help when things overwhelm you. Also remember, the Arsenal’s Employee Assistance Program staff is available to support you in developing or revising a self-care plan that is unique to your goals. We are housed in Building 13-040 and can be reached at 870-540-3094.

Safety Corner

Think Safe, Do Safe

Courtesy of Safety Division, Pine Bluff Arsenal Directorate of Risk Management and Regulatory Affairs

Workplace hazards are all around us. Some are easily seen while others are less obvious. Some employees are highly-trained and professionally experienced enough to solely focus their job responsibilities on recognizing potential hazards. Many other positions are not centrally focused on identifying safety concerns. How can you better control the hazard recognition in your workplace? It’s all centered on employee involvement.

Imagine yourself in a training classroom speaking to your employees and you ask them, “What does safety truly mean?” Some might say, “Staying safe while working” or maybe “Staying up-to-date with OSHA standards.” These answers are correct, but do they truly convey the core meaning of safety to your employees?

Safety means getting employees home the same way they arrived. That requires everyone to be thinking safe, and doing safe. It’s preventative maintenance, just like everything else. Take for example your vehicle. Oil needs to be changed or the engine will eventually fail. Tires and brakes need to be replaced every so often in order to prevent an accident. Things need to be checked and maintained daily or you run the risk of failure. The same goes with safety in the workplace; it is a daily concern that requires constant attention. Some daily safety concerns might include the required fall protection when working above certain heights or the personal protective equipment that is necessary to protect your eyes, hands and feet. If your safety equipment is not properly maintained, like your car, it will eventually fail and cause an accident.

Each year, nearly 5.7 million non-fatal accidents occur in the workplace and approximately 6,000 workplace fatalities are reported. The Occupational Safety and Health Administration is responsible for worker safety and health protection, recording annual fatality and injury statistics and passing regulations and directives to reduce those numbers each year. Workplace hazards could be reduced by applying some in-house safety programs and staying current with the most up-to-date recordkeeping.

How can we get employees on board with workplace safety? It’s all centered on employee involvement. Not involving your employees with the development and maintenance of the safety culture you’re trying to achieve is like overlooking a check engine light or ignoring the concerns of your mechanic. By involving em-

ployees in safety efforts you will empower them to think safe, do safe. Three ways to involve your employees with safety are: safety team leaders, safety committee meetings, and employee incentives.

Safety professionals might wish they could be everywhere at all times, but this is just not possible. Implementing safety team leaders can help safety managers with issues related to this inability to be everywhere at once. Selecting experienced field workers with strong, hands-on safety knowledge to be leaders will help spread awareness to other employees about safety. Safety team leaders will have a sense of ownership with their additional roles and responsibilities associated with their job description.

Implementing a safety committee within your company is a great way to get employees involved in various safety topics. An optimal membership within your committee would include management, safety professionals, safety team leaders and a field representative from every department. The committee would allow members to share ideas, raise safety awareness and voice employee safety concerns.

By involving management, safety team leaders and field representatives, a safety committee can achieve great improvements to overall safety. Committees allow groups to share thoughts and learn from each other’s experiences while also spreading a wealth of beneficial resources. They provide the opportunity to focus on processes and policies that are working well and those which are not. This strategy helps foster a safety culture that develops values in achieving and promoting better overall safety and wellness within your company.

Behavior-based training is a proven method for creating habits of right and wrong. Rewarding your employees for safe work practices will encourage workers to continue working safely. Most companies make it clear there are disciplinary actions for unsafe behaviors but might overlook the importance of also recognizing good behaviors.

Safety team leaders will be encouraged to guide field employees in performing their jobs responsibly in effort to receive the employee incentives. However, it is important to keep the entire team on top of the subject and have a balance of disciplinary action. The balance is to ensure that employees don’t hide or skew statistics of certain safety hazards and/or accidents in hopes of still receiving an incentive. Employee incentives require everyone understand the true meaning of the reward associated with safe behaviors.

SHARP

Sexual Harassment

Assault

Response & Prevention

U.S. ARMY

I.A.M. STRONG

preventsexualassault.army.mil

PINE BLUFF ARSENAL SHARP REPRESENTATIVES

24/7 DoD Safe Helpline:

1-877-995-5247 PBA SHARP 24/7

Hotline: 870-209-4093

Mrs. Damaris Powe
INSTALLATION LEAD SARC
OFFICE: 870-540-3092
E-mail: damaris.powe@army.mil
BLDG 13-040

Mrs. Barbara Smith
COLLATERAL DUTY SARC
OFFICE: 870-540-3364
E-mail: barbara.smith295.civ@mail.mil
BLDG 34-161

Mrs. Cynthia Hahn
COLLATERAL DUTY SHARP/VA
OFFICE: 870-540-3479
E-mail: cynthia.hahn@army.mil
BLDG 23-390

Sexual Assault Reporting Options:

Restricted Reporting: Confidentiality is maintained, focus is on getting the victim help. Can only report to the Sexual Assault Response Coordinator (SARC), Victim Advocate (VA), or medical personnel. A Chaplain will only report to above personnel if written consent is given by the victim. The victim receives medical treatment and support services without initiating an investigation. Reporting sexual assault to any agency or individual not listed above may result in an unrestricted report.

Report confidentially to:

- * SARC/SHARP Specialist
- * VA/SHARP Specialist
- * Healthcare Provider

Eligibility:

- * Soldiers
- * Military dependents 18 years of age or older

Unrestricted Reporting: Report to anyone above or your Chain of Command, SARC, VA, Medical Provider, Local Police, Law Enforcement, CID, 911. The victim receives medical treatment and support services, an investigation is launched and the Chain of Command is notified.

Eligibility:

- * Soldiers
- * Military dependents 18 years of age or older
- * DoD Civilians
- * U.S. Contractor personnel when authorized to accompany Armed Forces in a contingency operations OCONUS.

NOT IN MY SQUAD.
NOT IN OUR ARMY.
WE ARE TRUSTED PROFESSIONALS.

As of August 2018

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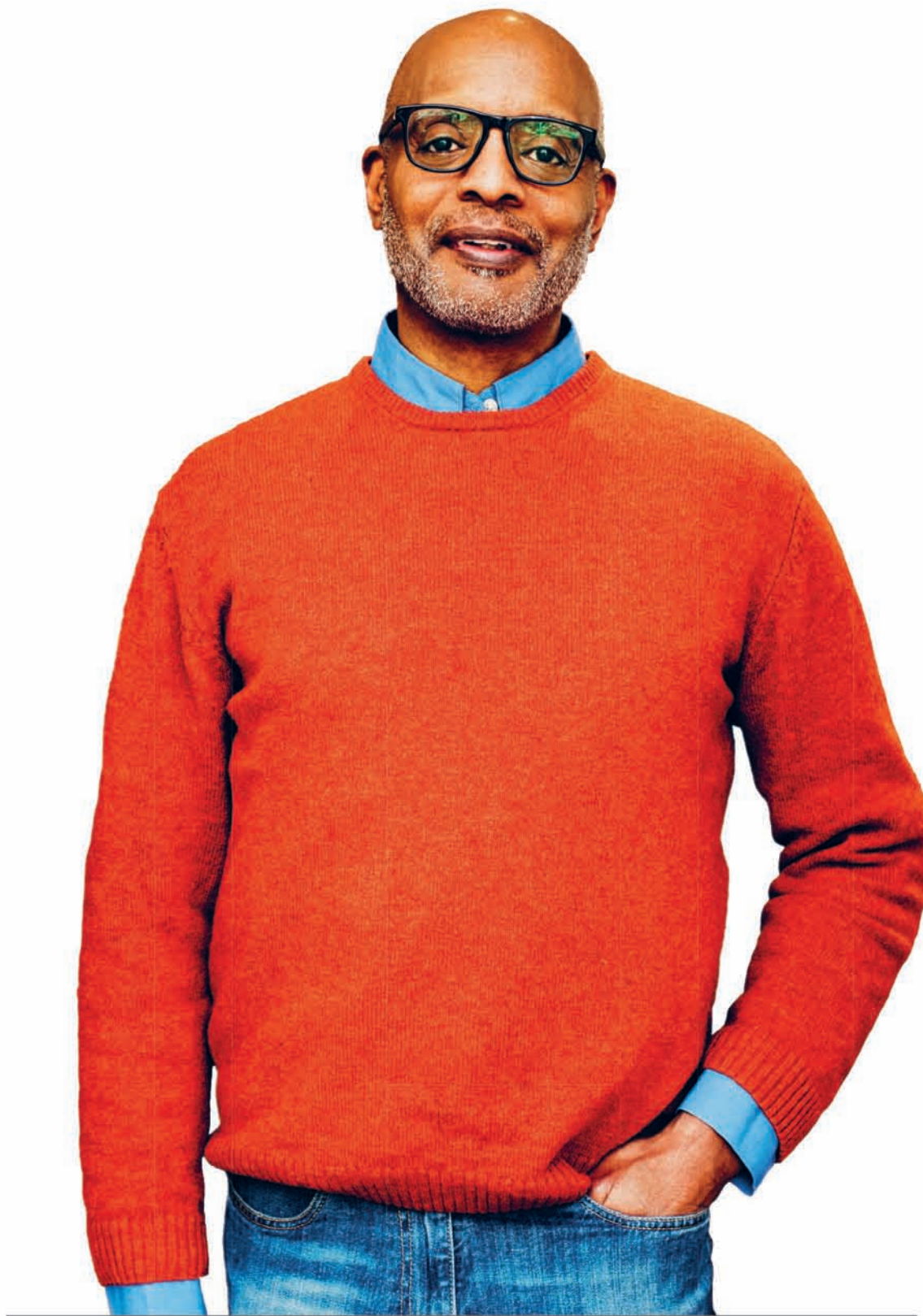
#PlanAhead #NatlPrep

YOUR LIFE, OUR LOSS

When a Soldier dies in a preventable accident, it has a detrimental effect on the morale and welfare of the unit. That Soldier's absence, however, extends far beyond the Army because often they also leave behind a heartbroken family, friends and colleagues. Remember, **IT'S YOUR LIFE, BUT OUR LOSS.**

<https://safety.army.mil>

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Credit lines and pricing are subject to periodic review and change, including line and pricing reductions, line and pricing increases, or line eliminations. This is not a revolving account. Individual requests for capital are separate installment loans. All Kabbage business loans are issued by Celtic Bank, a Utah-chartered Industrial Bank, Member FDIC.

Do You Remember??



The billboard above was located on Dollarway Road in Pine Bluff during the destruction of the chemical weapons that were housed at Pine Bluff Arsenal. The chemical demilitarization mission ended in 2010. Residents in the area could get information from the Outreach Office for Chemical Disposal, located in the Woodlands Shopping Center, at that time. The photo of the billboard ran in the *Arsenal Sentinel* in January 2005. U.S. ARMY-PBA FILE PHOTO

September is National Preparedness Month

Provided by Office of the Deputy Chief of Staff, G-3/5/7
What is it?

National Preparedness Month is an annual event to focus the nation's attention on the importance of taking action to prepare for potential emergencies and disasters. This year's theme is "Disasters Happen. Prepare Now. Learn How." Sept. 15 is the National Day of Action when citizens are encouraged to participate in emergency preparedness activities such as learning about

the hazards that affect their community and ways to increase self-resiliency through education and preparedness.

What has the Army done/is doing?

The Army supports National Preparedness Month as part of its enduring culture of preparedness and resilience. To promote these concepts, the Army:

- Maintains the Ready Army website, a one-stop shop of useful tools and information to help Soldiers, Civilians, and

Family members prepare for emergencies by encouraging Families to be informed, make a plan, build a kit and get involved.

- Through Department of the Army Pamphlet 525-27, Army Emergency Management Program, the Army provides a comprehensive method for planning, organizing, training, equipping, and exercising the force in preparation for emergencies Soldiers may face.
- Established a Facility Working Group to

address the unique emergency preparedness needs of the Army's off-installation facilities such as recruiting stations, ROTC detachments, and Army-operated dams, locks, and similar infrastructure.

What continued efforts does the Army have planned?

The Army is working with the American National Standards Institute to develop a Certified Army Emergency Manager credential. This initiative will create a cadre of Army Emergency Management professionals who can carry their expertise to Army commands worldwide.

The Army is the executive agent for developing an improved mass warning and notification capability, and will field a system to better inform personnel of potential threats to missions, personnel, and infrastructure.

AMC Summit provides foundation for civilian career managment

By Kimberly Hanson
U.S. Army Materiel Command

Army Materiel Command civilian leaders of the Army's 31 career programs spent two days learning about personnel reform initiatives, sharing best practices and discussing what it means to be a ready Army civilian.

The Career Program Managers Summit brought together about 70 command and activity managers from across the enterprise in Huntsville, Alabama, Aug. 28-29, hosted by AMC's Deputy Chief of Staff for Personnel, G-1, Max Wyche.

Army Materiel Command's 50,000 civilians make up 96 percent of the organization's total employees, and comprise more than a quarter of the Army's civilian workforce.

In 2010, the Army transitioned all civilian employees into one of 31 career programs, and renewed emphasis on career program management. AMC has Command Career Program Managers at the headquarters, and Activity Career Program Managers at each major subordinate command. Guided by Army Regulation 690-950, they facilitate the training, education and professional development of the civilians in their career program.

"Your functional roles are extremely important," said AMC Executive Deputy to the Commanding General Lisha Adams. "You know the skills and competencies required to perform your functions. Your experiences will help guide what our careerists need to do for the future."

From streamlining human resources and personnel management through a cloud-based system, to decreasing the number of pay systems across DOD, Paula Patrick, Deputy Assistant Secretary of the Army for Civilian Personnel, briefed the managers on multiple reform initiatives underway.

"We see career programs as a fundamental way of getting things done and communicating with civilian personnel," said Patrick.

Attendees also heard from the Army's Chief of Civilian Training and Leader Development Division, G-3/5/7, Lisa Rycroft, who challenged Career Program Managers to think more strategically about training.

"We have to get better at matching training requirements to Army needs and priorities," she said. "The goal is to train the right people on the right skills at the right time."

Ultimately, the summit was intended to share best practices and create some equity in the way career programs are managed across the enterprise, said Wyche. The goal was to arm managers with information, contacts and resources to help their careerists succeed.

"We need your functional expertise to help lay down a path for our civilian workforce," Adams said. "It's about more than hiring the right person, but we also have to ensure they are trained and have the right path to follow along their careers."

JMC Town Hall



Col. Michelle M. T. Letcher, Commander of U.S. Army Joint Munitions Command, held her first town hall July 26 as the organization's senior leader. Letcher spoke of the current lines of effort, which include strategic readiness, future force, Soldiers and people, and Shape the Fight initiative. Staff members were given the opportunity to ask questions to understand the Commander's thoughts and future vision. "The work we do brings stability across the world. All of us touch the Warfighter each and every day. I am very impressed with the work ethic of people in JMC," said Letcher. U.S. ARMY PHOTO BY JMC





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