

**Pine Bluff  
Arsenal  
24/7 SHARP  
Hotline  
870-209-4093**

### PBA Safety Glance



**Safety Element for fiscal year 2023**

**Lost Day Case Rate: 0.00  
Award Goal: 0.57**

**\*Lost time injuries for fiscal year 2023 is zero. There is zero lost time injuries for November 2022.**

**\*Recordable injuries for fiscal year 2023 is zero. Recordable injuries is zero for November 2022.**

**\*Pine Bluff Arsenal days without a lost time injury is 330.**

**\*Pine Bluff Arsenal days without a recordable injury is 160.**

**\*Estimated hours worked without a lost time injury: 1,218,119.**



## State of the Arsenal brings PBA together

*By Rachel Selby*

The Pine Bluff Arsenal's Workforce gathered en masse at the White Hall Community Center Nov. 16 to listen to Commander Col. Tod T. Marchand present his command philosophy, and Deputy to the Commander Roch Byrne provide the State of the Arsenal. The morning gathering also included a safety award presentation and suicide prevention and substance abuse training.

"Good morning! It is great to get all of you in one place. It is my understanding we did this about three years ago in a very cold warehouse," said Marchand. "It is also an in your face understanding of just how small Pine Bluff Arsenal has become. Ten years ago, we would have never been able to meet all in one location. We are trying to ad-



**Pine Bluff Arsenal Commander Col. Tod T. Marchand and Deputy to the Commander Roch Byrne accept a One Million Work Hour Award from Clark Thomas, OSHA Consultation with the Arkansas Department of Labor and Licensing during the Arsenal's Morale Day Nov. 16. U.S. ARMY PHOTO BY HUGH MORGAN**

dress this."

You get to hear from me first, said Marchand. "I am going to break down who I am, my philosophy, what I expect from you and what you can expect from me," he said. "I've tried to get out and meet as many of you as I can. I'm

traveling to a lot of places and it has kept me from getting out there as much as I would like. Hopefully this will change very soon."

Marchand thanked the Workforce for what they do every day. "If you are not aware of what you do in sup-

port of the Warfighter, as a Warfighter I want to say thank you. There is not a single person here that doesn't support the Warfighter," he said. "Thank you from me to you."

I have grown up in the

*See ARSENAL page 3*

## Veteran's Day Celebration

### Arsenal commander speaks at ceremony

*By Rachel Selby*

The White Hall Veteran's Day program kicked off Nov. 11 under cloudy skies, with a ride-in by the Jefferson County Motorcycle Riders, a Call to Assembly by Dr. Richard Bailey with the University of Arkansas at Pine Bluff and posting of colors by the White Hall High School JROTC. Attendees were greeting by the smells of a grilled hamburger and hot dog lunch being cooked by Scott Ray and sponsored by the FBT Bank and Mortgage.

Attended by more than 100 people including active and retired military personnel at the White Hall Historical Museum, the Veteran's Day program was led by White Hall City Attorney Tom Owens. After introducing himself, and welcoming everyone to the event Owens introduced Paul Williams, pastor of White Hall First Baptist Church, who presented the invocation.

"Let's pray together today. Father, we think we thank you so much for this privilege to

*See VETERAN page 3*



**Pine Bluff Arsenal Commander Col. Tod T. Marchand speaks during the White Hall Veterans Day ceremony Nov. 11 at the White Hall Historical Museum. U.S. ARMY PHOTO BY HUGH MORGAN**

### 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

Team Pine Bluff,

It has been almost four months since I took command of Pine Bluff Arsenal, and I am more motivated today than the day I took command. This is in large part due to the amazing Workforce I am honored to serve with here at Pine Bluff Arsenal. Your dedication to the Warfighter daily amazes me. I don't go a day without talking about this installation to peers, colleagues, or even leadership at the highest levels.

I would like to first send out a huge "thank you" to all of those that ensured our first "People First Stand-down Day" was a success on such short notice. Thanks to the Directorate of Business Operations, Equal Employment Opportunity Office, Public Affairs Office, Directorate of Information Management, Directorate of Family Morale Welfare and Recreation, Cool Breezes staff, Directorate of Emergency Services, Directorate of Public Works, and the Employee Assistance Program. I'm sure I missed a few others and for that I am sorry.

I made this request about a month ago because I felt it was important the Workforce of the Arsenal hear from me about what my priorities are, what I expect from them, and what they can expect from me. I also wanted a day where we could relax and have a good time together in friendly competition or just walking around the health fair and enjoying the beautiful weather. I am honored to work alongside each of you. I don't take my responsibilities lightly.



**Col. Tod T. Marchand**

Congratulations to the entire Pine Bluff team on achieving one million direct labor hours without a lost day injury! This is no easy feat in the environments each of you work in every day. This is due in large part to your continued focus on safety and making sure everyone goes home at the end of the day. Let's keep it up and go for two million hours! Everybody needs to understand we are all safety officers. If you see something that is unsafe, say something immediately!

Finally, I hope everyone enjoyed a very happy Thanksgiving, and got to spend time with your families, and think about what you are thankful for. Please say a little extra prayer for our military overseas, and our police and firefighters who stand ready to serve when needed this holiday season.

Thank you for everything you do every day. You, the Workforce, make Pine Bluff Arsenal an amazing place. I am very proud of each of you, and even prouder to serve alongside each of you.

*The 40th Commander*

## Hails and Farewells

### Hails

**Stephen W. Moreau**, Security Guard, has joined the Directorate of Emergency Services.

**Zachary P. Harbison**, Pipefitter, has joined the Directorate of Public Works.

**Marcel V. Martinez**, IT Specialist, has joined the Directorate of Information Technology.

**Briana L. Collins**, Security Guard, has joined the Directorate of Emergency Services.

**James L. Gardner**, Security Guard, has joined the Directorate of Emergency Services.

**Eric L. Jones**, Industrial Worker, has joined the Directorate of Ammunition Operations.

**Joseph M. Lawson**, Security Guard, has joined the Directorate of Emergency Services.

**Jennifer Reynolds**, Attorney-Adviser, has joined the Office of the Commander.

**Cadiryus C. White**, Industrial Worker, has joined the Directorate of Ammunition Operations.

**Tyler Brown**, Electronic Industrial Controls Mechanic, has joined the Directorate of Public Works.

**April M. Harris**, Secretary, has joined the Office of the Commander.

**Lindsey N. Jones**, Budget

Analyst, has joined the Directorate of Engineering and Technology.

**Daniel L. Beckwith**, Security Guard, has joined the Directorate of Emergency Services.

### Retirements

**Kit Storz**, Production Equipment Mechanic, has retired from the Directorate of Public Works. Storz retires with eight years of government service.

**Stephen D. Still**, Supervisory Safety Engineer, has retired from the Directorate of Risk Management and Regulatory Affairs. Still retires with 34 years of government service.

### Farewells

**Melanie A. Tallent**, Security Guard, has left the Directorate of Emergency Services.

**Tiffany R. Gray**, Industrial Worker, has left the Directorate of Chemical and Biological Defense Operations.

## Important contact numbers for employees

*Courtesy of PBA Civilian Advisory Center*

The following contact numbers are beneficial to all Federal employees:

**The ABC (Army Benefits Center) will be able to assist you in the requirements for your retirement application.**

**Army Benefits Center (ABC): 1-877-276-9287.**

**Thrift Savings Plan (TSP): 1-877-968-3778.**

**Social Security (3511 Market Street, Pine Bluff): 1-866-563-9693.**

**Office of Personnel Management (OPM) 1-202-606-1800.**

## 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 message/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 online - "Think, Type, Post."

## Arsenal Sentinel



**Col. Tod T. Marchand, Commander**  
**Roch Byrne, Deputy to the Commander**  
**Cheryl Avery, Public Affairs Officer**  
**Rachel Selby, Sentinel Editor/Social Media**  
**Hugh Morgan, Photographer**  
**Kevin Wilson, Webmaster**

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### Army Civilian Corps Creed

I am an **ARMY CIVILIAN**—a member of the Army team.

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**.



Members of the White Hall High School JROTC Color Guard presented and retreated the colors during the White Hall Veteran's Day Program Nov. 11. U.S. ARMY PHOTO BY HUGH MORGAN

## VETERAN from Page 1

be able to gather today...on a day we remember and celebrate those that served to allow us to gather. We take a moment to recognize you as our God. The God of all things," said Williams. "We thank you for this opportunity to be in this community, in this state and in this country. As we celebrate and remember those who have served, support those who are serving, we remember not to take for granted the freedoms we have."

Following a short introduction by Owens, Arsenal commander Col. Tod T. Marchand presented his remarks.

"Good morning. Today, we celebrate Veterans Day, and recognize all who have served our nation with honor and distinction," said Marchand. "The Army's people are its greatest strength and taking care of them and ensuring they are ready to fight and win our nation's wars is our top priority."

Marchand said duty is one of the prime reasons people want to serve in the nation's military. "It is a good career," he said. "Today only one percent of our nation served in the military, and 61 percent of those who serve are more likely to have been exposed to military life through friends or family. Veterans bridge the gap between those who are

familiar with military life and those have never considered the military as a career."

He encouraged the veterans in the audience to share their story. "Share positive stories about your service today," said Marchand. "You can inspire future generations to serve our nation."

Memorial Day is a time to remember those who died in service to their country, said Marchand. "Veterans Day is a time to remember all those who have served – past and present," he said, emphasizing a special thanks to those who served in Vietnam between 1955 and 1975. "Nine million Americans served in Vietnam. They were the oldest and best educated force America ever

***"Our all-volunteer force is a credit to Americans of all races, genders and creeds. As a nation, we much ensure the service and sacrifice of our Veterans is never overlooked or forgotten."***

sent in harms' way and represented 10 percent of their generation. For me personally, my father served two tours in Vietnam."

Marchand said in the Army, we know our greatest asset is our people. "Our all-volunteer force is a credit to Americans of all races, genders and creeds. As a nation, we much ensure the service and sacrifice of our Veterans is never overlooked

or forgotten," he said. "The Army believes every Soldier is a "Soldier for Life" and is committed to removing barriers to their success both in and out of the Army."

Marchand, who assumed his duties at the Arsenal in July this year, said the U.S. now has the largest population of young Veterans since the Vietnam War. "We owe it to these men and women to make sure they transition from active duty-careers and skills and experience to find meaningful employment," he said. "Regardless of the military branch in which our Veterans have served – Army, Navy, Air Force, Marines, Coast Guard or Space Force – this day belongs to them. Thank you for inviting me to be here today, and to our Veterans, thank you

for your service."

Music was provided by White Hall Alderman Beaver Johnson, who sang the Star-Spangled Banner, and the Pine Bluff Community Band. Retired engineer from Pine Bluff Arsenal and Air Force Veteran Glen Minor presented the history of Veterans Day, and a poem about What Is A Veteran.

A salute to all Veterans at the ceremony was also presented.

## ARSENAL from Page 1

military, the Army specifically, said Marchand, explaining who he is. "I joined the New Mexico Army National Guard right out of high school, went straight to basic training and then AIT. I was an air defender of the Mock Missile Systems," he said. "I applied for a scholarship and went to New Mexico State University and did a four-year ROTC program. I was commissioned in 1999 as a 2nd lieutenant in the Chemical Biological Radiological Nuclear Corps or back then what was known as Nuclear Biological Chemical or NBC."

The key things Marchand shared with the Workforce about what to expect from him were his dedication to mission accomplishment, treating everyone with dignity and respect, being accessible, approachable and having a positive attitude.

"If you see me out wandering around and want to ask me a question, ask it," he said. "If I don't know the answer, I will get you the answer."

Marchand expects everyone to show up on time, and to put in an honest day's work. "I want you to always set the example. Someone is always watching," he said. "Do what's right because you know in your heart what it is. We need to get better at awards and giving them for good behavior and work. Be honest and dependable and take responsibility for your mistakes."

It is an honor and a privilege to be your commander, said the 40th commander. "I'll be honest with you when I was selected, I had no idea who Pine Bluff Arsenal was," said Marchand. "I came out here and Col. Scott Daulton toured me around and I got excited."

He said he is trying to get the Arsenal back to some state of normal. "Care for the Workforce and their Families is paramount to our success," said Marchand. "I want to reinforce behaviors creating a climate of inclusion, support and preserving the dignity and worth of all Workforce members, promote greater focus to employee and leadership development, and address racial and sexual remarks in the workplace. I'm trying to boost morale and welcome all ideas."

Byrne started his remarks by emphasizing the need for everyone to fill out a survey on their seats. "I've very happy to be here. Getting everyone together like this is important," he said. "I want to thank the commander for his leadership in working to get this event

scheduled, as well as everyone who helped in the planning of this event."

He said he has had the privilege of spending a lot of time with Col. Marchand. "I want to tell you we are very fortunate to have him," said Byrne. "He is an outstanding leader and commander. He is awesome and will be great for the Arsenal. We are in lockstep with getting more direct labor hours, which is our lifeblood."

The people at the Arsenal are what makes it what it is, said Byrne. "Thank you for what you do," he said. "We can't take care of our people without being safe in everything we do."

For fiscal year 2022, Pine Bluff Arsenal has one lost-time injury and three recordable injuries for the entire year. "This is good but is still too many," said Byrne. "With all the complex things we do every day this is still remarkable."

Clark Thomas, OSHA Consultation, with the Arkansas Department of Labor and Licensing presented the Arsenal Workforce with a One Million Work Hour Award for working one million direct labor hours without a lost time injury during the event.

For direct labor hours results and execution, the Arsenal's Deputy to the Commander said a "solid B" was earned for FY 2022. "This is good, but we are going to work on our numbers," said Byrne. "We met our goal for safety and productivity which resulted in a group award."

Going forward into fiscal year 2023, our top priorities for the various business sectors will focus on getting more direct labor hours, said Byrne.

"We will work to get more workload for ammunition, chem bio and textiles this next year," he said. "We have a good portfolio of programs to execute this year."

Byrne concluded his portion of the presentation by outlining the top priority programs for fiscal year 2023 in AO and CB.

The day's event culminated in a suicide prevention and substance abuse training by Bessie Smith Lancelin, director of Clinical Services for Southeast Arkansas Behavioral Healthcare, Inc., and a leadership focus training by Jon Harrison, a former executive of Caterpillar, Inc.

Arsenal employees enjoyed a catered barbecue lunch on the ballfields, and the afternoon was spent enjoying various employee appreciation sporting events.

# MWR Fall Fest

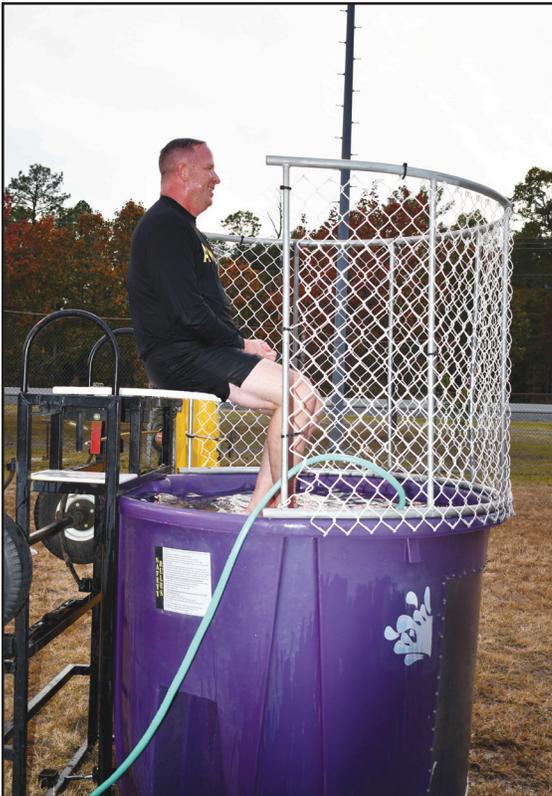


Photo left, Pine Bluff Arsenal Commander Col. Tod T. Marchand was a good sport and agreed to be in the hot seat for the dunking booth during the MWR Fall Fest Oct. 27. Photo above, Benjamin Morse, son of Ben Morse (Safety) and grandson of Donna Ford (Business Operations) dunks Col. Marchand with a winning throw. U.S. ARMY PHOTOS BY RACHEL SELBY



Photo left, various game stations were set up out in the ballfields for trick-or-treaters to win prizes. Photo bottom right, Tanya Tiernan whips up some cotton candy during the MWR Fall Fest.



Photo left, Brandi Parks with Pine Bluff Arsenal's Employee Assistance Program greets a trick-or-treater to her table during the MWR Fall Fest. Photo above, Julee Johnson ("Dr. Bone") welcomed everyone to the "body" booth, where you could throw a special dice and take tongs to get your candy reward.



Trick-or-treaters at the MWR Fall Fest got to pick out a pumpkin to take home from the Pumpkin Patch.



# EAP Corner

## #DrunkDrugged Driving Prevention Month

*Courtesy of Pine Bluff Arsenal Employee Assistance Program*

The holidays are a time for friends, family, and celebrations. Unfortunately, they are also the time when accidents involving drunk or drugged drivers increase. The National Highway and Transportation Safety Administration has deemed December as National Drunk and Drugged Driving Prevention/Awareness Month to help educate the public of the dangers of driving under the influence of alcohol and drugs.

The month of December and the New Year's Eve holiday is often highlighted by significant increases in state and local law enforcement efforts to combat impaired driving such as the use of sobriety checkpoints and saturation patrols.

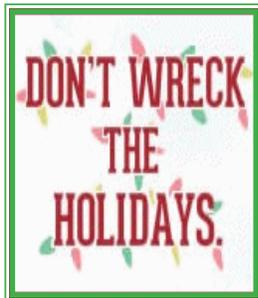
The best way to stay safe during this month of celebration and beyond is to understand the very real risks of drugs and alcohol, to commit to always driving sober and to stick to the following tips.

### Tips for a safe holiday season

The following tips for a safe holiday can help you have fun and enjoy the season without risking the chance of getting a DUI or causing an accident due to drug or alcohol use.

### Plan ahead

With a full calendar of office parties and holiday get-togethers, it's easy to find yourself under the influence and away from home. It's much easier to designate a driver to get you home safely before you're under the influence. Planning before you head out to celebrate can keep you safe and prevent an accident.



### Take the keys

What if you see someone you know stagger out of a party and into their car? Like the slogan goes, "friends don't let friends drive drunk." If we all applied this rule of thumb, there would be far fewer injuries and deaths due to drunk or drugged driving. Yes, it can be difficult to stop someone who is drunk or high from getting behind the wheel, but it's far easier than having to feel partially responsible for a needless accident. Offer a ride, pay the cab fare, or let someone sleep over. Just don't let anyone drive when they are unable to safely do so.

### Be a responsible host

As the host of a party, you have a responsibility to ensure your guests get home safely. This can be accomplished by offering transportation to and from the event, serving non-alcoholic beverages and cutting off the alcohol at least an hour or more before the party ends (*National Day, 2022*).

Please stay alive, don't drink, and drive this holiday season or drive sober, or get pulled over.

The Employee Assistance Program staff is here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. We are in Building 13-040, and we can be reached at 870-540-3094.

ASAP/EAP staff want to wish you and your family, Happy Holidays and please be safe.

Name \_\_\_\_\_ Date \_\_\_\_\_

**#DrunkDruggedDrivingPreventionMonth**

L	V	L	S	J	U	P	J	A	Z	Q	V	F	I	A	Q	Q	P	T	K
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RESPONSIBLE PLAN DECEMBER SEASON IMPAIRED	DRIVING DRINK AWARENESS DESIGNATE	SAFETY DRUGGED HOLIDAY DRIVER
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## Flu vaccines, COVID-19 boosters now available

### • Seasonal Flu Vaccine:

\* Walk-ins for the seasonal flu shot at the Pine Bluff Arsenal Occupational Health Clinic will be available Monday through Thursday from 1 to 3 p.m., and Fridays from 7 a.m. to 4 p.m. The seasonal flu shot is recommended for all people over the age of six months. The vaccine is a vital tool in preventing infection and severe disease, especially when used in conjunction with hand washing and mask wearing.

### • COVID-19 Bivalent Booster:

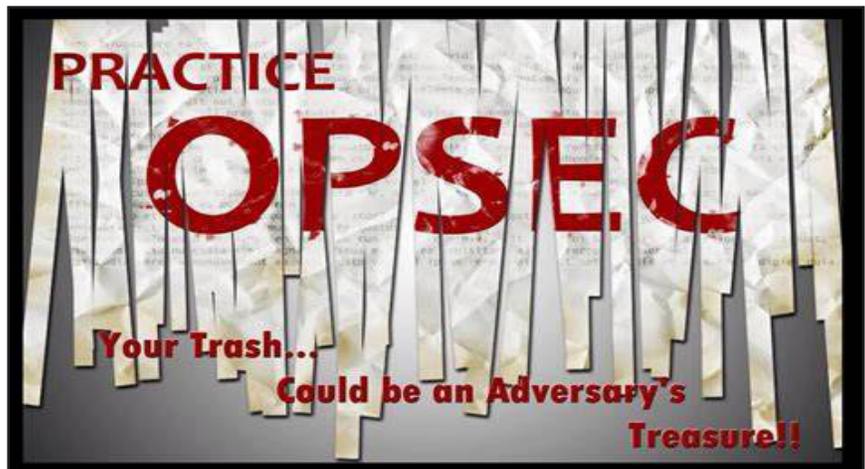
\* By appointment only: Please call Doug McCurry at 530-3409 or (870)-556-1019 to schedule your time slot.

\* Is the only approved booster available for

ages five years and older (using Pfizer-BioNTech or Moderna), if it has been at least two months since the last dose of your primary series, or monovalent booster. If you are not sure whether you are eligible for this booster, please call the clinic and we will be happy to help answer your question.

\* The bivalent booster protects against the original virus and omicron variants (BA.4. and BA.5) to prevent spread of infection and severe disease.

\* The COVID-19 booster may be administered with flu shot. If you would like to get your flu shot at the same time, please let Doug McCurry know when you call.



# Morale Day at Pine Bluff Arsenal



DPW employees Amber Lecy, Gary Reed, Jessie Brust, Bradley Warren, Clayton Smith, David White and Royce Nielsen enjoy lunch on the ballfields.



Julee Johnson, Brandy Aaron and Molly Moore enjoy some fun downtime at lunch on the ballfields during the Pine Bluff Arsenal Morale/Employee Appreciation Event Nov. 16.



Directorate of Business Operations employees Mike Murry and Donna Ford share some laughs during lunch.



*U.S. Army Photos by Hugh Morgan and Rachel Selby*

Photo left, Brandon Harrison tries out one of the games on the ballfields.

Photo below, PBA Security Guard Thomas Jester gives blood during the Arsenal's Morale Day. The Arkansas Blood Institute had a mobile unit stationed outside the Army Reserve Center during a Health Fair, sponsored by PBA's Employee Assistance Program.



Photo left, Brent Webber and Branson Lockhart tackle the rock wall during Morale Day.



Brandi Parks with Pine Bluff Arsenal Employee Assistance Program welcome members of the PBA Workforce to her table during a Health Fair at the Army Reserve Center Nov. 16.



# Morale Day at Pine Bluff Arsenal



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to A. Carol Morris for her win in the Spades tournament during Morale Day Nov. 16.



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Dee Kendrick for her win in the Billards tournament during Morale Day Nov. 16.



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Brenda Ricks for her win in the Spades tournament.



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Justin Lieber for his win in the Baggo tournament.



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to John Burkhead for his win in the Baggo tournament during Morale Day.



U.S. Army Photos by  
Hugh Morgan

# Morale Day at Pine Bluff Arsenal



Photo far left, Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Rusty Hudson for his win in the Ping Pong tournament during Morale Day Nov. 16.



Photo left, Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Katherine Berry for her win in the Dominoes tournament Nov. 16.

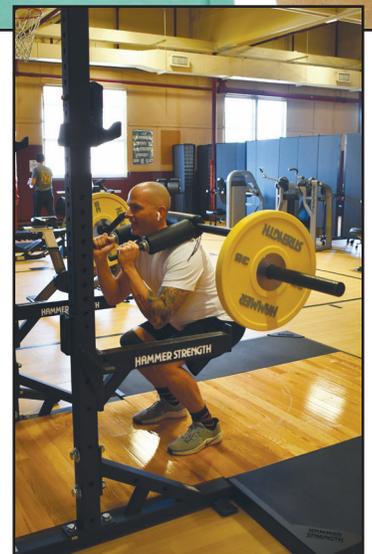
*U.S. Army Photos by  
Hugh Morgan and  
Rachel Selby*



Photo above left, Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Jessie Brust, Adam Jones, Danielle Graves and Sam Chism for their win in the Kickball tournament during Morale Day Nov. 16. Not pictured are members of the PBA Fire Department who also won: Sam Brannon, David Weiss, Alan Wade, Tyler Berry, Mark Ronney and Teddy Spivey.

Photo above right, Dee Kendrick, who won the Billards tournament, takes on another player at the pool table in the PBA gym.

Photo below left, Pine Bluff Arsenal Commander Col. Tod T. Marchand presents an award to Tim Cannon and Will Moore for their win in the Basketball tournament. Not pictured were Kevin Bradley and Brandon Harris, who also won. Photo below right, Justin Lieber, who won the Baggio tournament, gets in a set of squats in the PBA gym during Morale Day.



# DPW Spotlight



Photo above, Spencer Silvey, Brad Kennedy and Zach Harbison from Pine Bluff Arsenal's Directorate of Public Works Pipe Shop conduct maintenance at the White Phosphorus production line. Photo right, Justin Smallwood and Blake Henson with the DPW Carpenter Shop repair the flag pole in front of the PBA Headquarters Building.

Photo lower right, David Snyder (left) and Joseph Musgrove prove the DPW Motor Pool is always pulling rabbits out of their hat during a bit of fun at Halloween!

U.S. ARMY PHOTOS BY TRACEE MILLS, BOID-DPW





**U.S. ARMY**

## Army Safety Gram

*Army Safe is Army Strong*



**A BAND OF BROTHERS & SISTERS**

28 November 2022

### Check These Shocking Facts

We rely on electrical power to keep our workplaces and our homes operating day and night. Electricity provides heat, light and energy to do many kinds of work. As useful as electricity is, we must never forget it is also dangerous. Check these shocking facts and gain respect for electricity.

*Here are some of the effects of electric shock*

- Burns are the most common injury from electric shock. They may appear at the point where the current entered, such as the hand, and the point of exit to the ground, such as the heel. Severe burns can cause permanent disability and disfigurement.
- Cardiac arrest is another effect of electrocution, as the current disrupts the heart's electrical system.
- Electrical injuries to children usually are caused by household current of 110 to 220 volts. Household appliance cords, extension cords and wall outlets cause most of the injuries.
- For adults, death from electric shock is most likely to occur at work—but it isn't just the high-tension power lines that kill.

*Here are some reminders about electrical safety at work and at home:*

- Keep electricity and moisture away from each other. Never touch electrical equipment with wet hands or when standing on a damp surface. Do not work around electricity when your tools or clothing are wet.
- Check for these signs of electrical malfunction: flickering lights, radio or television interference when another electrical device is in operation, buzzing sounds in electrical panels, switches or outlets hot to the touch, damaged or worn insulation, loose switches and electrical equipment which works intermittently.
- Never attempt electrical repairs unless you are qualified and authorized to do so. Do not use electrical equipment altered with makeshift repairs. Do not alter plugs by removing the third prong so it can fit into a two-prong outlet.
- Only use extension cords temporarily. Have wiring upgraded to accommodate new equipment.
- Use a Ground Fault Circuit Interrupter (GFCI) whenever you use electrical tools and appliances around moisture or outdoors. These devices can detect leakage of electricity from a circuit before you are harmed by electrical shock.
- Wear the correct Personal Protective Equipment (PPE) when working around electrical hazards. This may include leather gloves covered by rubber gloves, non-conductive footwear and safety eyewear. Do not wear metal jewelry which can accidentally contact the electrical circuit, causing shock.
- Heed all warning signs about electrical hazards. Stay away from high voltage installations and other posted areas. Beware of overhead electrical hazards. Watch for power lines and ceiling fixtures when moving items such as ladders or pipes, or operating equipment such as cranes or lifting devices.
- Use your electrical safety sense off the job too. Inspect your home for possible electrical hazards, including overloaded circuits and defective electrical equipment. Have a qualified electrician repair or improve wiring as necessary. Have GFCIs installed in bathrooms, basements, kitchens and areas outdoors where you use electrical equipment.



- If fire occurs in energized electrical equipment, use only a "C" fire extinguisher, or a combination "ABC" or "BC" extinguisher. Never put water on an electrical fire; the result can be a deadly shock.

*Caution must be used around all electrical circuits and equipment. Never underestimate the potential for electrical shock.*



### PBA Energy Corner

As winter and cold weather approaches, everyone will be switching their thermostats from cooling to heating to stay warm. Unfortunately, energy prices have increased dramatically since last winter. It is important to be mindful of how much energy we use to heat our homes, offices, and buildings.

#### Natural Gas

Liquefied natural gas (LNG) has seen of the most significant increases in the global energy market over the past year. Low production, high domestic and foreign demand, and other global events have led to this increase in what is the most popular ways of heating homes in the United States. According to the U.S. Energy Information Administration, U.S. households that use LNG as primary means of space heating could see an average increase of 28% in costs from last winter to this winter.

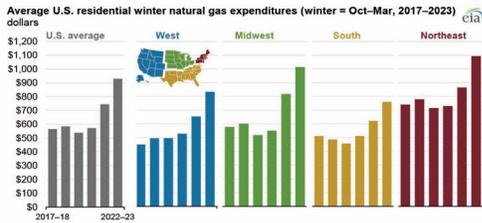


Figure 1. U.S. residential natural gas expenditures for winter since 2017-2018. Arkansas falls within the "South" classification of states.

#### Electricity

Prices for electricity have also increased since last year. In Arkansas, the average price of residential electricity per kilowatt-hour has increased by 10.12%. Electricity is heavily used in the winter in homes with electric strip heaters, heat pumps, ceramic space heaters, and other systems. Additionally, winter brings colder weather and shorter days. This results in an increase in the average amount of time families spend inside using heat and electronics.

#### Savings Tips

With all these increases in energy prices here are some following tips that we can use both at our homes and at Pine Bluff Arsenal to save money:

- Service furnace units to ensure efficient operation.
  - Furnace units should be serviced each year to make sure they are running as efficiently as possible. Dust should be cleared out, filters should be changed, and the condition of the blower motor should be checked.
- Building envelope should be sealed to prevent heat loss.
  - Any cracks or gaps in the building/house should be sealed as those are points in which heat can escape. Sealing gaps in window framing, filling exterior penetrations (hose bibs, vents, etc.), and adding new weather stripping under exterior doors can help retain heat inside.
- Turn down the thermostat.
  - Decreasing the thermostat set point by 1 degree for an 8-hour period can result in an average decrease of 1% in energy bills. Turning down the heat several degrees before you leave the house/office or using a programmable thermostat can help make sure we aren't heating spaces unnecessarily.
- Use blinds and windows to heat/retain heat inside.
  - Opening blinds on windows that face the sun during the day can help heat up a space free of charge. The solar energy will pass through the window and provide another source of heat. Make sure to close the blinds when the sun goes down as an extra layer to help hold that heat in.

# Cool Breezes menu

### SALADS!

All salads are served with crackers, croutons, and one dressing: Ranch, Thousand Island, or Lite Italian.  
**Additional Dressing \$0.50**

All Salads start with a blend of iceberg and romaine lettuces. Add in some diced tomatoes and shredded cheese, top with carrots, cabbage, 3 slices of egg, bacon bits, and two pepperoncini peppers.

- Garden Salad (No Meat) \$3.50**
- Chef Salad (Ham Chunks) \$5.50**
- Crispy Chicken Strip Salad (2 Chicken Strips) \$6.50**
- Philly Steak Salad (Philly Meat) \$7.00**
- Additional Toppings \$0.25**
  - Onions
  - Jalapenos
  - Pineapples
  - Pepperoni \$0.75

#### \*NEW ITEMS\*

- Personal 7" Pizza**
- Cheese \$5.25
- Additional Toppings (Each) \$0.25
  - Onions
  - Jalapenos
  - Pineapples
- Additional Meat Toppings \$0.75
  - Pepperoni (5)
  - Ham

### QUARTER POUND BURGERS!

- Hamburger \$4.25
- Combo (with fries) \$5.60
- Cheeseburger \$4.50
- Combo (with fries) \$5.80

*Ask for American or Swiss Cheese!*

#### OTHER ITEMS!

- Country Fried Steak Sandwich (with fries) \$4.75
- Philly Cheesesteak (with fries) \$6.10
- Polish (with fries) \$5.90
- Polish (with fries) \$7.60
- Polish (with fries) \$3.00
- Polish (with fries) \$4.50
- Seasoned Fries \$1.85
- Waffle Fries \$1.85
- Onion Rings \$2.25
- Frito Pie \$3.50
- Nachos \$3.00
- Fried Pickles \$3.25
- Fried Green Bean \$3.25
- Pizza Stick \$2.25

#### EXTRAS!

- Extra Meat \$1.75
- Slice Cheese \$0.25
- Nacho Cheese \$1.00
- Chili \$1.00

Call in orders welcomed from 0930-1230!  
 (870) 540 - 3777  
 Monday - Thursday

Ask about our WEEKLY specials!



### CHICKEN!

- Chicken Strips (3) \$4.60
- Combo (with fries) \$5.85
- Crispy Chicken Sandwich \$4.50
- Combo (with fries) \$5.65

*\*Ask for Buffalo Sauce on your chicken!\**

#### TREATS

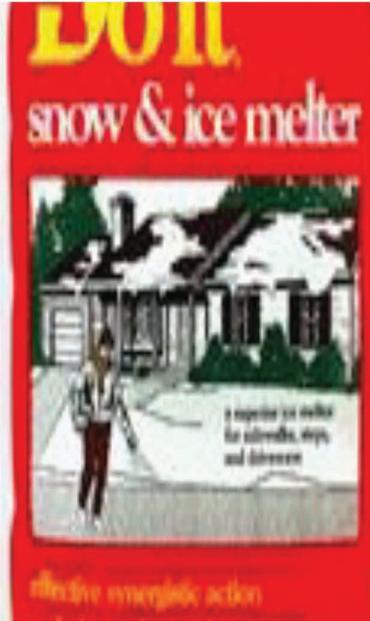
- Ice Cream Bowl \$1.75
- Slushies \$1.50
- Candy Bars \$0.85
- Chips \$0.60

#### DRINKS!

- Bottle Sodas \$1.85
- Minute Maid \$1.85
- Powerades \$1.60
- Water \$1.50
- Can Sodas \$1.10



Actual Double Cheeseburger Made By: **Stephen!**



# GET IT NOW!

The GSA store carries the supplies you need. Stop by building 23-330 or call 540-3416/17 today!