



## PBA SAFETY GLANCE



**Safety Element for fiscal year 2016:**  
**Lost Day Case:** 0.00  
**Award Goal: 0.89**

\* Lost time injuries for fiscal year 2016 is zero. There is zero lost time injuries as of Feb 2.

\*Recordable injuries for fiscal year 2016 are six. There is three recordable injury as of Feb 2.

\*Pine Bluff Arsenal days without a lost time injury are 168.

\*Pine Bluff Arsenal days without a recordable injury are eight.

\*Estimated hours worked without a lost time injury: 764,754.

## BRIEFS

### Vanpool subsidy increased

The Mass Transportation Benefit Program provided by the Department of Transportation (DOT) has increased the subsidy for federal employees participating in the vanpool program by \$125. Vanpool participants can now receive \$255 toward their transportation to and from work if they participate in the program.

To join or learn more about the vanpools here at Pine Bluff Arsenal, contact Amber Lecy at 540-3596 or at [amber.m.lecy.civ@mail.mil](mailto:amber.m.lecy.civ@mail.mil), or contact Cindy Siler with V-Ride about vanpool costs at 404-801-6014 or at [cindy.siler@vride.com](mailto:cindy.siler@vride.com).

## ON THE INSIDE



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**BLACK HISTORY Month**

## Arsenal's MLK Celebration

# Philanthropist speaks at ceremony



Charles O. Stewart, Chief Executive Officer for Stewart Real Estate Development, LLC, speaks during Pine Bluff Arsenal's Dr. Martin Luther King, Jr., Observance luncheon Jan. 14. U.S. ARMY PHOTO BY HUGH MORGAN

By Rachel Selby

"I'm am deeply honored to be with you on this occasion and grateful for the invitation to come and speak at this occasion," said Charles O. Stewart, guest speaker, for Pine Bluff Arsenal's Dr. Martin Luther King, Jr., Observance luncheon Jan. 14. "I'm excited to be here at the Arsenal. I can't tell you how many times I've driven up and down Interstate 530 and wondered what all was back here."

Stewart said he appreciates the invitation, as well as the chance to say thank you. "I know that you do important work here and have been engaged for nearly 70 years in helping to defend our country and its people," he said. "This gives me the chance to say thank you for the important work that you do on our behalf."

Stewart is the Chief Executive Officer for Stewart Real Estate Development, LLC, and previously served as interim Chief Executive Officer for Heifer International. In 2008, he retired as Executive Vice President for Regions Bank.

According to his biography, Stewart is also the co-founder and Chairman of the Arkansas Black Hall of Fame and the Arkansas Black Hall of Fame Foundation, Inc. He has received many honors during his career, been appointed to several state and federal boards, and has been a part of international trade and goodwill missions around the world.

"We come today to celebrate the spiritual legacy and fortitude that Dr. King brought to the social justice movement in this country and around the world. This holiday allows us to focus, remember and reverence his life and legacy," said Stewart. "This is a special day to focus on the imperative for all of us to consider our service to mankind, community and God."

He said that the theme of the day was one of celebration, remembrance, a time to take meaningful action and to serve. "This is day that is a call to action for all of us," he said. "This is a day to go out and do something. Go out and do something positive. Go out and do a random act of kindness. Just a small act of kindness can make an impact."

Stewart said that today was a critical time in our nation's history. "It seems that at this time the whole world is

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# White receives MLK Humanitarian Award

By Rachel Selby

Travis White, a supply technician with Pine Bluff Arsenal's Directorate of Public Works, was presented the 2016 Dr. Martin Luther King, Jr. Humanitarian Award Jan. 14 at the conclusion of the Arsenal's MLK Observance Luncheon.

In introducing White, Larry Wright, Arsenal Deputy Commander said that the nominee was someone who gets their foot in the door and applies their skills and talents. "They have a foundation of true gratefulness and giving. All the elements are there - philanthropy, technical aptitude, and a top shelf individual," he said. "This individual is a true achiever. It is a pleasurer to see these things."

Upon receiving the award, White said he was surprised. "Hearing Mr. Wright talk about the award recipient, I know that the average person is taught to help others as a child and to help others



Travis White receives Pine Bluff Arsenal's Dr. Martin Luther King, Jr. Humanitarian Award from Larry Wright, PBA Deputy Commander, during the MLK Observance luncheon Jan. 14. U.S. ARMY PHOTO BY HUGH MORGAN

"This individual is a true achiever. It is a pleasurer to see these things."

grow," said White. "I have strived to push my children - my son and daughter - to do the same."

Originally from Georgia, White moved to Arkansas in 2006 and resides in Altheimer. He started at the Arsenal in the Directorate of Law Enforcement and Security as a guard. "The people I work with I believe a lot of them had input with the

nomination for this award. Each one of them knows a little bit about me. All of my co-workers decided they liked something about me and gave that input," he said.

Two years after high school, White joined the U.S. Navy. He retired after 20 years as a Petty Officer 1st Class. "I worked for two years with my father as a laborer in Florida. I had no desire to be in the military at the time, however, a Marine recruiter approached me during high school. I took

a practice test and I tried as hard as I could to fail it, but I didn't," said White.

During his time in the Navy as a propulsion plant engineer, he traveled to Bahrain, Israel, and all over Europe. "My favorite place I went was Venezuela. That was the first port I went to in 1987," he said. "There was just something different about Venezuela. It was down to earth and felt like home. I went on a tour while I was there and loved it."

He also serves as an as-

sociate pastor at the Mt. Bayou Baptist Church in Altheimer. "He aligns and organizes the pastor's schedule for the church, as well as setting up and organizing all church programs to meet community needs," read the nomination information. "He is consistently sought out by other community leaders and especially church pastors to fill in the gap during their absence and for special occasions."

White, who has been

SEE WHITE, 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.

# Commander's Column

Winter arrived at Pine Bluff Arsenal in late January in the form of a brief one-day snow storm. My personal thanks goes to the Directorate of Public Works Road and Grounds Division for the quick clearing of roads on post.

I'm sure our winter weather is not over for the season, so I would like to remind supervisors and building managers that salt is available from DPW to prevent slick sidewalks and walkways. Salt can be picked up at Building 34-910 or by contacting RJ England at 540-4004. Let's all do our part to ensure the walkways remain free of ice for future storms.

As 2016 gets into full swing, here are a few security reminders:

- CAC cards must remain in an individual's positive control. Leaving a CAC in a reader with the monitor active creates a security vul-

nerability. An ID card shall be in the personal custody of the individuals it was issued to at all times.

- Log off and restart your computers at the end of each day. While I recommend powering off monitors and local printers, your computers must remain on in order to receive security patch updates.

- Personnel must ensure that all unclassified waste is shredded/destroyed daily or security in an approved container.

Good security requires that everyone be vigilant and attentive to the policies designed to protect sensitive information. We must all take that extra minute daily to ensure that we do not create vulnerable situations.

We remain vigilant regarding the evolving threats against the United States by terrorist groups. If you see something – whether it



**Col. Chad T. Bauld**

be here on the installation or out in the community – say something!

Billy Ray Ashcraft at the Arsenal's Fitness Center is actively campaigning via email and social media to get the word out about all the events at the center. Wellbeats classes have started and other repairs are in the works on the racquet ball courts. Check out the virtual exercise class schedule, go play a game of basketball, take a spin on the elliptical or bikes, or give Billy Ray a call and see

if he can help you with your fitness goals.

Now is the time to refocus, refresh and renew ourselves. We are also pursuing a new surface for the basketball floor. This is your fitness center, so if there is something you would like to see, please let Billy Ray or the Fitness Center Staff know.

The Continuous Process Improvement Office is continuing its efforts to help the Arsenal reduce its expenses until workload improves.

I applaud all of the efforts made thus far to make the installation more efficient and effective in its processes.

Please continue to submit your ideas to Nova-Dawn Mauldin with the Directorate of Engineering and Technology. These ideas could result in a cash award for you. For further information, contact Mauldin at 540-2916 or nova-

dawn.e.mauldin.civ@mail.mil

February is Black History Month. This is a time for recognizing the central role that African Americans have played in U.S. history. The event was the brainchild of Carter G. Woodson, a noted historian, and other prominent African Americans. Since 1976, every U.S. president has officially designated the month as Black History Month. It is celebrated annually in the United States and Canada in February.

The Army's SHARP (Sexual Harassment/Assault Response and Prevention) Program mission is to reduce with an aim toward eliminating sexual offenses within the Army through cultural, prevention, intervention, investigation, ac-

countability, advocacy/response, assessment and training. Sexual harassment and sexual assault have no place within the Pine Bluff Arsenal family.

I know the PBA workforce has been through several SHARP training sessions. I am accepting risk as the commander and plan to reduce some of these extensive trainings, but I have also asked our legal team to prepare a new policy with a detailed table of penalties focused solely on those who violate the SHARP program.

Thank you for what you do every day in support of the Arsenal, our Nation, and our service members. Thank you for your contributions to our Pine Bluff Arsenal team

## Social Security

### Social Security celebrates Black History Month

By Tonya Dees

**Social Security Public Affairs**

Throughout the month of February, we celebrate Black History Month. Created in 1926, this event coincides with the birthdays of Abraham Lincoln on February 12 and Frederick Douglass on February 14. African American communities have celebrated these birthdays together since the late 19th century.

Honoring our shared history and reflecting on the past is one way we unify as a nation. We remember that we are all Americans – we believe in freedom and democracy for all. Another shared belief is that we all deserve a comfortable retirement, free of economic hardship.

Social Security has retirement benefits and the tools to help

you plan for your retirement and to apply for benefits online. We also provide disability benefits to individuals with medical conditions that prevent them from working. If the disabled individual has dependent family members, they can also receive payments.

If you or anyone you know is disabled, they may qualify for disability benefits. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age. You can see if you meet our strict definition of disabled and also apply for disability benefits at [www.socialsecurity.gov/disability/apply.html](http://www.socialsecurity.gov/disability/apply.html).

Widows, widowers, and their dependent children may be eligible for Social Security sur-

vivors benefits. Social Security helps by providing income for the families of workers who die. In fact, 98 of every 100 children could get benefits if a working parent dies. And Social Security pays more benefits to children than any other federal program. You can learn more about Social Security survivors benefits at [www.socialsecurity.gov/survivors](http://www.socialsecurity.gov/survivors).

Honoring each other begins with fair and equal treatment. Social Security guarantees that, if you pay into the system, you will have the same benefits as everyone else. This Black History Month, we want to make sure our diverse nation is covered and that no one is left out of the benefits they deserve. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov) to learn more.

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Employee Assistance Program (EAP)

**EAP can help you with:**

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- \*Financial problems
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- \*Substance abuse
- \*Health management issues
- \*Stress management
- \*Anger management

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- \*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, Cassandra Cosen and Dee Nesby at Building 13-040 or call 870-540-3094.**

## 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."

## Arsenal Sentinel

**Col. Chad T. Bauld, Commander**  
Larry Wright, Deputy to the Commander  
Cheryl Avery, Public Affairs Officer  
Rachel Selby, Editor  
Hugh Morgan, Photographer  
Stan Nelson, Webmaster

Tonya Lane, Advertising Manager  
Tracy Stanfield, Page/Graphic Designer  
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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, our Soldiers and Civilians
- I will always support the mission
- I provide 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

## Letters to the Editor

Please submit to Rachel Selby at [rachel.c.selby.civ@mail.mil](mailto:rachel.c.selby.civ@mail.mil), or by fax at 540-4048, or you can bring the letter by Rm. 190 in Building 10-020. Publication dates are the second Thursday of every month. For more information, call 540-2542.

# Hails and Farewells

## Hails

**Frank G. Gonzalez**, Automotive Mechanic, has joined the Directorate of Logistics.

**Cirllee Moland**, Material Handling Equipment Mechanic, has joined the Directorate of Logistics.

**Joseph S. Givens**, Motor Vehicle Operator, has joined the Directorate of Material Management.

## Transfer

**Mathew Milner** has transferred from the Directorate of Public Works to the Department of Veterans Affairs.

## Retirements

**Doris Holmes**, Supply Technician (MVO), has retired from the Directorate of Ammunition Operations.

Homes retires with 31 years of government service.

**Carolyn Moore**, Industrial Worker, has retired from the Directorate of Ammunition Operations. Moore retires with nine years of government service.

**Charlene Bralley**, Inventory Management Specialist, has retired from the Directorate of Material Management. Bralley retires with 29 years of government service.

**Harold Collins**, Supervisory Physical Security Specialist, has retired from the Directorate of Law Enforcement and Security. Collins retires with 37 years of government service.

**James Farris**, General Engineer, has retired from the Directorate of Engineering and Technology. Farris retires with 34 years of government service.

# Retirements



**Doris Holmes**, supply technician with Pine Bluff Arsenal's Directorate of Ammunition Operations, receives her retirement certificate from Arsenal Commander Col. Chad Bauld during a recent ceremony. Holmes retires with 31 years of government service. U.S. ARMY PHOTOS BY HUGH MORGAN

# DLES offers safe driving tips

## Courtesy of Directorate of Law Enforcement and Security

Pine Bluff Arsenal's Security Police emphasizes the Child Youth Services crosswalk zone enforcement throughout the year. Remember to watch for children and pedestrians around CYS and obey crossing zone speed limits. Together we can ensure that our children travel to and from school safely.

Go Slow...in order to survive! Drive to suit the conditions of the road: In some road conditions, even driving at the speed limit could be too fast. Factors that affect road conditions include fog, rain and traffic flow. The national speed limit is not a target speed.

Driving too fast for the conditions is bad driving. Driving too close to the car in front, undertaking and failing to signal are widely accepted as examples of bad driving. However, some drivers fail to accept that driving too fast is also poor driving despite the fact that this is a contributory factor in hundreds of deaths

and thousands of injuries every year.

Avoid talking on your cell phone, eating, or searching for items in your vehicle while driving. When traveling 55 mph or faster, a two-second distraction can be deadly. Adjust your speed for road conditions, especially rain, snow, and ice.

Stay off the shoulder. Driving on the shoulder of a roadway is not only illegal-it's dangerous. Emergency vehicles use the shoulder to get to emergencies faster, where a few seconds can mean the difference between life and death.

Slow down and "move over." If you see an emergency vehicle stopped by the side of the road, slow down and safely move over one lane if possible. Forty-eight states now have "move over" laws, and violators can be ticketed and fined.

Get out of the way of emergency vehicles. If an emergency vehicle has its lights or siren activated, slow down, move to the right and stop if possible. Once the vehicle passes, do not follow it too closely.



**Charlene Bralley**, inventory management specialist with Pine Bluff Arsenal's Directorate of Material Management, receives her retirement certificate from Eddie Bradford with MM. Bralley retires with 29 years of government service.

# RDECOM awarded for destruction mission

ABERDEEN PROVING GROUND, Md. -- The U.S. Army Research, Development and Engineering Command has received an Army Superior Unit Award for destroying the Syrian chemical-weapons stockpile in 2013 and 2014.

Because of the mission's urgency, the Department of Defense needed an existing team with the expertise, skill sets and personnel to accomplish the task quickly, said Maj. Gen. John F. Wharton, RDECOM commanding general.

"RDECOM's mission is to develop capabilities, and in this case we developed, deployed and operated a unique capability that allowed the U.S. to lead an international effort to rid the world of Syria's declared chemical weapons," Wharton said. "Our scientists, engineers and technicians stepped forward not just to deliver a

novel technical solution but to give the nation the ability to shape an international environment in the middle of ongoing hostilities."

In February 2013, RDECOM's U.S. Army Edgewood Chemical Biological Center led a multi-organization team at APG through full life-cycle development, test and evaluation of the Field Deployable Hydrolysis System.

In six months, scientists and engineers miniaturized an existing technology that had been proven to neutralize mustard agent and nerve agent precursors using hot water and sodium hydroxide. They converted a complex covering 18 acres to the 700-foot by 100-foot space available in the hold of a ship.

Teams installed two FDHS units on the MV Cape Ray in January 2014. Forty-five Army civilian field operators deployed to the



**U.S. Army technicians test the Field Deployable Hydrolysis System in July 2013 at Aberdeen Proving Ground, Md.** U.S. ARMY PHOTO

Mediterranean Sea where they destroyed 600 tons of chemical weapons in 42 days, which was 20 days ahead of schedule.

"RDECOM takes great pride in its global science and technology reach. As the RDECOM commanding general I know this comes down to the world-class expertise of our people and their willingness to do what it takes to accomplish the mission. Congratulations to our dedicated

Army civilians for their service," Wharton said.

The U.S. Army Edgewood Chemical Biological Center is part of the U.S. Army Research, Development and Engineering Command, which has the mission to ensure decisive overmatch for unified land operations to empower the Army, the joint warfighter and our nation. RDECOM is a major subordinate command of the U.S. Army Materiel Command.

# February is American Heart Month

February is National Heart Month. This month is the time to raise awareness about heart disease and prevention.

Heart disease is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2009 were men. About 610,000 Americans die from heart disease each year - that's one in every four deaths.

(Source: Centers For Disease Control)

WELLBEATS FEBRUARY 2016 CLASS SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 0600: OPEN CHOICE 1115: Stomp "Basic" 1700: OPEN CHOICE	3 0600: OPEN CHOICE 1115: Kinetics "All In" 1700: OPEN CHOICE	4 0600: OPEN CHOICE 1115: Fusion "Bring the Heat" 1700: OPEN CHOICE	5 0600: OPEN CHOICE 1115: Vibe "Basic" 1700: OPEN CHOICE	6
7 Classes highlighted Yellow: 20 Mins	8 0600: OPEN CHOICE 1115: Stomp "Quick Fix" 1700: OPEN CHOICE	9 0600: OPEN CHOICE 1115: Kinetics "The Fighter" 1700: OPEN CHOICE	10 0600: OPEN CHOICE 1115: Fusion "Yoga Burn Firm" 1700: OPEN CHOICE	11 0600: OPEN CHOICE 1115: TKO "KAPOW" 1700: OPEN CHOICE	12	13 Fit For Duty: DoD Specific Workouts Kinetics: Metabolic Conditioning
14 Classes highlighted Green: 35 Mins	15 CLOSED	16 0600: OPEN CHOICE 1115: Fusion "FUNdamentals" 1700: OPEN CHOICE	17 0600: OPEN CHOICE 1115: TKO "Fight Club" 1700: OPEN CHOICE	18 0600: OPEN CHOICE 1115: Stomp "Bench Boogie" 1700: OPEN CHOICE	19 0600: OPEN CHOICE 1115: Stomp "Basic" 1700: OPEN CHOICE	20 TKO: Kickboxing move based cardio workouts Vibe: Dance based Cardio 27 Fusion: Yoga/Pilates blend workouts Stomp: All around step workouts
21	22 0600: OPEN CHOICE 1115: Fusion "Bring the Heat" 1700: OPEN CHOICE	23 0600: OPEN CHOICE 1115: TKO "Adrenaline" 1700: OPEN CHOICE	24 0600: OPEN CHOICE 1115: Stomp "Ramp it Up" 1700: OPEN CHOICE	25 0600: OPEN CHOICE 1115: Kinetics "Time Busters" 1700: OPEN CHOICE	26	
28	29 0600: OPEN CHOICE 1115: TKO "PunchKickMove" 1700: OPEN CHOICE					

# TAKE A PEEK...

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## MLK

Continued from Page 1

convulsing. We find ourselves challenged as never before," he said. "We find ourselves in a time where we have more obstacles and challenges than ever before."

During his talk, Stewart quoted scripture as well as one of his favorite sayings from Helen Keller. "I am only one; but still I am one. I cannot do everything but still I can do something. I will not refuse to do something I can do," he said.

This holiday uniquely reflects on Dr. King the man and what he stood for, said Stewart. "We should engage in service to humanity. Not just today or Monday but have an ongoing commitment to helping with the challenges that face our society," he said. "We should be about helping to make the world better for all. Dr. King reminds us that service is the rent we pay for our place in the world."

This holiday is a time to remember Dr. King – what he lived for, what he fought for and what he died for, said Stewart. "I would imagine that most of us are familiar with Dr. King through movies and through the wonderful words that he left for us in his speeches, letters and essays," he said. "We are very familiar with Dr. King, the dreamer. We have come a long way as a nation but still have unfinished work to do."

He acknowledged that America still has race problems. "We are all born with a special purpose and God expects us to use what he has given us," said Stewart.

"There are too many who only live life on the margins of possibility. We must recommit and rekindle our commitment. Believe in ourselves and make each day count."

The luncheon concluded with a certificate presentation to Stewart from Larry Wright, Arsenal Deputy Commander, and the presentation of the 2016 MLK Humanitarian Award.

## WHITE

Continued from Page 1

with DPW since 2010, said that he has worked overtime with a lot of the different public works shops since he is familiar with the processes. "It is the same kind of work I did while I was in the service so I'm comfortable doing it and have done it for a lot of years," he said. One of his accomplishments was a contribution to a revision of the purchase request process within the Oracle system. With this revision, he helped reduce duplicate entries and cut processing time by 50 percent.

As far as other community service, White has spent countless hours helping to restore Jones Park in Altheimer. He was praised by the city's mayor for taking it from a "dismal graveyard" into an area desired by the community to relax and play. "He (White) guaranteed the future upkeep of the park through the establishment of the Altheimer-Jones Park Foundation," read the award nomination information. "It has been rewarding working in the community. I will have been there 10 years this year. It is home," he said.

## CPAC Corner

### OPM allowing certain enrollment changes with FEHB

Courtesy of Pine Bluff Arsenal Civilian Personnel Advisory Center

Enrollees in the Federal Employees Health Benefits (FEHB) Program had their first opportunity to select a Self Plus One enrollment type during Open Season 2015 for effective dates in January 2016. Under most circumstances, enrollment changes made outside of Open Season are only allowed based on a Qualifying Life Event (QLE).

However, given that the addition of a new enrollment type is a change of unprecedented proportion in the FEHB Program, OPM will allow certain enrollment changes to be made during a Limited Enrollment Period. This Limited Enrollment Period will run from now until February 29, 2016. Employees who do not make a change during the Limited Enrollment Period timeframe will require a QLE or will have to wait until the next Open Season to make a change.

The Limited Enrollment Period is not an extension of Open Season. Only the following changes are allowed during this Limited Enrollment Period:

- Employees enrolled in Self and Family coverage and participating premium conversion may change to Self Plus One. (Employees are automatically covered by premium conversion unless they have elected to waive participation)

The following changes are NOT allowed dur-

ing this Limited Enrollment Period

- No changes in plans, no option changes, no increases or other decreases in enrollment are allowed

- Employees not enrolled in FEHB are not allowed to enroll during the Limited Enrollment Period

All enrollment changes will be prospective to the first day of the first pay period following the one in which the change is requested.

During the limited enrollment period timeframe (Feb 1-29), the FEHB enrollment section of EBIS will have a drop-down box specific to changes from Self and Family to Self Plus One enrollment.

Information about Self Plus One enrollment can be found on the OPM website at: [www.opm.gov/selfplusone](http://www.opm.gov/selfplusone), or on the Army Benefits Center-Civilian (ABC-C) website at: <https://www.abc.army.mil/health/Selfplusone.htm>.

In addition, ABC-C counselors are available to answer questions between the hours of 6 am and 6 pm Central Time, Monday through Friday, excluding Federal holidays. The ABC-C toll free number is 877-276-9287. Overseas numbers and instructions for the deaf and hard of hearing can be found at <https://www.abc.army.mil/directory.htm>.

## Local union names officers, stewards

American Federation of Government Employees, Local 953 officers and stewards have been selected.

The officers and stewards are:

- President – Howard "Dave" Gassett
- Executive Vice President – Rodney Davis
- Second Vice President - OPEN
- Secretary/Treasurer – Beverly Miller
- Sergeant at Arms – Denita Kendrick
- Chief Steward – OPEN
- Alternate Chief Stewards – Robert Varnell, Roderick Rembert, Leonardo Wade, Phillip Talent and David Beers

## Nifty Knitters deliver hats to ACH



Becky Vaughn-Holsted, School-Age Service/Middle School-Teen director at Pine Bluff Arsenal's Child, Youth and School Services, presents knitted hats to Melissa Wolfe with Arkansas Children's Hospital. The hats were knitted by members of the Nifty Knitters Club (approximately 10 girls) at CYSS under the direction of Tanya Tiernan, CYSS program lead. The students at CYSS have been involved with ACH's "Knitting for Noggins" program since 2012. Approximately 30 hats were presented by Vaughn-Holsted to the hospital. U.S. ARMY PHOTOS BY CYSS

Kubota Diesel Tractors  
**Standard L Series**  
L2501

# GET THINGS DONE!

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## Commander's Awards



Capt. David L. Weiss received a Commander's Award from Pine Bluff Arsenal commander Col. Chad Bauld in December. The award was presented to Weiss for his response to an injured hunter on the Arsenal. Once found, the crew from PBA's Fire and Emergency Services evacuated the hunter to an awaiting ambulance. The physician who received the patient at the hospital said that if the rescue crew had made one false move moving the individual there was a potential that the hunter could have been paralyzed. The team's quick and precise actions prevented long-term, irreversible damage to the patient. U.S. ARMY PHOTOS BY HUGH MORGAN



Firefighter Michael J. Harrington received a Commander's Award from Pine Bluff Arsenal commander Col. Chad Bauld in December. The award was presented to Harrington for his response to an injured hunter on the Arsenal. Once found, the crew from PBA's Fire and Emergency Services evacuated the hunter to an awaiting ambulance. The physician who received the patient at the hospital said that if the rescue crew had made one false move moving the individual there was a potential that the hunter could have been paralyzed. The team's quick and precise actions prevented long-term, irreversible damage to the patient.



Firefighter Mark Rongey received a Commander's Award from Pine Bluff Arsenal commander Col. Chad Bauld in December. The award was presented to Rongey for his response to an injured hunter on the Arsenal. Once found, the crew from PBA's Fire and Emergency Services evacuated the hunter to an awaiting ambulance. The physician who received the patient at the hospital said that if the rescue crew had made one false move moving the individual there was a potential that the hunter could have been paralyzed. The team's quick and precise actions prevented long-term, irreversible damage to the patient.

## Weingarten Notification

1. Section 7114 of 5 U.S.C. establishes an exclusive representative's right to represent unit employees. This includes granting the exclusive representative the right to attend certain formal meetings and investigative examinations between management and unit employees. Section 7114 (a) (2) (B) provides as follows:

"(2) An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at:

(A) Any formal discussion between one or more representatives of the agency and one or more employees in the unit of their representative concerning any grievance or any personnel policy or practices or other general conditions of employment; or

(B) Any examination of an employee in the unit by a representative of the agency in connection with an investigation if -

(i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and  
(ii) the employee requests representation.

(3) Each agency shall annually inform its employees of their rights under paragraph (2)(B) of this subsection."

2. This right is generally called the "Weingarten Right". To qualify as an investigative examination, the meeting must involve questioning of an employee as part of a searching inquiry to ascertain facts. The right of the union to be present is triggered only by the employee's request.

# JMC General gives praise, talks readiness

McALESTER, Okla. -- During his first visit to the ammunition plant here, the Army leader who provides munitions readiness to the nation's warfighters thanked the workforce for living up to the Joint Munitions Command motto -- Ready, Reliable and Lethal.

"I really appreciate all the great work and effort that goes on here at McAlester," said Brig. Gen. Stephen A. Farnen, JMC commanding general, to leaders at the McAlester Army Ammunition Plant. "I don't take it for granted for a second."

Farnen said he received a note from Maj. Gen. Paul C. Hurley Jr., commanding general, 1st Sustainment Command (Theater), Kuwait, in the days leading up to Christmas thanking him for the delivery of munitions by MCAAP, and other JMC units, which enabled the Defense Department to put pressure on the Islamic State of Iraq and the Levant, or ISIL.

"That's the fruits of the labor," Farnen said. "That's just a clear indication of how important what you do here at McAlester is."

As a testament to its performance, Farnen attached an Army Superior Unit Award streamer to the plant's colors. The streamer was awarded to MCAAP by the Secretary of the Army for exceptionally meritorious service in support of Operation Enduring Freedom in Afghanistan and Operation New Dawn in Iraq from Oct. 1, 2011 to Sept. 30, 2012.

"You should all be incredibly proud," he said. "This is the crème de la crème -- the gold standard -- when it comes to bomb-making."

The visit also included a traditional command brief covering the plant's core capabilities -- ammunition production, ammunition and missile maintenance, ammunition demilitarization, logistics operations, and off-site rail maintenance.

Most of the general's time was devoted to a tour of the facilities where he met the workforce. For nearly seven hours he toured a myriad of bomb production, missile maintenance, CBU-105 Sensor Fuzed Weapon integration, explosives



Brig. Gen. Stephen E. Farnen, commanding general, Joint Munitions Command, gets the feel of an upgraded FIM-92 Stinger missile under the watchful eye of Timothy Easley, electronic intergraded systems mechanic leader, for the Precision Munitions Division, Directorate of Ammunition Operations, at McAlester Army Ammunition Plant, Okla., Jan. 26. It was Farnen's first visit to MCAAP since taking command at Rock Island Arsenal, Ill., in July 2015. U.S. ARMY PHOTO BY KEVIN JACKSON

laboratory, less-than-truck load and storage facilities. He also received a windshield tour of the plant's largest outload pad.

Farnen also participated in several hands-on activities, filling a BLU-111 500-pound, general purpose bomb, inserting a railroad tie along the plant's 223 miles of track and firing a test shot on the Sensor Fuzed Weapon range, where he narrowly missed a bulls-eye.

"I like getting out and meeting everybody," Farnen said toward the end of the visit. "The more I can see and learn the better."

The visit ended at the Land Management Office where he learned about the plant's

award-winning natural resources conservation program and admired a large collection of deer antlers from MCAAP.

Herron was pleased to show the leader of his previous organization, the 19th Expeditionary Sustainment Command in Daegu, South Korea, what MCAAP brings to the organic industrial base.

"It was great to showcase MCAAP's unique and diverse capabilities that support the Joint Force," Herron said. "The commanding general left with an appreciation and better understanding of the incredible commitment and dedication of the MCAAP workforce, and what we do for the nation and our Warfighters every day."



**You could have advertised in this space!!**

The Arsenal Sentinel is published monthly on the second Thursday. To advertise in the Sentinel, call Tonya Lane at the White Hall Journal at 540-4700.



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Greenway Equipment, Inc., the area's largest John Deere dealer, is looking for

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# Pine Haven Golf Course

## Pine Bluff Arsenal

### New Year Promotions



Pine Haven Golf Course is a unique 9-hole course that includes beautiful scenery, well-groomed fairways and challenging greens.

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Pine Haven Pro Shop contains a variety of items that will ensure an enjoyable golfing experience. Items include golf balls, tees, golf shirts, gloves, snacks and beverages.



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For more information call the  
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**FREE GREENS FEE WITH PURCHASE OF 18 HOLE CART RENTAL!**

**LIMIT ONE TIME USE**  
Must present coupon at time of purchase.

**NEW YEAR PROMOTION**

Pine Haven current members who bring a guest that signs up for a yearly membership will receive **one year membership free!**

# CPI Recognition



Stephen Lee, with the Directorate of Public Works, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for his contribution to the Continuous Process Improvement Program. His project dealt with the renovation of Ammunition Operations Building 44-100. The building is being brought up to codes and standards rather than constructing a complete new building.



Sammie Sheftic, with the Directorate of Resource Management, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for her contribution to the Continuous Process Improvement Program. Her project reduced excess labor associated with Resource Management documents. By converting to an electronic system, creation, filing, tracking and disposing of these documents is easier.



Jonathan Hicks and Justin Young (not pictured), with the Directorate of Engineering and Technology, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for their contribution to the Continuous Process Improvement Program. Their project was for the design of a new tool made from scrap metal to be used to avoid hand injuries when working with the 81 mm mortars.



Timothy McDaniel, with the Directorate of Law Enforcement and Security, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for his contribution to the Continuous Process Improvement Program. His project dealt with usage of a driver during a VIP visit. By using a security guard to be a driver during a visit, DLES didn't have to spend money for overtime to complete the mission.



Leann Parnell, with the Directorate of Law Enforcement and Security, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for her contribution to the Continuous Process Improvement Program. Her project found cost savings for security guard vacancies. Due to a scrub and position review, DLES chose to do a hiring freeze/removal of four vacant positions.



Gina Bond, with the Directorate of Information Management, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for her contribution to the Continuous Process Improvement Program. Her project found savings by taking two GS-12 and one GS-11 positions and downgrading requirements for hire to two GS-11 and one GS-9 to allow for quicker hiring rate and reducing the annual salary for the positions.



Nova-Dawn Mauldin with the Directorate of Engineering and Technology was recognized with a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld for her work as the Continuous Process Improvement Manager. As CPI manager, Mauldin accomplished her duties in a short period in an exceptional manner. She has managed to exceed the CPI goal for the first quarter of fiscal year 2016 set by headquarters resulting in over \$1.3 million in savings and cost avoidance. She has also taken the initiative to become a Certified Black Belt by attending required training away from PBA during the same period.

Shane Hubanks, with the Directorate of Law Enforcement and Security, received a certificate of achievement from Pine Bluff Arsenal commander Col. Chad Bauld recently for his contribution to the Continuous Process Improvement Program. His project reduced travel expenses for a firearms course. Individuals already trained in the course would teach new trainers rather than send eight individuals TDY to a course.



U.S. ARMY  
PHOTOS BY  
RACHEL SELBY

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**PINE BLUFF ARSENAL  
18<sup>TH</sup> ANNUAL  
CHILD ABUSE AWARENESS 5K**

Sponsored by: ARMY COMMUNITY SERVICE AND RECREATION SERVICES  
APRIL 30th, 2016 starting at 0800 hrs  
5K RUN/2MI WALK/STROLL

**RUN:** The race will begin at the PBA Fitness Center crosswalk. The surface is asphalt and is flat.

**WALK:** The walk will start at the PBA Fitness Center crosswalk.

**ENTRANTS:** Entry fees will be coordinated through Carla Easterling @ 870-540-3779, bldg 16-310 (Fitness Center). Entry fee is \$25.00 per entrant prior to the race and \$30.00 day of the race. **IN AN EFFORT TO ENSURE EVERYONE HAS AN EASY ACCESS TO THE INSTALLATION, PLEASE SUBMIT ENTRY FORMS NLT 21 April 2016.**

**AWARDS:** 1<sup>ST</sup>, 2<sup>ND</sup>, AND 3<sup>RD</sup> PLACE Awards will be given to the following divisions in the 5k run:  
Male/Female Overall: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-UP

**INFORMATION:** We will accept cash, checks, money order and credit cards. Please do not mail cash. Checks and money orders must be payable to FMWR. For more information contact Carla Easterling at 540-3779.

Mail applications to: **PINE BLUFF ARSENAL  
JMPB-PAR (FITNESS CENTER)  
ATTN: Carla Easterling, BLDG 16-310  
CHILD ABUSE AWARENESS 5K  
PINE BLUFF, AR 71602**

Name: (last, first, mid. initial) \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: Male Female T-Shirt size: S M L XL XXL

Circle One: Run Walk Phone Number: \_\_\_\_\_

I hereby waive and release any and all rights and claims for damages which I may have against the Pine Bluff Arsenal, as well as promoters, other participants, operators, officials, any person in a restricted area, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers and employees, all for the purposes herein referred to as "releases", from all liability to the undersigned, his personal representatives, assigns, heirs and next of kin for any and all damages and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the release or otherwise while the undersigned is in or upon the restricted area, and/or, competing, officiating in, observing, or working for, of for any purpose participating in the event. I further agree to hold harmless the Government, its officers, agents, and employees for any damage to my personal property or me caused as a result of my participation in this event. I further understand that I am responsible for all dependents and authorized guest who accompany me while participating in this event.

Participant Signature \_\_\_\_\_

Parent/Guardian signature (if under 18) \_\_\_\_\_

PARTICIPANTS MUST ENTER THROUGH DEXTER GATE.  
ENTRY FEES ARE NON REFUNDABLE

# Workers' Compensation Medical evidence needed for employee lost-time claims

*Courtesy of Pine Bluff Arsenal  
Workers' Compensation Office*

Medical evidence is required for all lost time from work.

First any work-related injury should immediately be reported to your supervisor. Injury will be evaluated at the Pine Bluff Arsenal Health Clinic and if necessary, the clinic will provide medical treatment or referral. However, an employee has the right to choose their treating physician. Employees should notify the Workers' Compensation Office at 540-3076 prior to scheduling an appointment if treatment is elected from personal physician.

Each employee is responsible for submitting or arranging for submission of a medical report from the treating physician for every medical service provided for the work-related injury. Medical reports must include the following: dates of examination and treatment; history given by employee; physical findings; results of diagnostic tests; diagnosis; a description of any other conditions found but not due to the claimed injury; treatment provided or recommended for the claimed injury; physician's opinion, with medical reasons, as to causal relationship between the diagnosed condition(s) and the factors or conditions of the employment; extent of disability affecting your ability to work due to the injury; prognosis for recovery; and work limitations.

Medical evidence must be submitted that the condition claimed is disabling when applying for wage loss benefits. Continuation of pay cannot be authorized without medical docu-

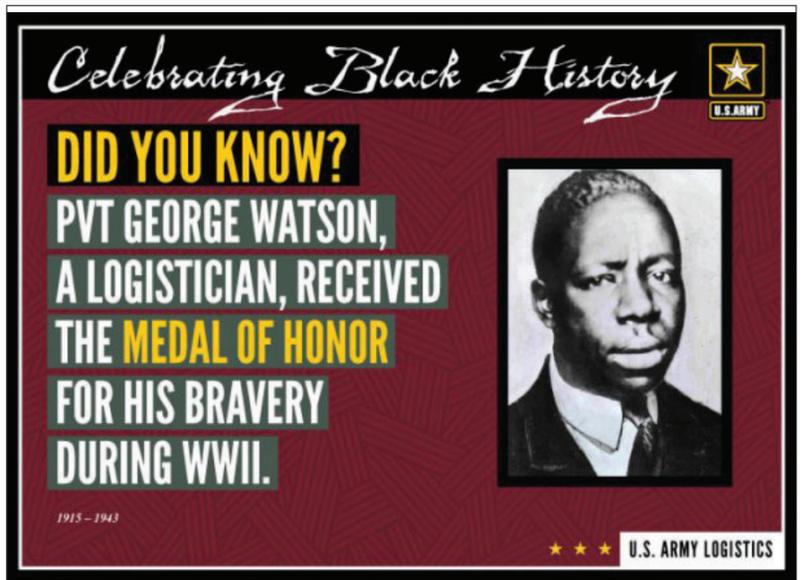
mentation supporting total disability from work. Compensation payments from Office of Workers' Compensation Programs will only be made with supporting medical evidence that the employee cannot perform the duties of their regular job or limitations cannot be accommodated.

In order to receive compensation, the employee must be in a Leave-Without-Pay status and complete Claim for Compensation, Form CA-7, in the Workers' Compensation Office. OWCP only allows up to four hours for medical appointments. Medical statement is necessary for all periods of absence/appointments in order to prevent delay in payment.

Remember your physician must be registered with Affiliated Computer Systems, Inc. (ACS) and their ACS provider identification number must be included on the bill in order to receive payment. Your medical provider can verify eligibility of services, obtain authorizations for medical requests, and verify status of bill payments by calling 866-335-8319 or on web site <http://owcp.dol.acs-inc.com>.

The services of chiropractors will only be reimbursed when treatment consist of manual manipulation of the spine to correct a subluxation as demonstrated by X-ray. Subluxation is an incomplete dislocation, off-centering, misalignment, fixation or abnormal spacing of the vertebrae anatomically which must be demonstrated on X-ray film to individuals trained in the reading of X-rays.

For further information, contact Blake Tolleson at 540-3076.



This month, Army Logistics will honor the contributions of several African-Americans who served in the Army.

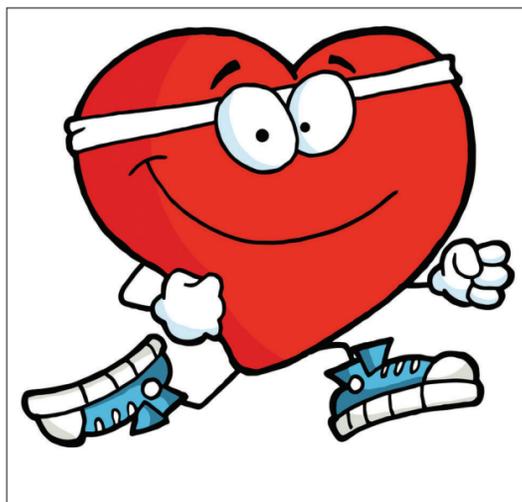
There is no better model than Private George Watson, who was one of the 1.2 million African Americans who served in World War II. However, none of those brave Soldiers received the Medal of Honor during or after that war. That changed in the late 1990s, following an extensive review by the Army of the records of World War II black heroes. In a ceremony in 1997, President Clinton bestowed the Medal of Honor on seven of them, all of whom had served with combat arms units with one notable exception, Private Watson, from Birmingham, Alabama, and a member of the 29th Quartermaster Regiment.

He was aboard a ship off the coast of New Guinea on March 8, 1943, when the ship was attacked by Japanese bombers and had to be abandoned. In-

stead of saving himself, Private Watson stayed in the water for a prolonged time, courageously helping others. Weakened by his efforts, he was eventually dragged down by the sinking ship and drowned.

In 1997, the Navy named a strategic sealift ship after the Medal of Honor recipient, and today the USNS WATSON is part of a fleet that prepositions supplies in strategic locations all over the world. Since Private Watson has no known next of kin, his Medal of Honor resides in the U.S. Army Quartermaster Museum, in Fort Lee, Virginia.

In proclaiming February as National African American History Month President Barack Obama said "America's greatness is a testament to generations of courageous individuals who, in the face of uncomfortable truths, accepted that the work of perfecting our Nation is unending and strived to expand the reach of freedom to all." Those words certainly apply to Private Watson.



## EAP Walk for Life program promotes healthy lifestyle

*Courtesy of Pine Bluff Arsenal's Employee Assistance Program*

Pine Bluff Arsenal's Employee Assistance Program's Walk-For-Life program is designed to help us get healthy and maintain a healthy lifestyle. This program has no required number of miles and no set times to exercise. There are no fees or dues for membership. The program doesn't require you to have a gym membership. You can walk in the morning, afternoon or evening, whichever works best for you.

Some health benefits of walking include lower blood pressure, reduced heart attack risk, enhanced stamina and energy, and increased aerobic capacity.

Upon registering for our Walk-For-Life program, participants will receive a food guide, walk log, pedometer and a reporting form. These items will help you keep up with your calorie intake and the distance you walk. We only ask that you record your miles on the form and return the form to EAP by the sixth day of each month.

A record of the number of miles each individual walks will be maintained at the EAP office and a total number will be identified at the end of the fiscal year. Prevention tokens will be given to participants who return their form.

Contact EAP at 540-3094 or stop by Building 13-040 to get a registration packet.

## PBA Transportation Division establishes organizational email

*Courtesy of Directorate of Materiel Management*

Due to the turnover of personnel and various functions being added Pine Bluff Arsenal's Directorate of Materiel Management-Transportation Division, a new organizational email address has been created.

Each MMT member will still receive email, but in cases of inclement weather, or sick leave, TDY, etc., we don't want to miss your requests. MMT can be contacted at [usarmy.pinebluff.usamc.mbx.transportation-office@mail.mil](mailto:usarmy.pinebluff.usamc.mbx.transportation-office@mail.mil)

Send all inquiries, requests for transportation assistance and information updates to the Materiel Management Transportation Office in one email and a response will be made the same business day.

Effective March 1, the Arsenal will require all carriers to make scheduled appointments 24-hours prior to delivery. Small package carriers; e.g., FEDEX, UPS, DHL are not required to schedule appointments and will continue delivering as per the current procedures.

For information, contact Adrian Near, transportation officer, at 540-3611.

## 5K, walk scheduled

Pine Bluff Arsenal will conduct its 18th annual Child Abuse Awareness 5K run, 2 mile walk/stroll April 30 beginning at 8 a.m. Entry fee is \$25 prior to the race and \$30 the day of the race. Applications are due no later than April 21.

First, second and third place awards will be given in male/female age divisions. The race and walk will begin at the Arsenal's Fitness Center crosswalk.

For information, call 540-3770.

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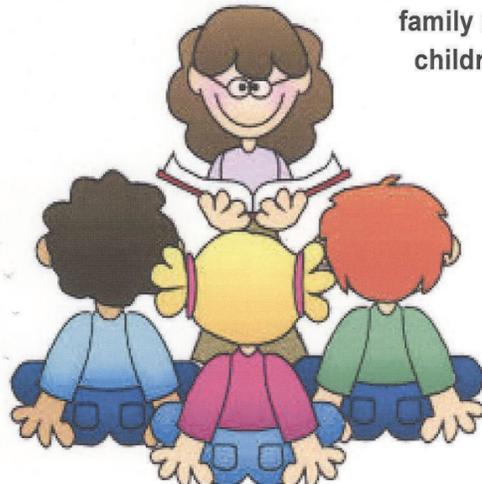
# Read to a Child Program

The PBA Child, Youth and School Services Program would like you to volunteer for our Read to a Child Program! Volunteers can come to read to our Toddler and Preschool children.

CYSS will provide the book!  
It will only take 10 to 15 minutes.

This program is only open to PBA Military Families, vetted PBA employees and family members of children in care.

Volunteers must be on leave or on their own time to participate. We do have volunteers who read to children during their lunch break.



If you are interested in participating, please call ext. 2360 to register.

The children love having "Special Guests" visit them!

Volunteers are selected monthly to read to our children.

# MWR builds recreational cabin at Arsenal

By Rachel Selby

Why is there a cabin at Tulley Lake? Responding to leisure needs surveys over several years, Pine Bluff Arsenal's Family Morale, Welfare and Recreation directorate discovered that recreational cabins was something the Arsenal workforce and families wanted.

"For several years, cabins had been talked about but were never a top priority because we didn't have the money. From time to time, the U.S. Army Installation Management Command opens up windows of funding for redistribution," said Missy Brodnax, MWR director. "Over the years, we have gone in for funds to do the most important things such as repairs and upgrades of facilities. This year, we decided to put in for the cabin project and it was funded."

The total cost of the cabin was approximately \$147,000. "A lot of individuals were involved with this project. Carla Easterling was the contract representative. Vonda Davis handled all the finances, making sure to get all the information to IMCOM," said Brodnax. "Gloria Davis, MWR lodging manager, has taken over the keys now and is getting it ready. It is her baby."

The cabin was purchased from Conestoga Log Cabins and Homes. This company, according to a brochure, is experienced in working with "military projects small and large" and uses a "green" process to their manufacturing.

Brodnax said that

RV slots were also funded but were canceled because of expense. "We decided to put the IMCOM money toward the cabin," she said. "Several installations – Red River Army Ammunition Plant and McAlester Army Ammunition Plant included – have these cabins and they are big money makers for these installations. Army lodging is one of MWR's biggest money-generating areas."

MWR's long-range plan is to have four cabins built and some RV pads in the Tulley Lake area. "Gloria is going to track the usage of this first cabin and see where we are in a year or so," said Brodnax. "It is a kind of a wait and see."

According to regulations, this first cabin had to be American with Disabilities Act compliant, said Brodnax.

The cabin, which will officially be called "Cabin in the Pines," is a one-bedroom with living area, bath, galley kitchen and loft. "The bathroom is really big," said Davis, who has furnished and decorated the cabin. "The



A brand new one-bedroom cabin stands at the edge of Tulley Lake at Pine Bluff Arsenal. The cabin will be available for rental via MWR Army Lodging for \$65 a night. U.S. ARMY PHOTOS BY RACHEL SELBY

loft is really nice. I was concerned at first because there is no handle at the top of the ladder to take you on up into the loft, however, two guys from PBA's Directorate of Public Works were able to get up in the loft with no trouble."

The rental rate for the cabin is \$65 per night, which is comparable to cabins at other

installations. "I plan to stay a night before we open it to the public to make sure everything is working properly – like the heat, etc.," said Davis.

The cabin is open for rental by active duty and retired mili-

tary, Department of Defense employees and retirees, contractors, and more. Rental guest will have to adhere to all PBA regulations and vetting requirements.

The grand opening is tentatively set for the

middle to end of February. "We are planning to do a drawing for a free night during the open house," said Brodnax.

For reservations, call Davis at 870-540-3008.



Rustic and comfortable furniture makes the "Cabin in the Pines" feel like a home away from home. A grand opening will be held at the cabin later in February or early March, according to MWR.



A ladder leads to a spacious loft in the new cabin

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