



PBA SHARP Victim Advocate

**24 Hour
Hotline:
870-
209-4093**

PBA SAFETY GLANCE



**Safety Element for
fiscal year 2015:
Lost Day Case:
0.65
Award Goal: 0.92**

* Lost time injuries for fiscal year 2015 is five. There is zero lost time injuries as of September 1.

*Recordable injuries for fiscal year 2015 are 21. There are zero recordable injuries as of September 1.

*Pine Bluff Arsenal days without a lost time injury are 14.

*Pine Bluff Arsenal days without a recordable injury are 14.

*Estimated hours worked without a lost time injury: 65,565.

IN BRIEF

Barriers operational

The active vehicle barriers are now operational at Plainview and Dexter Gates on Pine Bluff Arsenal. The traffic lights will either be green, allowing you to travel over them or red, directing you to stop at the designated line so as to not cause damage to your vehicle. Please obey all traffic signals related to these barriers.

The Arsenal's Directorate of Law Enforcement and Security will provide more guidance about the barriers as needed.

ON THE INSIDE



**CYSS Summer Camp
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**In case of
emergency...
Call 911**

BG Gervais visits PBA



Photo above, Brig. Gen. Maria Gervais, Commandant of the U.S. Army Chemical Corps and Lt. Col. Ken Napier, Deputy Assistant Commandant, watch as John Burkhead, Pine Bluff Arsenal Directorate of Chemical and Biological Defense Operations, shows them production work on the M295 decontamination kit line. U.S. ARMY PHOTOS BY HUGH MORGAN



Brig. Gen. Maria R. Gervais, Commandant of the U.S. Army Chemical Corps, exits a Chemical Biological Protective Shelter during her tour of Pine Bluff Arsenal Aug. 10.



Don Scifres with Pine Bluff Arsenal's Directorate of Ammunition Operations, shows Brig. Gen. Maria Gervais an M853 81mm illumination round during their tour of the load, assemble and pack production line. During her visit, the general received an overview briefing of the installation, viewed a pyrotechnic demonstration and also toured the Quality Evaluation Facility and M98 large filter production line.

AFGE Local 953 office moving outside gate



The American Federation of Government Employees otherwise known as AFGE Local 953 offices are moving to Pine Bluff Arsenal's Pass and Identification building outside Plainview Gate. U.S. ARMY PHOTO BY RACHEL SELBY

By Rachel Selby

Pine Bluff Arsenal's American Federation of Government Employees or AFGE Local 953 office is moving.

"The office is moving to the back part of Bldg. 17-130, which is the Pass and Identification Office located outside Plainview Gate. These are the offices that used to house the military identification offices right in front of the White Hall JROTC offices," said David Gasset, union president.

Gasset said the main entrance of the office will be a side door that can be accessed from the outside instead of going through the building. "We have lots of work orders currently in for moving of signage, phone lines, etc.," he said. "We are expecting to be completed with the move by late September to no later than the end of October. But, this really depends on when the work

orders can be completed."

The union office is currently located in a building near the Arsenal's swimming pool complex, Bldg. 16-230, and is on a demolish list.

"The building used to be an old Soldier barracks back in the day," said Gasset. "This building is part of the effort to reduce the footprint of the Arsenal, and tear down old buildings that are no longer needed, or in disrepair. This will save the Arsenal a lot of money in the long run."

The space is significantly smaller than the current space, said Gasset. "We will be sharing the safety briefing room used by Security for our monthly meetings," he said.

Currently the union meets the second Tuesday of each month. AFGE Local 953 also represents a portion of the Little Rock

SEE UNION, PAGE 3

Right Today

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

Better Tomorrow

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

Commander's Column

Today, one day before the 14th anniversary of the 9-11 attacks on our Nation, I would ask that you take a moment and reflect on the sacrifices of that day. We need to remember all those who perished that day as well as the service members, Civilians and contractors who gave their lives in Iraq, Afghanistan, and elsewhere. Pine Bluff Arsenal is an important part of our Nation's military. The products we make and maintain here protect our warfighters and save lives -- I know you take great pride in that fact.

August has been a busy month and September will be equally as busy. We have several VIP visits during September, including the Chemical Biological Defense Acquisition Initiatives Forum Sept. 23. PBA will welcome the U.S. Army Joint Munitions Command Deputy Commander D. Scott Welker Sept. 22-24, and the JMC Command Surgeon Col. Arthur Cajigal will visit Sept. 29. We will also be hosting a PBA Organic Industrial Base Workload review with senior leaders from JPEO-CBD, PEO-Ammo, TACOM, AMC, and JMC on Sept 24.

As we continue to work through challenges facing our business and Army, we know our Arsenal team is a strong one. We must continue to prioritize resources, reduce costs and look at long-term viable business opportunities while producing quality products.

In mid-July, we conducted a mid-term Strategic Planning session. Several questions and answers came out of these sessions, and I wanted to take the opportunity to share some of these with you:

BRAC (Base Realignment and Closure)
Do we know when/where there will be a Base Realignment and Closure (BRAC)?

No, although the Army has asked Congress for base realignment and closure authority.

How can we best prepare the Arsenal to remain open if a BRAC event occurs in the future?

The most important criteria is for PBA to maintain our value to the military. PBA leadership continues to actively focus on gaining and maintaining workload with high military value. You can assist by reducing costs in your areas, staying informed with your Directorates responsibilities, jobs, etc. and speaking positively in the community about the importance of our work performed for military here at Pine Bluff Arsenal.

Cost savings
Can't PBA cut indirect (overhead) positions if costs need to be reduced?

Why are we still filling indirect (overhead) positions if we need to reduce costs?

The indirect positions being filled are key positions. All vacant positions are reviewed by directors and resource management before hiring actions are taken to avoid adding cost unnecessary with current mission. At this time we are making the choice to keep 120 indirect positions vacant to reduce our costs.

Can Health Clinic and EAP be contracted out at a reduced rate?

The Health Clinic and Employee Assistance Program are separately funded from outside PBA so there is no additional cost for those operations in our labor. The Health Clinic is a tenant activity that actually pays rent to be on PBA. The Health Clinic also enables PBA to operate a surety level laboratory at the Quality Evaluation Facility. Without the clinic, this important, critical, and highly-valued military operation would not be here. Contracting work out is not always a cost savings. Contracting those two functions specifically out would add cost to PBA.

Workload
What should be the focus of new workload?

The most important workload is projects with high military value within PBA's core manufacturing capabilities of specialty ammunition, smoke munitions, and chemical biological defense equipment. Another source of new workload is partnerships with industry where PBA manufactures or rebuilds items for external companies. Partnerships are a major emphasis within the Department of Defense at this time. PBA is actively building partnerships with industry to increase workload and reduce costs.

Is this downward workload trend recoverable?

Certainly. Like any commercial business the military goes through rebuild cycles. Events like our strategic planning events that we conduct at least once a year help leadership focus on action plans that mitigate unfavorable trends. What PBA does during the rebuild cycle times determines the magnitude of our success during times when there is plentiful workload. You can assist by reducing costs now so when workload begins to arrive the customer gets the highest value possible.

Customer Relationships
PBA has a long term goal to "Establish PBA as a single center of excellence for specialty ammunition and chem-bio defense products" How is this being accomplished? What are issues in accomplishing this?

Having the Secretary of the Army designate Pine Bluff Arsenal as the Center of Industrial Technical Excellence (CITE) for Specialty Ammunition, Smokes and Obscurants is one method. We already have a CITE designation from the Secretary of the Army for Chemical Biological Defense Equipment. We are working to obtain the ammunition CITE with our headquarters.

Another avenue is cultivating customer relationships where they seek PBA out first because of our reputation for delivering quality products with high military value at an affordable price. PBA leadership is aggressively increasing customer engagement to cultivate those relationships. Affordability continues to be an issue. You can help build these customer relationships by reducing costs.

Is it time to expand our business portfolio?

Yes. As projects are completed, new ones should be in the queue. The best way to accomplish this is to increase our customer base in the core business areas of ammunition and chemical biological defense.

Building these customer relationships opens new opportunities which in turn add to our business portfolio.

By focusing on these questions and answers, we can continue to press forward and make Pine Bluff Arsenal the best we can make it.

Thank you for what you do every day to make PBA a great place to work and do business. I am very proud of what we do here, as I'm sure you are too.



Col. Chad T. Bauld

Community about the importance of our work performed for military here at Pine Bluff Arsenal.

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Social Security

This fall, ease into retirement online

By Tonya Dees

Social Security Public Affairs

September 23 marks the first day of fall. During this season, many people reflect on the gradual passing of time as green leaves turn gold and pine needles blanket lawns. You are also slowly changing, and those golden years of retirement are one season closer.

We want you to be as prepared as possible, and making applying for retirement easy is one of Social Security's top priorities. In fact, applying for retirement benefits has never been easier. You can do it all online.

Unlike the leaves that take many weeks to change, you can complete Social Security's online retirement application in as little as 15 minutes. Better yet, you can apply from the comfort of your home or office.

There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. Simply go to www.socialsecurity.gov/retire/apply.html.

Most of the time, after your

online application is submitted, you're done. There are no forms to sign, and we usually require no additional documentation. Social Security will process your application and contact you if we need further information.

Planning for retirement is much like preparing for colder weather — you want to protect yourself and your loved ones as best you can with the best resources possible.

One important, but easy way to do this is to check your Social Security Statement using your secure online my Social Security account.

Set up your account easily by answering a few questions to prove your identity. After you have an account, you can check your Statement anytime, day or night.

Your Social Security Statement shows your lifetime earnings so you can make sure those records are correct. This way, you'll know your retirement benefit will be accurate.

In addition, there are some useful things you can do with

your personal my Social Security account, such as:

- *Get an estimate of your future benefits if you're still working;
- *Print a letter with proof of your benefits if you currently receive them; and
- *Manage your benefits;
- *Change your address;
- *Start or change your direct deposit;
- *Get a replacement Medicare card; and
- *Get a replacement SSA-1099 or SSA-1042S for tax season.

Beginning the season of retirement can be exciting and scary at the same time. At Social Security, we make it easier by providing the tools and information you can use to help you make the best decision for you and then apply for benefits online.

And, when you're done, you'll have more time to rake up those pine needles and leaves! Go to www.socialsecurity.gov/retire/apply.html to start that new season in your life today.

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.



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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."

All submissions to the Arsenal Sentinel can be sent to Rachel Selby at 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 information, call 540-2542.

Pine Bluff Arsenal
Army Substance Abuse Program (ASAP)
Employee Assistance Program (EAP)

EAP can help you with:

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- *Financial problems
- *Marriage and family problems
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- *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, Ruby Edwards, Cassandra Cosen and Dee Nesby at Building 13-040 or call 870-540-3094.

Arsenal Sentinel

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Lean 101 training



Twenty Pine Bluff Arsenal employees attended a training on lean manufacturing Aug. 13. Arkansas Manufacturing Solution was hired to provide the one-day training. The purpose of the training was to familiarize employees with tools and technique used to identify non-value added activities/functions, and eliminate such activities to improve processes and reduce operational reduce. The training is in support of the Continuous Process Improvement program which requires three percent of operational budget cost savings/avoidance--a goal of cost savings avoidance of about \$3.5 Million. In order to achieve the CPI goal an understanding of lean processes and techniques by all is desired. As part of the training, attendees conducted an exercise using the lean training materials. The exercise allowed each participant to play a role in an electronic manufacturing process (making circuit boards). Thru the exercise participants identified ways to eliminate waste and improve the manufacturing process. U.S. ARMY PHOTO BY HUGH MORGAN

Changes coming to TRICARE pharmacy service

FORT HUACHUCA, Ariz. -- A new law going into effect Oct. 1, requires most TRICARE beneficiaries to get brand name maintenance drugs from TRICARE Pharmacy Home Delivery or a military pharmacy.

If beneficiaries keep using a retail pharmacy for these drugs, they will have to pay the full cost. Active-duty service members are exempt from the law's requirement.

Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cho-

lesterol. The law doesn't apply to drugs you take for a short time, like antibiotics, or generic drugs. The law also doesn't apply to beneficiaries living overseas, or who have another insurance plan with prescription drug coverage.

TRICARE beneficiaries can call 1-520-533-2520 to find out if their medication is available at RWBAHC.

To sign up for home delivery of certain medications, TRICARE beneficiaries can visit the Express Scripts website.

Beneficiaries affected

by the change will soon get letters from Express Scripts, Inc., the TRICARE pharmacy contractor. These letters will tell beneficiaries they are taking an affected drug and explain their options. Beneficiaries can also call Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, Express Scripts will send another letter to beneficiaries, who continue using a retail pharmacy for affected drugs.

For more information about this change to TRICARE's pharmacy benefit, visit its website.

Hails and Farewells

New Hires

Crystal McCoskey, Project Coordinator, has joined the Directorate of Public Works.

Thomas Duncan, Supply Technician, has joined the Directorate of Material Management.

Retirements

Freddie Webb, Materials Handler, has retired from the Directorate of Material Management. Webb retires

with 13 years of government service.

Resignations

Kim Carter, Industrial Worker, has resigned from the Directorate of Ammunition and Operations

Transfers

John Sanders, Architect, has transferred from the Directorate of Public Works. His transfer location was unknown by press time.

UNION

Continued from Page 1

District of the U.S. Army Corps of Engineers.

"The union is the voice for the employees. When issues go on in the workplace, we are the people that they bring their issues to, and we try to resolve those things with man-

agement," said Gasset, who has been president since 2012. "Right now things are pretty calm. Our grievance board is relatively empty."

Other union officers are Rodney Davis, executive vice president; Beverly Miller, secretary/treasurer; and

Denita Kindrick, Sergeant at Arms. There is a position open right now for second vice president.

"This move will be a good thing," said Gasset. "Being outside the gate will allow us to be more accessible."



39th Chief of Staff of the Army Initial Message to the Army

We have the most skilled, ethical, and combat hardened Army in our Nation's history. No matter where we are around the world, America's Soldiers are displaying courage, commitment and character. We are demonstrating unparalleled competence and agility. And no matter the challenge, no matter how complex the environment, or how dangerous the situation, our Soldiers fight and win.

I am honored to lead this remarkable team.

I have three priorities:

#1. Readiness: (Current Fight) Our fundamental task is like no other – it is to win in the unforgiving crucible of ground combat. We must ensure the Army remains ready as the world's premier combat force. Readiness for ground combat is – and will remain – the U.S. Army's #1 priority. We will always be ready to fight today, and we will always prepare to fight tomorrow. Our most valued assets, indeed, the Nation's most valued assets, are our Soldiers and our solemn commitment must always be to never send them into harm's way untrained, poorly led, undermanned, or with less than the best equipment we can provide. Readiness is #1, and there is no other #1.

#2. Future Army: (Future Fight) We will do what it takes to build an agile, adaptive Army of the future. We need to listen and learn – first from the Army itself, from other services, from our interagency partners, but also from the private sector, and even from our critics. Developing a lethal, professional and technically competent force requires an openness to new ideas and new ways of doing things in an increasingly complex world. We will change and adapt.

#3. Take Care of the Troops: (Always) Every day we must keep foremost in our minds our Soldiers, Civilians, and their Families. Our collective strength depends on our people – their mental and physical resilience is at our core. We must always treat each other with respect and lead with integrity. Our Soldiers are the crown jewels of the Nation; we must love them, protect them, and always keep faith with them.

I am honored and proud to serve with you. Thank you for your service and commitment to a cause larger than yourselves.

Army Strong! Mark A. Milley

MARK A. MILLEY
General, United States Army
39th Chief of Staff of the Army

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PBA heat management program working well

By Rachel Selby

Pine Bluff Arsenal heat management program has worked well this summer, according to Todd Forthman, safety engineer with the Arsenal's Directorate of Risk Management and Regulatory Affairs-Safety Office.

"A couple years ago, we identified our real problem areas for heat injuries. This included operations in the White Phosphorus Facility and a large warehouse at Building 53-990," said Forthman. "There is a lot of heat in the WP plant, and there is really no way to air condition our large World War II era-warehouses."

Forthman said that the Safety Office revised a heat management plan with PBA's Industrial Hygiene office.

"These were the areas we planned to target," he said. "IH has had a plan in place for years-a really good plan. This plan models after the American Conference of Governmental Industrial Hygienists or ACGIH. This is what the U.S. Army follows."

ACGIH is a professional association of industrial hygienists and practitioners of related professions. One of its goals is to advance worker's protection by providing timely, objective, scientific information to occupational and environmental health professionals.

"The plan is not simple. However, we are the only facility to rewrite the heat categories to match an industrial setting," said Jerry Weilacher, administrator of the Arsenal's Industrial Hygiene and Preventative Medicine Services. "The U.S. Army has a heat stress chart in their policy that identifies different categories of heat stress. A majority of it applied to Soldiers and not to male and female workers on a production line. Todd and I created a chart that looked the same but follows the ACGIH standards."

In the heat management plan, once the problem areas were targeted, Forthman said that plans were laid out for each building.

"IH does active monitoring at those build-

ATTACHMENT 1 – RECOMMENDED WORK / REST AND WATER CONSUMPTION
Applies to average sized, heat acclimated employees wearing coveralls or equivalent street clothes in hot weather. (See TB MED 507 and ACGIH standards for further guidance.)

Heat Category	WBGT Index, F°	Easy Work		Moderate Work		Hard Work	
		Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)	Work/Rest (min)	Water Intake (qt/hr)
1	78°-82.3°	NL	½	NL	¼	40/20	¼
2 (Green)	82.4°-85.8°	NL	½	45/15	¾	30/30	1
3 (Yellow)	85.9°-87.6°	45/15	¾	30/30	¾	15/45	1
4 (Red)	87.7°-90.4°	30/30	¾	15/45	¾	0/15 with controls	1
5 (Black)	>90.5°	15/45	1	0/15	1	0/15 with controls	1

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual difference (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hour.
- Rest = minimal physical activity recommended (sitting or standing) accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1½ quarts. Daily fluid intake should not exceed 12 quarts.
- If wearing body armor or apron, add 5°F to WBGT index in humid climates.
- If doing Work and wearing encapsulated PPE clothing, refer to "Heat Strain Control Plan when Utilizing PPE".

ings on hot days. Extra rest cycles and fans were put in place," he said. "Supervisors have also received additional training so they know what to look for when it comes to heat exhaustion. We are doing a much better job of monitoring our people."

Forthman said that the safety culture has definitely changed. "I think management understands that a government worker is extremely valuable," he

said. "If PBA loses an employee to injury, we lose a valuable asset. We want to train our people to help take care of themselves since IH and Safety can't always be there."

PBA's production workers said the plan is working, and they can see the evolution of changes being made.

Shashana Warfield, a chemical plant operator for the Directorate of Ammunition Operations, said she remem-

ber older production workers telling her about the conditions years ago.

"There were no chairs or air. None of that. And was lucky to find a fan sometimes. There have been a lot of good ideas in the years since to accommodate the people working," said Warfield, who has been at PBA for 15 years. "I couldn't imagine it being like that. They accommodate the employees very well and it has come a long way."

Warfield said that thinner coveralls were even issued this year. "It is the small improvements that have helped a lot," she said.

Ammunition Operations plant supervisor Dennis Nicholson said that a lot of the personal protective equipment used years ago was a lot heavier and thicker.

"Years ago, we would start up a line early in the morning, and after working a few minutes stenciling projectiles our coveralls would be sopping wet with sweat," he said.

James Kimbell, production controller, said this summer hasn't been too bad since there were no WP plant operations.

"When I used to supervise and thought it was getting too hot, I would give extra breaks in the mornings. I would also give extra breaks in the afternoon in addition to regular breaks."

"Our way of addressing safety has changed," said Weilacher. "Each of our approaches are different but we work together as a team to resolve the issues. The culture has definitely changed."

The heat management program is something that has matured over time, said Mark Lumpkin, director of Risk Management and Regulatory Affairs.

"This plan has been integrated into our safety culture," he added. "Supervisors are very diligent in making sure that their people are following the plans. The end result is we never have any heat-related injuries. I'm proud of the program."

DOIM: Managing email box sizes

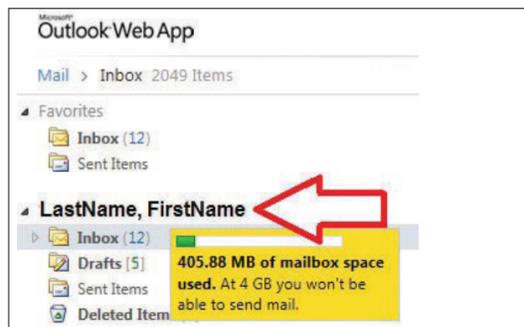
Courtesy of Directorate of Information Management

Most Pine Bluff Arsenal employees have already shrunk their mailbox to below the four gigabyte size limit. Since limits are enforced, Outlook can be configured to show you the free space remaining on the Outlook status bar.

PBA's Directorate of Information Management is automatically turning on this setting for you. It will appear in the lower left-hand corner, on the same line that typically shows you are connected. It will say something like "## GB FREE". If you hover your mouse over it, it will give more information, such as the name of the mailbox and the total available. Here is what the basic display looks like in Outlook:

If you use Outlook

Web access to get your email, where you go into it with a web interface, the size information will show up in a different place. OWA users, if you hover your mouse over the listing of your mailbox name in the left-hand pane, this will show the mailbox size. Here is an example of how it looks in OWA:



mailbox with limits enforced approaches its size limit, an automated message is sent. When it reaches its limit, the mailbox can no longer send, and at a certain level over the allowed size, the mailbox will stop receiving email.

At this time, there are no exceptions to the mailbox size limita-

tions. DOIM is unable to increase anyone's allowed space, so, please pay close attention if you receive messages warning about your mailbox size. If you need help in reducing your mailbox, contact the DOIM help desk at 540-3168 and we will try to assist. It is up to each individual to choose how to manage the size, but we can make suggestions as needed.

Arsenal forms process changing

Pine Bluff Arsenal is in the process of changing the forms system from Pure Edge Forms to Adobe Lifecycle Forms, according to Danny Cross with the Directorate of Information Management.

The process to change the forms has been ongoing, however, Cross

said that he is reviewing each form to make sure it is correct, needs revisions or needs to be deleted from the system. The process to change all the forms is expected to take approximately a year.

For more information, contact Cross at 540-3053.



At the time of this writing, a small number of folks remain with over-sized mailboxes. If you have not been personally emailed or called by DOIM, then your mailbox was small enough for the limits to be enforced. When a

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SUMMER CAMP 2015

Laughter, smiles, fun and friendships



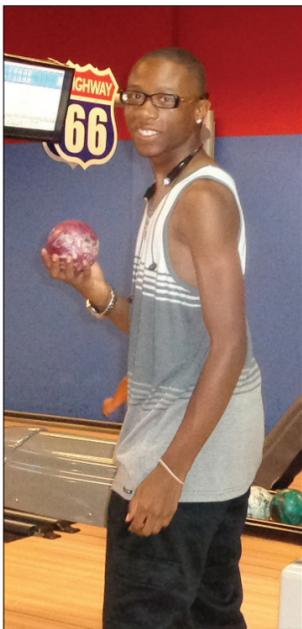
Alex Mohan, Alvin Wu and Axel Scott show off some of their art creations during a day at the Arsenal's Child, Youth and School Services camp.



John Vanveckhoven is all smiles during recreation time in the gym.



A trip to Crenshaw Springs Water Park in White Hall makes Apryl Morgan smile. Several field trips were taken during the summer camp.



Teen LaCorey Deshazier tries for a strike during a fun outing to Playtime Pizza in Little Rock.



Presley Milburn, Kylee Branch and Ariel Garner work on a puzzle in the computer lab.



Gym time was always a fun time during camp. Pine Bluff Arsenal's Child, Youth and School Services summer camp came to an end recently following a fun-filled summer.

U.S. ARMY PHOTOS-CYSS-PINE BLUFF ARSENAL

Summer Camp Talent Show features song, dance



An audience filled with parents, siblings, friends and children from Pine Bluff Arsenal's Child Development Center enjoy a performance by Brialyn Harris, Kaejah Hodge, Presley Milburn, Riley Scholes and Cassie Scholes during the Summer Camp Talent Show Aug. 6.



Bethany Phillips entertains the crown with "The Fox" during the show.



Apryl Morgan and Trinity Hagood – "The Super Stars" – perform a dance routine to "Starships".



Joseph Kennedy, Holston Army Ammunition Plant Commanders Representative, and Todd Hayes, BAE General Manager, welcome Congressman Phil Roe (1st District-Tennessee) during a visit to the plant Aug. 31 U.S. ARMY PHOTO-HSAAP

Roe visits Holston plant

By Kathy Cole
HSAAP Public Affairs

Kingsport, Tenn. – Congressman Phil Roe, (1st District-Tennessee), and Bill Snodgrass, Roe's District Director made a brief visit to Holston Army Ammunition Plant Aug. 31.

Roe was met by Joseph Kennedy, HSAAP Commanders Representative and Todd Hayes, BAE General Manager. Roe visited Holston in response to an invitation sent in March. The focus of the visit was environmental, specifically RDX discharge into the Holston River.

RDX is a main explosive product produced at Holston. Roe and Snodgrass were given a brief overview history of the facilities National Pollutant Discharge Elimination System (NPDES) permit, in place from 2007 to present. Since 2007, the U.S. Army has invested over \$44 million in RDX reduction technologies for HSAAP with a projected \$80 million more to be invested between 2015 and 2020. RDX levels have decreased every year since 2012.

Tennessee Department of Envi-

ronmental Conservation (TDEC) and HSAAP have agreed on a 14 project RDX compliance agreement through April 2020 to meet full compliance. Four projects are on contract with the remaining 10 projects on track for funding.

Holston is a government-owned, contractor-operated facility located in Kingsport, Tenn. BAE Systems is the current operating contractor. Since 1942, Holston has produced chemical explosives in support of our service members and currently produces explosive fills for every type of ordnance used by the Department of Defense.

Holston is a subordinate installation of the Joint Munitions Command. JMC operates a nationwide network of conventional ammunition manufacturing plants and storage depots, and provides on-site ammunition experts to U.S. combat units wherever they are stationed or deployed. JMC's customers are U.S. forces of all military services, other U.S. government agencies and allied nations.

PBA's Brodnax wins writing awards



Missy Brodnax, Family Morale, Welfare and Recreation director at Pine Bluff Arsenal, received a first and third place award for her humorous column "Family Feathers" during the annual Arkansas Press Association's Better Newspaper Editorial Contest, held recently. The column appears in the White Hall Journal. "I'm blown away," said Brodnax. "I was not expecting this. This is awesome." Brodnax's fun, quirky stories have been captivating Journal readers for the last few years. "This is going straight to the wall," she said, referring to her first place award. PHOTOS COURTESY OF WHITE HALL JOURNAL

Founder's Day tourney results listed

Courtesy PBA Family Morale, Welfare and Recreation Division

These are the results of the Annual White Hall Founder's Day golf tournament, which was held Aug. 22, at Pine Haven golf course on Pine Bluff Arsenal:

1st Flight

- *John Frenzel/Jerry Mayer, 1st Place, shot a 61.
- *John Morkavich/Ron McCarty, 2nd Place, shot a 64.
- *Dan Notgrass/Gene Reed, 3rd Place, shot a 64.

2nd Flight

- *Adam McCampbell/David Doggett, 1st Place, shot a 69
- *Marc Oudin/Julio Yaguez, 2nd Place, shot a 70
- *Harrell King/Del Barns, 3rd Place, shot a 72



The longest drive winner was Ron McCarty. The straightest drive winner was Mike Vaughn. The closest to the pin winner was Gene Reed.



Read to a Child

Pine Bluff Arsenal Commander Col. Chad Bauld reads to children in the toddler room recently. Pine Bluff Arsenal's Child, Youth and School Services are always seeking volunteers for its Read to a Child Program. The program is only open to PBA Military Families, vetted PBA employees and family members of children in child care. Interested persons can call 540-2360 to register. U.S. ARMY PHOTO - CYSS



Need Before and After School Care?



Pine Bluff Arsenal Child Youth and School Services offers transportation to and from school for students attending grades K-12 at White Hall Public Schools, USDA approved breakfast and nutritious afternoon snack, homework help, computer lab, highly trained caregivers, character education, and 4-H activities. Our facility is extremely clean and safe! Also, we are a Boys' and Girls' Club of America. We are conveniently located at 16-050 Sibert Road.

We have limited spaces, so please call Parent Central Services today, at 540-2972 and reserve your place!!

Eligibility:

- Parents/guardians must be employees of PBA, NCTR, or federal employee (Call our front desk and check! 540-2972)
- Child/Teen attends White Hall School District
- Income based fees
- Be vetted or have ability to get on post

Which one of these is a STOP sign?




A. Requires motorist to stop before continuing. B. Requires motorist to slow down and be prepared to stop.

If you answered "A," then you are correct!

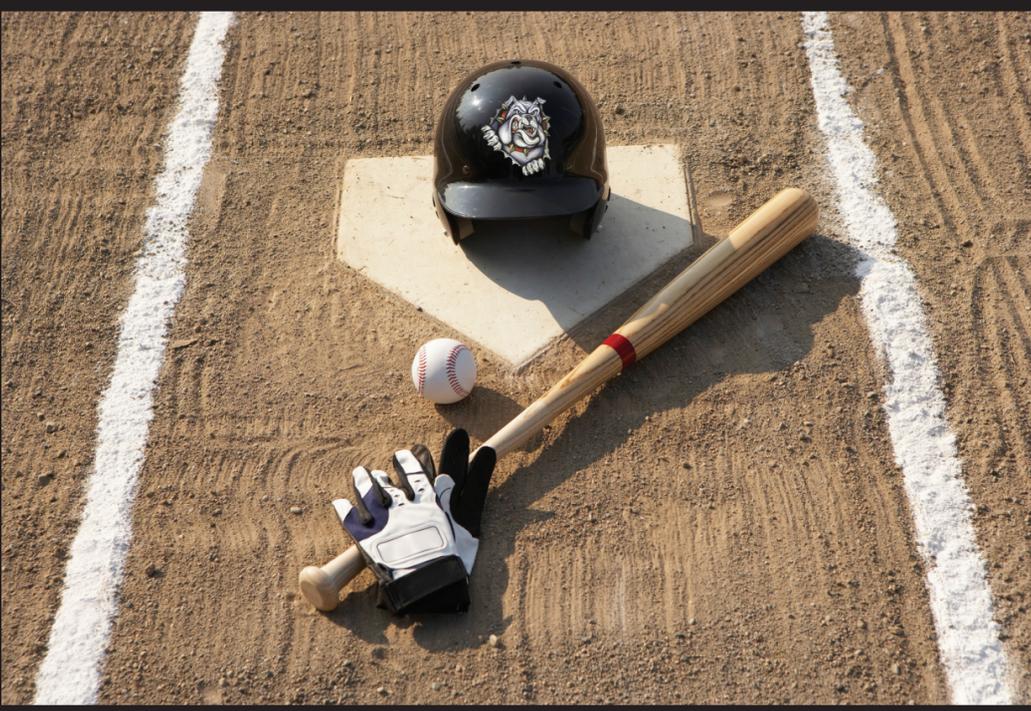
There are a couple of locations on-post where we have gotten the two confused! The intersection of Atkinson & Wise Roads and Atkinson Road & 63 Avenue Extension. These are the last two intersections before you exit out of Dexter Gate. Both of these intersections are high traffic areas during peak times. Not stopping (rolling, creeping, edging forward) represents a SIGNIFICANT SAFETY hazard and risk!

Don't slow down....."just enough."

By law, a stop is when all tires on a vehicle are not moving!

A stop sign means.....STOP!

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Treating one another with dignity, respect

Courtesy of Pine Bluff Arsenal Employee Assistance Program

September is Suicide Prevention Month. The U.S. Army's theme this year is "Take Action" by treating one another with dignity and respect, become interveners instead of bystanders.

The Army's readiness and resiliency concept is built around the whole person (physical, emotional, behavioral and spiritual). There are many factors that contribute to a person considering suicide and there are preventive strategies that can be employed to support building the resilience required to manage most significant life changing events.

Dignity and respect—condensed definition: the way each of us treat, support, promote, and encourage a person's right to be unique regardless of our personal differences—is an important aspect of suicide prevention.

Here are some reminders that can reinforce each of us being better prepared to intervene:

- Strive to really listen and hear what others say.
- Show empathy and sympathy when appropriate.
- Go out of your way to help



others when you know they are stressed or in need.

- Offer appropriate encouraging words to others.
- Acknowledge each person's natural value as a human being.
- Treat others in a way that supports them maintaining their sense of worth and well-being.
- Allow others to make their own choices and trust them to manage the outcome.
- Appreciate that others may not value what is important to you.
- Think carefully about what you say and to whom you say it
- Have strong meaningful relationships, i.e., significant other, close friends, positive interactions with biological or adopted family.
- Maintain a regular healthy routine around eating, exercising, and spiritual practice.

- Do not judge others because everyone has a right to live their life—to include you.
- Do not sweat the small stuff. Resilient/happy people know how to let life's daily irritations roll off their back.
- Discover and focus on the positive characteristics of others. It generates more positive thinking in your life.

• Extend to yourself the same respect and courtesy that you extend to others.

Remember suicide is preventable and behavior health care is as important as physical health. The Army is focusing on prevention and prevention concentrates on exploring, defining and applying strategies that build each person's resilience to better prepare them for the challenges life will generate.

Always remember there should be no shame in seeking support and help when things overwhelm you.

Also remember, Pine Bluff Arsenal's Employee Assistance Program staff is available to help you develop or revisit a self-care plan that is unique to your goals. We are located in building 13-040, and can be reached at 540-3094.

BACK TO SCHOOL

Backpack Safety Tips



Backpack burdens: Keeping kids safe from heavy packs

Courtesy of Directorate of Risk Management and Regulatory Affairs-Safety Division

School is back in session. Kids are bringing home backpacks laden with books and homework. They are struggling to hold up that weight. These bags can be quite heavy and may present hazards to your child. Appropriate weight strategies and backpack selection can lower the risks from heavy backpacks.

Backpacks can strain a kid's body in surprising areas than just the back. Research from the National Institute of Health has statistically shown how heavier backpacks can cause injuries toward the face and arms due to tripping over these backpacks than back injuries. However, long-term back stresses could form with annual use. These stressors do not help in the long run and may accelerate potential back injuries. Backpack selection can be a critical piece of minimizing the total weight.

Backpacks come in a variety of color, styles, and material to entice kids to get their parents to buy them, but may not always come with the best features ensuring appropriate load distribution or comfort. When buying a backpack, you should look for lightweight materials to minimize additional weight, wide and padded shoulder straps, padded back, and multiple compartments to better distribute weight across the body.

The padded surfaces increase the comfort of towing loads on the back and shoulders. A waist belt is not really necessary and may only create new tripping hazards. A better backpack helps decrease risks but is not the only available backpack safety tool.

Today's textbooks have gotten heavier and should not be placed in the bag all at once. Kids should use their cubbies or lockers to better manage the books they need for each class. Backpacks should also be tightened to keep the bag close to the back. Heavier items should be kept low and toward the center of the bag when there is no way to pack light. Lastly, both backpack shoulder straps should be used.

Appropriate backpacks with the previous tricks and strategies can lower the load risks associated to heavy backpacks and ensure no one gets a call from the school related to tripping over a backpack or a hurt back.

Worker's Compensation

Injured employees entitled to benefits

Courtesy of Pine Bluff Arsenal Workers' Compensation Office

If an employee is injured at work, they may be entitled to injury compensation benefits provided under the Federal Employees' Compensation Act (FECA).

First, the employee must observe all safety instructions, procedures, and regulations to include the proper use of personal protective equipment and clothing. They should immediately report any work-related injury to their supervisor. PBA Form 385-8 is completed for evaluation at the Arsenal Health Clinic. If necessary, the clinic will provide medical treatment or referral. However, an employee has the right to choose their treating physician; evaluation at the clinic does not interfere with this election. Employees should be aware to call 911 if immediate emergency care is necessary.

Form CA-1, Federal Employees' Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation, is completed to report a traumatic injury, which is an event that has oc-

curred within one tour of your regular duty. Form CA-1 should be filed within 30 days of the injury.

Each employee is responsible for submitting or arranging for submission of a medical report from their treating physician for every medical service provided. They must also submit medical evidence that the condition claimed is disabling when applying for wage loss benefits. The individual may call 866-692-7487 for claim/compensation payment status.

An employee must keep their supervisor and the PBA Workers' Compensation Office informed about their medical condition, and return to work as soon as their physician allows them to do so. You must advise your physician light duty assignments are available.

If offered light duty work within the restrictions imposed by a physician, an employee is obligated to return to duty. If they choose not to accept the light duty offer, they may not be entitled to continuation of pay (COP), or wage loss compensation.

COP is the continua-

tion of regular pay for up to 45 calendar days of wage loss due to disability and/or medical treatment. COP may be stopped if an employee does not provide appropriate medical evidence of a disabling traumatic injury within 10 calendar days, a physician indicates disability has ceased, a physician has found you to be partially disabled and suitable work was refused or fails to respond to job offer. COP is also stopped if the employee's scheduled period of employment ends provided the date of termination is set before the injury occurs; 45 calendar days of COP have been paid; or claim is denied.

The Office of Workers' Compensation Programs (OWCP) will pay appropriate charges for medical treatment if a case is approved and the treatment was necessary for the job-related injury. If an employee has paid authorized medical expenses, they may request reimbursement by completing Form CA-915, Claimant Medical Reimbursement Form. Travel expenses should be claimed on OWCP 957, Medical

Travel Refund Request. Forms are available in the Workers' Compensation Office and on Z drive under FECA. Both provider bills and employee reimbursements must be submitted to OWCP within one year after the end of the calendar year in which the expense was incurred, the service was provided, or when the treated condition was first accepted by OWCP. Eligibility of services, authorizations, and bill payments or reimbursements can be verified on website <http://owcp.dol.acs-inc.com> by injured employee and their medical providers.

Any person who knowingly makes, or knowingly certifies to any false statement, misrepresentation, concealment of fact, or any other act of fraud, with respect to a claim or who knowingly accepts compensation to which that person is not entitled, is subject to criminal prosecution and may be punished by a fine of not more than \$10,000 or imprisonment for not more than five years, or both.

For information, call Blake Tolleson at 540-3076.

AMC offers first of its kind training

REDSTONE ARSENAL, Ala. -- The future of the U.S. Army Materiel Command's Organic Industrial Base gathered for the first AMC Business Development Training here Aug. 24-27.

"The future of AMC's Organic Industrial Base and labs is sitting here in this room," said James Dwyer, the deputy chief of staff for AMC's Logistics and Operations Planning. "There are 25,000 people in the OIB that count on you."

More than 30 Army employees, representing multiple AMC installations, depots, labs and arsenals, met to learn the concepts, processes and methods to develop business pipelines.

Dwyer spoke to the group, emphasizing the importance of the training to standardize processes and ensure that all OIBs have a proactive business development plan to build partnerships.

"As our workload continues to decline, we

have to grow our partnerships," said Dwyer. "We have very high-tech materials at our installations, including new tooling and facility upgrades, from which industry can really benefit. It's going to be your job to help connect them to what we can do."

The course is the first of its kind for the AMC workforce.

"We recognized that

in order for AMC to gain maximum benefit at our installations we needed to standardize our processes across the board," said Command Ombudsman Jesse Barber.

The four-day class covered marketing, pricing, evaluating opportunities and more to give the students the tools to set-up or expand their current business development operations.

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PBA Child, Youth and School Services Pool Party



Tina Wu enjoys a hot dog during a pool party at the Pine Bluff Arsenal swimming pool.

Christine Scott and Denise Henry are all smiles as they enjoy a cookout by the pool. Pine Bluff Arsenal Child, Youth and School Services held a pool party as a last hurrah of summer before school started in August.

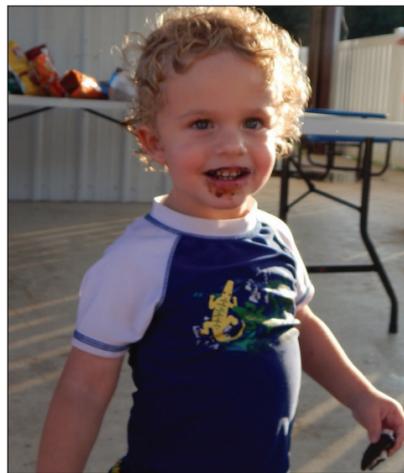


Photo above left, William Jafar looks like he is enjoying his Oreo during the pool party. Photo above right, Megan Smith and Chase Smith cool off at the Arsenal pool.

U.S. ARMY PHOTOS-CYSS



The

2015

WHITE HALL Founder's Day Festival

- Dancers
- Gymnastics
- Singing
- Kids Zone!
 - Rock Wall
 - Paintball
 - Hay Ride
 - And More!
- BBQ Contest
- Glow Walk
- And More!

October
23rd and 24th
Parade 10AM Oct. 24th

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