Rainy weather doesn’t dampen annual bird count Dec. 31

By Rachel Salby

Pine Bluff Arsenal’s annual Christmas bird count was conducted on the installation Dec. 31. This year, the weather was rainy, windy and cold. The bird sightings were slow during the majority of the count due to the weather conditions.

Cindy Franklin and Bill Burnham, sponsored by the Three Rivers Audubon Society, Wes Sparks, PBA Natural Resources, and Rachel Salby, Arsenal Public Affairs, participated in the bird count.

More than 30 species were observed despite the bad weather during the count including American crows, belted kingfishers, red-tailed and red-shouldered hawks, Eastern towhees, dark-eyed juncos, cardinalis, great blue herons, buffleheads, hooded pilled-limbed grebes, American white pelicans, Carolina chickadees, Eastern bluebirds, red-winged blackbirds, meadowlarks, pine warblers, and of course the annual sparrows to include both the white-throated and winter and fox sparrows.

The highlight of the day was the sighting of three bald eagles during the count – one on the southern end of the installation and the other two on Yellow Lake.

The Christmas Bird Count occurs throughout the United States during the week before and after Christmas. This year, the theme of the count was “Opportunity to see a bird on every continent (of birds) and have a great outdoor experience with other birders.” The Three Rivers Audubon Society sponsors bird watching outings per year.

Cindy Franklin uses a spotting scope on Yellow Lake during the Annual Christmas Bird Count Dec. 31. U.S. ARMY PHOTO BY RACHEL SELBY
the money to cover these financial curveballs?

Americans would need to cut spending or incur these unplanned expenses could impact your benefit payment, or that Social Security will file.

In some cases, the caller states that Social Security agency. Calls can even display the 1-800-772-1213, claiming to be from Social Security or another data to a stranger who called you.

We urge you to always be cautious and to avoid providing sensitive information such as your So- to protect you as best we can.

This is a top installation for Fiscal Year 2018.

Annual Safety Award
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Happy New Year!

Change happens be-

proper steps are taken

Army Values; and "Post" if

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Public Affairs Program is the overall re-

This is a high-perfor-

PESA is a result of the

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You are always on the

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Social Security employees will never threaten

called to represent.

If you receive a call and aren't expecting one,

the caller claims to represent. Never reveal personal
doing a significant

Please take note; there's a scam going around right now that might be able to receive some

it to Social Security or another

Social Security's national customer service num-

as the incoming number on your cell ED.

Social Security does not have all of your personal information, such as your Social Security number (SSN), or

Other callers claim Social Security needs addi-
necessary so the agency can increase your benefit payment, or that Social Security will

Beware of scammers

When using electronic

Think, Think, Think

"Warranted Valor Award"

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Publication is printed by Gate House Media, a private

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"Think", "Think", "Think"

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SBP_Edge

Social Security

Building an emergency fund

From PracticalMoneySkills.com

Dennis Noddle

Defining needs and unexpected events, the un-

expected can happen. Your pet might need a
cancer, you might need dentures, or you might
require expensive repairs. You could damage your
car and need to pay for it. Any of these unplanned expenses could impact your budget.

A recent study found that 63 percent of Amer-

two-thirds of all Americans have

credit to cover emergencies – decisions that could cost them far more than they could

money to cover these financial curveballs?

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Radford Radford senior quaterly meeting and L.t. Col. Orlando

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Editor’s note: This is part two of a multi-part article on retirement planning.

**Retirements**

James Peretti, Supervisory Firefighter with Pine Bluff Arsenal’s Directorate of Emergency Services, receives a flag flown over the Arsenal in recognition of his retirement from Chief Paul Jarrell during a ceremony in December. Peretti retires with 28 years of government service. U.S. ARMY PHOTO BY HUGH MORGAN

Rusty Johnson, Director of Information Management at Pine Bluff Arsenal, receives his retirement certificate from Deputy to the Commander Roch Byrne, during a ceremony in December. Johnson retires with 34 years of government service. U.S. ARMY PHOTO BY LYNNE HEAR

Judee Lybrand, Quality Assurance Specialist with Pine Bluff Arsenal’s Directorate of Chemical and Biological Defense Operations, receives her retirement certificate from Roch Byrne, Deputy to the Commander, during a ceremony in December. Lybrand retires with 38 years of government service. U.S. ARMY PHOTO BY HUGH MORGAN

Sammie Sheftic, Budget Analyst, for Pine Bluff Arsenal’s Directorate of Resource Management, receives her retirement certificate from Deputy to the Commander Roch Byrne, during a ceremony in December, Sheltic retires with 35 years of government service. U.S. ARMY PHOTO BY HUGH MORGAN

The Arsenal Sentinel

January 10, 2019

SEE RETIREMENT, PAGE 4

**Planning for retirement, Part 2**

When you retire, your current EFT/deposit information will flow from your payroll office to OPM and your annuity payments will be deposited into the same bank account as your current salary. If you plan to change banks with your retirement, we recommend you make the change at least a month prior to your retirement by using the myPay website at myopia.disa.mil/my pay.aspx. If you plan on changing your bank information and have less than a month to retirement, make no changes to your bank account. After you have received your CSA number from OPM you can submit a new direct deposit form (SF 1199A) to their office.

If you plan to change your retirement address, please log on to www.servicesonlinopm.gov. Please note that all allotments currently coming out of your pay will cease upon retirement.

Health Insurance

You must be enrolled in a Federal Employees Health Benefits (FEHB) plan to be eligible to carry FEHB into retirement. This means your FEHB plan must be in effect prior to, and you must be covered on, your retirement date. If you are eligible to receive an indemnity annuity and are insured on the date of retirement (either as a family member under a FEHB program or covered under your own) and have been continuously covered for the 5 years preceding retirement, or since the date you were first eligible to enroll, you may continue your FEHB into retirement. If any portion of your five years of FEHB coverage was as a family member or you were covered under...

Judee Lybrand, Quality Assurance Specialist with Pine Bluff Arsenal’s Directorate of Material Management, retires with 28 years of government service.

Rusty Johnson, Information System Manager/Director of Information Management, retires with 34 years of government service.

Judee Lybrand, Quality Assurance Specialist, with the Directorate of Chemical and Biological Defense Operations, retires with 38 years of government service.

Suzanne Sheltic, Budget Analyst, with the Directorate of Resource Management, retires with 35 years of government service.

Resignation

Dylan C. Priest, Security Guard, has resigned from the Directorate of Emergency Services.

**CPAC Corner**

When you retire, your current EFT/deposit information will...
Bethea takes over CPI duties

By Rachel Selver

Peter Bethea, project engineer at Pine Bluff Arsenal’s Directorate of Environmental Engineering and Technology, has taken over duties as the installation’s Continuous Process Improvement Office manager. He replaced Joao Earmhart, E&T budget and program specialist who stepped into the role during the second half of fiscal year 2017.

When Bethea initially took over the CPI role in September, he started learning everything he could, he said. “I will also be working with the automation of our storage program and industrial preparations. Lay away happens when a portion of a line is shot down indefinitely,” Bethea, who has been with the installation since September, is originally from Edwards, Miss., near Jackson, Miss. He graduated in May from Mississippi State University with a degree in mechanical engineering. Bethea and sisters and was born in Mississippi.

The CPIs for 2019 will center on a monetary goal we receive from U.S. Army Joint Munitions Command, said Bethea. “We are not ASP,” he said, “we anticipate it soon,” he added.

Nineteen projects were completed during the fiscal year 2018. The FY 2018 savings goal was $5.5 million. Actual CPI savings for FY 2018 were $3.1 million, which was 61 percent of the overall goal. Of those $3.1 million, one was a Value Engineer proposal completed for $1 million and 18 were Just-Do-It projects completed for $2.1 million.

“Since we had 19 projects last year, we would like to have 20 projects for fiscal year 2019. I think that is a good goal to strive towards,” said Bethea. “I would also like to see us up our overall savings goal to 45.5 million. Fiscal year 2016 was the best year we had with CPI and I would like for us to get back to that level.”

First and foremost, CPI helps the Arsenal by bringing together ideas and improvement processes across the installation through Lean Six Sigma and Value Engineering projects. Those project ideas, which generate cost savings sometimes result in cash awards for the submissions.

“All [I do] is help. I do not want to push anything. Anyone can submit a project. It doesn’t matter where you work,” Bethea said.

First and foremost, CPI helps the Arsenal by bringing together ideas and improvement processes across the installation through Lean Six Sigma and Value Engineering projects. Those project ideas, which generate cost savings sometimes result in cash awards for the submissions.

“One can submit a project. It doesn’t matter where you work,” Bethea said.

If OPM receives your suspension application, OPM will send you a suspension form (RI 79-9) to complete. You will want to take a close look at the form the date you wish to complete. You will also be working with the automation of our storage program and industrial preparations. Lay away happens when a portion of a line is shot down indefinitely,” Bethea.

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Christopher Taylor with Pine Bluff Arsenal’s Director of Risk Management and Regulatory Affairs received a certificate of achievement during a staff meeting in December for his contribution to the installation’s Continuous Process Improvement Program. His project was about cost avoidance for disposal of surplus paint inventory. Cost avoidance is approximately $30,805. Taylor reported that there was 180,000 gallons of paint in storage from three installations that were approved for disposal. The paint cost is $118 per gallon. The old process involved an estimated 10 hours to process 1,200 gallons of paint while the new process is one hour for the same amount of paint. With the new process, the staff is expected to save approximately $9,457 for disposal of paint through DLA reutilization program.

Greg Pendulion with Pine Bluff Arsenal’s Directorate of Risk Management and Regulatory Affairs received a certificate in recognition for reduction of side contracting costs by $35,720 and disposal of surplus paint inventory. His project was about cost avoidance for disposal of surplus paint inventory. Cost avoidance is approximately $9,457 for disposal of paint through DLA reutilization program. The old process involved an estimated 10 hours to process 1,200 gallons of paint while the new process is one hour for the same amount of paint. With the new process, the staff is expected to save approximately $9,457 for disposal of paint through DLA reutilization program.

Justin Barbares and Mike McGuire, both with Pine Bluff Arsenal’s Directorate of Business Operations, received a certificate of achievement during an open staff meeting in December for their contribution to the installation’s Continuous Process Improvement Program. Their project was about cost savings by reducing the number of rented fleet vehicles on PBA. By reducing these numbers the Arsenal, Perna said approximately $26,946.40, U.S. ARMY PHOTO BY JERRY SELBY

Jim Haley with Pine Bluff Arsenal’s Directorate of Business Operations received a certificate of achievement during an open staff meeting in December for his contribution to the installation’s Continuous Process Improvement Program. His project was about cost savings by reducing the number of rented fleet vehicles on PBA. By reducing these numbers the Arsenal, Perna said approximately $26,946.40, U.S. ARMY PHOTO BY JERRY SELBY

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New year, new focus

EAP Corner

Page 6 – January 10, 2019

The beginning of the new year is traditionally the time when we reflect on what we want to change in our lives. The new year brings many things - new beginnings, changes to old habits, and reflections on the past year. Many people focus on changes they want to make such as stopping smoking, eating junk food, stop being a couch potato, or better managing their temperature and attitudes toward their kids, spouse, co-worker, or in-laws.

One thing that comes out around working out, eating healthier, losing weight, or spending less money.

As we head into 2019, there is no doubt that much has changed over the past year. A shift in focus is on the way in which we both consume and manage services. These shifts should make it easy to see multiples.

This year brings a new chance at change. It allows us an opportunity to reevaluate our goals, our commitments, and where we are in life, where we want to go in life, and what we must do to achieve our goals. Here are a few easy steps to help guide you in choosing your 2019 word of the year.

Step 1 - Reflect

The first thing, reflect on this past year and ask yourself these questions.

(Just draw whatever pops into your head without self-editing).

On what could I use more of in my life?

On what could I use less of in my life?

On what characteristics would I like to you, the emphasis here is mindful, yes, explore, joy, believe, empowered, integrity, and awareness.

Use these words to help you identify your goals for 2019.

Step 2 - Visualize

What would the perfect day feel like for the coming year, the emphasis here is "Feeling". Think about how you want to feel about yourself, your world or your life and your way of feeling at work or throughout the day, and how you want to feel right before you go to bed.

Meditating or sitting in silence for a couple minutes and asking yourself "What word do I want to focus on in 2019?" This is simple, but effective.

Visualization works best when you’re in a relaxed state. You could also turn on an aromatherapy diffuser, light a candle, or put some calming music on in the background. You’ll be amazed how being still can help you your intuition shine through, and bring your word to the forefront.

Step 3 - Create a list

Here are some words for 2019 to assist you: Discipline, grateful, humility, strong, vitality, abundance, compassion, simplify, surrender, embracement, intentional, purpose, vulnerable, resiliency, hope, connect, commit, focus, content, align, aware, peace, grow, generous, calm, present, capable, joyful, mindful, yes, explore, joy, believe, empowered, integrity, and awareness.

Use these words to help you identify your goals for 2019.

Step 4 - Review and refine

Now you narrowed down your list to three words, there’s just one more question to ask: Are you interested, or are you committed, "Mountain Modern Life, 2019?"

Happy New Year and Happy New Focus from the Employee Assistance staff.

We are here to help. We offer you a safe and confidential place to discuss concerns, challenges, and what’s getting in your way in life. We are housed in Building 126, Suite 100 and we can be reached at 870-540-3984.

Step 5 - Ask yourself this very important question

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**Walking in winter**

**When to Walk in Winter**

In cold weather, your body can lose heat very quickly. To prevent hypothermia, dress in layers and wear moisture-wicking base layers. Avoid saturated layers and allow for air circulation. Wear a hat, gloves, and insulated shoes to help retain body heat. Use caution when walking near open water bodies. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Snow**

When walking in the snow, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Ice**

When walking on ice, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Rain**

When walking in the rain, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Wind**

When walking in the wind, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Snow and Ice**

When walking in the snow and ice, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Sand and Sun**

When walking in the sand and sun, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Mud and Slush**

When walking in the mud and slush, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Snow and Wind**

When walking in the snow and wind, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Snow and Rain**

When walking in the snow and rain, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.

**Walking in the Snow and Ice and Sun**

When walking in the snow and ice and sun, stay well hydrated and wear warm, insulated clothing. Avoid wearing cotton under layers, as it can absorb sweat and become wet, causing you to become even colder. Use a hat, scarf, and gloves to protect your body from the cold. Keep your hands and feet warm, and make sure you are well-provided for the cold.
SIGHTS AND SOUNDS OF THE HOLIDAYS AT PINE BLUFF ARSENAL

Debbie Johnson and Missy Brodnax pose for a picture with Mr. and Mrs. Santa Claus during the CYS Christmas Party Dec. 6. The party featured pictures with Santa and Mrs. Claus, a bounce house, games, face and hand painting, and refreshments.

Jamie Enloe paints Christmas designs including sparkly snowflakes during the party.

Dee Jermon, Laura Brown and John Bynum were the festive greeters at the door at Pine Bluff Arsenal’s Recreation Services during the annual Civilian Welfare Fund Christmas party Dec. 13.

Children loved the bounce house during the Christmas party at Pine Bluff Arsenal’s Child and Youth Services Dec. 6.

Pine Bluff Arsenal employees enjoyed a little line dancing during the Civilian Welfare Fund Christmas party Dec. 13 at Recreation Services.

Tanya Tierman organizes drinks for the party in the CYS kitchen.

U.S. ARMY PHOTOS BY LINNIE WEAR

Debbie Johnson, Jerry Pye and Laura Brown were a festive group at the CYS Christmas Party.

Billy Ray Ashcraft spins some tunes during the party.

U.S. ARMY PHOTOS BY RACHEL SELBY

Tanya Tierman organizes drinks for the party in the CYS kitchen.

U.S. ARMY PHOTOS BY RACHEL SELBY

Debbie Johnson and Missy Brodnax pose for a picture with Mr. and Mrs. Santa Claus during the CYS Christmas Party Dec. 6. The party featured pictures with Santa and Mrs. Claus, a bounce house, games, face and hand painting, and refreshments.