

Arsenal Sentinel

PUBLISHED IN THE INTEREST OF PERSONNEL AT PINE BLUFF ARSENAL - AMERICA'S ARSENAL

AN ARMY CENTER OF INDUSTRIAL AND TECHNICAL EXCELLENCE



Arsenal hosts USAMRMC, USAMMDA visit

By Rachel Selby

Pine Bluff Arsenal hosted a visit Feb. 13 with Dr. Kenneth Bertram, Principal Assistant for Acquisition, U.S. Army Medical Research and Material Command, and Col. Ryan Bailey, Commander of the U.S. Army Medical Material Development Activity. Staffs from both USAMRMC and USAMMDA, along with stakeholders from the Office of the Surgeon General, the Natick Soldier Research Development and Engineering Center, and the Joint Project Manager-Protection were also present during the visit.

Justin Lieber, project manager, Directorate of Business Operations, said the visit's main focus was on the Chemical Protective Patient Wrap, M8E1 (Chemical Biological Protective Shelters) and the CP DEPMEDS (Chemically Protected Deployable Medical System).

"The individuals who visited are the ones who funded the Arsenal to do the patient wraps. Some of the individuals had been here before but some hadn't," he said. "Dr. Bertram, the SES, was really interested in coming and seeing our operations. It was kind of out of his wheelhouse to come but he really wanted to see how everything worked."

With the focus on medical, Lieber said the visitors from USAMMDA



Justin Lieber, project manager, with Pine Bluff Arsenal's Directorate of Business Operations, shows Dr. Kenneth Bertram, Principal Assistant for Acquisition, U.S. Army Medical Research and Material Command, some of the fabrics used on the Arsenal's Individual Protective Clothing production line during his visit. U.S. ARMY PHOTO/HUGH MORGAN

and USAMRMC wanted to see all of the processes the Arsenal does related to this area.

"This visit helped everyone involved to see how we are integrated into the process - and how the various medical systems fit into that process," he said. "The Arsenal does a super small piece of what the command and activity do as a whole, however, they still

wanted to see it."

Rob Shields, chief of the Directorate of Chemical and Biological Defense Operations' Mobile and Powered Division, said that Bertram expressed his appreciation for the capability of the M8E1 during the tours. "He said the shelter brings 'golden hour' treatment and stabilization of casualties to a contaminated battlefield environ-

ment," said Shields. "He also talked about the functional connection to the Arsenal's other missions with the patient wraps and CP DEPMEDS."

The Arsenal began exploring textile manufacturing in 2015, when the Directorate of Chemical and Biological Defense was contacted by the Joint Program Executive

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CBRNE Readiness

PBA selected as site for 20th kitting ops

By Rachel Selby

In early February, Pine Bluff Arsenal was selected as the site for the 20th Chemical, Biological, Radiological, Nuclear and Explosive Materials Command kitting operations. These operations are support for the Countering Weapons of Mass Destruction CBRNE Response, Nuclear Disablement, Explosive Ordnance Disposal and Hazard Response Company teams.

"The 20th CBRNE Command provides supportive requirements with CBRNE forces that are staged to be ready at any moment. The four teams (listed above) which are critical to this mission, in the event of a CWMD situation can be prepared to deploy simultaneously or individually," said Jordan Freer, project manager, Directorate of Business Operations. "The kits contain required items from a multitude of supply classes - some of these have a national stock number and some don't. Before the kits even existed, they contained a conglomerate of different items with no single NSN."

Freer said by creating a kit with a single NSN, the teams will have a greater level of responsiveness they didn't have before. "Now the teams can order one kit instead of ordering each item individually," he said.

Initially, the project was tasked with receiving over a 100 items to be distributed in varying quantities over the different team kits.

"Only about 20 percent of the items are common to all the kits," said Freer. "The Arsenal was tasked with building eight proof of concept kits. This is a new mission capability so these kits are more like a prototype than a First Article Test item. The initial kits will prove out the kit concept at the team level."

Since March 2015, the Arsenal has been producing Dismounted Reconnaissance Sets, Kits and Outfits operations, working first on Civil Support Team units. These kits are issued to National Guard or Reserve Units in the field. Since that time, the production teams have also done units for the U.S. Army. The mission expanded in 2017 to include configured sets for the U.S. Navy. This mission is expected to expand further with configurations for both EOD and the U.S. Air



Victor Miller, Marty Owens, Marilyn Dirks and Dewayne Simpson place items in a shipping box as part of the 20th CBRNE kitting operations at Pine Bluff Arsenal. U.S. ARMY PHOTO/RACHEL SELBY

Force.

Freer said the impressive part about the entire process with the 20th CBRNE kitting operation has been the speed at which the Arsenal, the Joint Program Executive Office-Chemical Biological Defense, TACOM, the Defense Logistics Agency and Edgewood Chemical Biological Center were able to respond to the request.

"An agreement between the 20th and PBA was signed in August 2017, cost estimate was provided by PBA in September, and materials started to arrive in late September," he said. "PBA hosted a visit by the 20th CBRNE Command, U.S. Army Material Command, U.S. Army Joint Munitions Command, Joint

SEE KITTING, PAGE 4



PBA
24/7 SHARP
Hotline
870-209-4093

PBA SAFETY GLANCE



Safety Element for fiscal year 2018:
Lost Day Case:
0.00
Award Goal: 0.57

* **Lost time injuries for fiscal year 2018 is zero. There are zero lost time injuries as of Feb. 28.**

* **Recordable injuries for fiscal year 2018 are five. There was one recordable injury in February.**

* **Pine Bluff Arsenal days without a lost time injury is 174.**

* **Pine Bluff Arsenal days without a recordable injury is 13.**

* **Estimated hours worked without a lost time injury: 739,717.**

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Practice good OPSEC.
If you SEE something
SAY something...

Right Today

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

Better Tomorrow

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

Hails and Farewells

Hails

Jacob A. Rhoads, Utility Systems Operator, has joined the Directorate of Public Works, Operations and Maintenance Division.

Coltan M. Linker, Utility Systems Operator, has joined the Directorate of Public Works, Operations and Maintenance Division.

Tevon D. Jones, IT Specialist, has joined the Directorate of Information Management.

Drew P. Cybulski, IT Specialist, has joined the Directorate of Information Management.

Retirement

Cheryl A. Kirkland, Industrial Worker, has retired from the Directorate of Ammunition Operations. Kirkland retires with 14 years of government service.

Allen pursues dreams, breaks stereotypes

By Sarah Jacobs

ABERDEEN PROVING GROUND, Md. -- Gregory Allen was the kid who did math homework for fun and relaxation. Today, he uses his math and engineering talent, plus his interest in community service, to protect our country, mentor young people, and serve the community.

An engineer at Aberdeen Proving Ground, Allen wanted to work for the Department of Defense (DoD) so he could use innovation to protect the country. He began his career in 1991 with what now is the U.S. Army Research, Development and Engineering Command, then transferred to the U.S. Army Chemical Materials Activity. At CMA's Center for Treaty and Implementation Compliance (CTIC), Allen is the subject matter expert and staff proponent for implementation of the Chemical Weapons Convention (CWC), a treaty created to eliminate chemical weapons worldwide.

CMA supports Army modernization and Soldier readiness through safe, secure storage of the nation's two remaining chemical weapon stockpiles at Pueblo Chemical Depot, Colorado, and Blue Grass Army Depot, Kentucky, and assessment and destruction of recovered chemical warfare materiel. Allen said working for CTIC means he has "direct impact on making us safer by helping to rid the country of chemical weapons."

He was attracted to engineering early in life, studying science and math in high school at the Baltimore Polytechnic Institute and majoring in chemical engineering at Rensselaer Polytechnic Institute in Troy, New York. He said he later earned an MBA, "just because I believe we should never stop learning and growing," and another degree may be possible.

Allen said his greatest joy and inspiration is his son, who is pursuing an education in Science, Technology, Engineering and Math (STEM) at the University of Maryland College Park, where he is a sophomore on the dean's list. Allen advises young people to pursue their passion, and research existing opportunities so that passion can provide for the future.

For African-American youth, Allen added, "Use the strength of your ancestors to persevere and block out any negativity or doubt that may come your way."

"Not everyone is cheering for you to succeed," he said, "so it's up to you to show up and show out!"

This pursuit of passion and opportunity is evident outside Allen's work, where he finds fulfillment as a singer and actor, and through operation of the non-profit Community Concert Choir of Baltimore, Inc. The choir enables singers and lovers of sacred music in the African-American church tradition to perform and share the heritage and legacy of musicians, composers and arrangers who have contributed to this historic musical genre. As if that weren't enough to keep him busy, Allen also operates his own catering business.

"People often ask how and why do I do so much, and my response is always, when you love what you do, it's easy to make the time to do it, and it doesn't seem like work," he said.

As an African-American in DoD, Allen said, "It's unfortunate that in 2018, we're still fighting for equality and a level playing field."

While he considers sharing his perspective as his "duty," understanding the struggle faced by African-Americans doesn't make it less frustrating.

"I am proud to be able to pursue my dreams and break stereotypes," he said.

CPAC Corner

What is Civilian Transformation?

Courtesy of Civilian Personnel Advisory Center

The Civilian Workforce Transformation or CWT program is chartered to look at existing civilian workforce programs and offer recommendations and modifications that epitomize the Army's vision of a civilian workforce management program - able to attract and retain top talent and prepare the civilian workforce to succeed in leadership positions throughout the Army.

CWT was established in 2010 by the Assistant Secretary of the Army for Manpower and Reserve Affairs - ASA (M&RA). The Secretary of the Army has stated that the generating force, of which our

civilians make up 60 percent, is responsible to prepare, train, educate and support Army operational forces.

CWT initiatives address systemic challenges and help our personnel system select the right person, with the right skills, to the right place, at the right time.

CWT's primary goal is to produce a more "flexible and adaptable" Civilian cohort to better support Army goals and missions today and in the future. It is seen as fulfilling our "social contract" by addressing the areas of hiring, management, training, and sustainment.



Maj. Gen. Stephen E. Farmen became the 21st commanding general of the U.S. Army's Military Surface Deployment and Distribution Command in February during a change of command ceremony here making this his second assignment in the command. Farmen was the commander of U.S. Army Joint Munitions Command from 2015-2016. U.S. ARMY PHOTO/JOHN ORRELL

Discount travel opportunities available

Discount travel opportunities are available for Army Civilians by going to Pine Bluff Arsenal's Family Morale, Welfare and Recreation webpage at <https://pinebluff.armymwr.com/programs/discount-travel-links>

DoD Civilians are also eligible for the Universal Orlando Military Promotion Ticket where patrons can get four days at the parks for the price of one. See flyer below for details.

Shades of Green Price List

Get prepared for the new Universal Orlando Military Ticket offer!
"Get 4 DAYS for the Price of 1"

NEW Ticket options include:

Ticket Option #1:	2-Park, 4-Day Park to Park Ticket
Adult	\$179.00
Child (3-9)	\$174.00

Valid for 4 days of admission to Universal Studios Florida™ and Universal's Islands of Adventure™

Ticket Option #2:	3-Park, 4-Day Park to Park Ticket	Adult	Child (3-9)
		\$338.46	\$324.81

Valid for 4 days of admission to Universal Studios Florida™, Universal's Islands of Adventure™ and Universal's Volcano Bay Water Theme Park

Tickets are available for use on ANY 4 days between date of purchase and December 31, 2018 with NO blackout dates. Last day to purchase is December 28, 2018 with the last day of use December 31, 2018 when the ticket will expire in full.

Maximum number of tickets per valid military ID is (6). Tickets include four (4) days of admission to select live entertainment venues in Universal CityWalk™. Tickets must be used by the same person on any and all days (Non-Transferable). Tickets are not available for purchase at Universal Orlando theme park front gate ticket windows.

The following qualify to purchase the Universal Orlando Military Promotional Ticket:

- Active or Retired U.S. Military
- National Guard Reservists
- U.S. Coast Guard
- Spones of Eligible Service Members
- DoD Civilians

Value Dates:	Anytime Dates:
FEB 1-15 & 20-28 MAR 1 - 16	FEB 16-19, MAR 17-31

SOG	Gate w/tax
1-Park 1-Day Base Anytime	
Adult	\$128.00
Child (3-9)	\$123.00
1-Park 1-Day Base Value	
Adult	\$114.00
Child (3-9)	\$108.00
2-Park 1-Day Park to Park Anytime	
Adult	\$179.00
Child (3-9)	\$174.00
2-Park 1-Day Park to Park Value	
Adult	\$159.00
Child (3-9)	\$155.00
2-Park 2-Day Base	
Adult	\$202.00
Child (3-9)	\$192.00
2-Park 2-Day Park to Park	
Adult	\$238.00
Child (3-9)	\$229.00
2-Park 3-Day Base	
Adult	\$218.00
Child (3-9)	\$208.00
2-Park 3-Day Park to Park	
Adult	\$253.00
Child (3-9)	\$243.00
2-Park 4-Day Base	
Adult	\$220.00
Child (3-9)	\$211.00
2-Park 4-Day Park to Park	
Adult	\$260.00
Child (3-9)	\$251.00
2-Park 5-Day Base	
Adult	\$227.00
Child (3-9)	\$218.00
2-Park 5-Day Park to Park	
Adult	\$268.00
Child (3-9)	\$259.00
BLUE MAN GROUP	
Adult	\$48.80
Child (3-9)	\$26.00

3-Park 2-Day Park to Park	Adult	Child (3-9)
	\$276.00	\$266.00
3-Park 3-Day Base		
Adult	\$257.00	\$247.00
Child (3-9)	\$247.00	\$237.00
3-Park 3-Day Park to Park		
Adult	\$289.00	\$279.00
Child (3-9)	\$280.00	\$270.00
3-Park 4-Day Base		
Adult	\$258.00	\$249.00
Child (3-9)	\$249.00	\$240.00
3-Park 4-Day Park to Park		
Adult	\$297.00	\$287.00
Child (3-9)	\$288.00	\$278.00
3-Park 5-Day Base		
Adult	\$265.00	\$255.00
Child (3-9)	\$255.00	\$245.00
3-Park 5-Day Park to Park		
Adult	\$304.00	\$294.00
Child (3-9)	\$295.00	\$285.00

SHUTTLE SERVICE TO UNIVERSAL

Adult 12+ \$10.00
 Child (4-11) \$5.00

Departs hotel (Lobby Level) promptly at 8:15am Return trip from Universal 6:30pm

This service is available to registered guests of Shades of Green only. **Reservations Required** and are made on a first come, first serve basis. Cannot accommodate scooters

Universal Orlando Ticket Description Key

Base = 1 park per day
 Park to Park = can visit multiple parks on the same day
 2, 3, 4, 5-Day all entitlements valid for seven (7) consecutive days to include first day of use. Includes CityWalk™
 2-Park includes Universal Studios & Islands of Adventure
 3-Park includes Universal Studios, Islands of Adventure and Volcano Bay
 1-Day Tickets expire 1 year from purchase date
 Prices and entitlements subject to change without notice.
 All sales are final!

1/9/2018

2017 claims must be processed by April 30

Did you have a 2017 FSAFEDS account? If so, be sure to submit your claims before the deadline. All claims for the 2017 benefit period must be received no later than 11:59 p.m. EST, on Monday, April 30. Any 2017 claims received after this time will not be processed. Don't miss a savings opportunity!

Q&A Thrift Savings Plan Withdrawals

By Mike Miles
From Federal Times

Q. I have a current loan that I am paying on in my TSP account. I am counting the days until I am 59 1/2 so I can make a withdrawal. Am I allowed only one lump sum withdrawal or, if I take a withdrawal while I am working, can I take another withdrawal when I retire in 4+ years? Is there a cap on the amount I can withdraw in my lump sum amount? Can I withdraw when I have a current loan with the intent of paying off the loan?

A. Under the current rules, you may only take a single, stand-alone, partial lump-sum withdrawal during your lifetime. You may request an age-based in-service withdrawal in order to repay an outstanding TSP loan balance. An age-based, in-service withdrawal is limited to the vested balance in your account.

Cool Breezes Menu

SALADS!	1/3 LB BURGERS!	EXTRAS!
All salads are served with crackers, crostons, and one dressing.	Hamburger \$4.25	Slice Cheese \$0.25
Chef Salad \$5.50 A blend of iceberg and romaine lettuces, with carrots and cabbage. Add in some diced tomatoes, cheese and diced ham. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.	Combo (with fries) \$5.25	Nacho Cheese \$1.00
Crispy Chicken Salad \$6.50 A blend of iceberg and romaine lettuces, with carrots and cabbage. Add in some diced tomatoes, cheese and chopped fried chicken tenders. Topped with 3 slices of egg, bacon bits, and two pepperoncini peppers.	Cheeseburger \$4.50	Chili \$1.00
Ranch, Thousand Island, and Lite Italian dressings available	Combo (with fries) \$5.50	Jalapenos \$0.25
CHICKEN!	OTHER ITEMS!	Extra Meat \$1.50
Chicken Strips (3) \$3.25	Country Fried Steak Sandwich \$4.50	Bacon (2 slices) \$0.75
Combo (with fries) \$4.25	Combo (with fries) \$5.50	Condiments \$0.50
Crispy Chicken Sandwich \$4.25	Polish \$3.00	Salad Dressing \$0.50
Combo (with fries) \$5.25	Combo (with fries) \$4.00	One Egg \$0.50
<i>*Ask for Buffalo Sauce on your chicken!</i>	Hot Dog \$1.50	Candy Bars \$0.85
NEW ITEMS!	Combo (with fries) \$2.50	Chips \$0.60
Patty Melt \$3.50 A hamburger patty with Swiss cheese and sauteed onions on Rye bread!	Frito Pie \$3.50	SEASONAL ITEMS
Patty Melt Combo (with fries) \$4.50	Nachos \$3.00	Pizza Stick \$2.00
Homemade Taco Soup \$3.25	Fries (Regular or seasoned) \$1.35	*Ice Cream Cups \$0.60
Chicken and Dumplings \$3.50	Onion Rings \$1.50	Vanilla, Chocolate
Occasional Items:	Mozzarella Sticks (4) \$3.00	*Ice Cream Sandwich \$1.50
Homemade Potato Soup \$3.25	Jalapeno Mozzarella Sticks (4) \$3.00	Slushies \$1.25
Pound Cake \$1.75	Jalapeno Cheddar Bites (5) \$1.30	DRINKS!
Cornbread \$0.50	Fried Pickles \$2.50	Coca Cola \$1.75
	Fried Green Beans \$2.50	Diet Coke \$1.75
	BreezyDog \$2.50 Jalapenos, Pickles, onions and tomatoes	Dr. Pepper \$1.75
	Bacon, Egg & Cheese Sandwich \$3.00 4 Slices of Bacon, Cheese, and one egg	Mt. Dew \$1.75
	BLT Sandwich \$2.85 4 Slices of Bacon, Lettuce, Tomato	Sprite \$1.75
	Egg & Cheese Sandwich \$1.75	Gatorades \$1.50
	Grilled Cheese \$1.50 2 slices of cheese on white bread	Water \$1.40
	<i>Ask for American or Swiss Cheese!</i>	

Call in your order ahead of time!
 (870) 540-3777
Full Menu: Monday - Thursday
 1030-1230

Commander's Column

The mission we do here at the Arsenal is very important. This mission is in direct support of the Warfighter. We exist to serve them. PBA remains ready when our Nation calls on our expertise. On a daily basis we produce quality ammunition and chemical and biological defense items for the Warfighter. Our manufacturing capabilities are directly linked to national security, and tied to specific Joint Chief of Staff plans and other mission requirements.

We need to remember to be effective and efficient in all of our processes. The Logistics Modernization Program process directly affects how our business processes work across the Army's industrial enterprise.

Our LMP data is what the Army looks at and evaluates when they compare PBA's contribution to the Warfighter versus the cost to the taxpayer. It is important that we apply the care and attention to complete LMP correctly – and on time – and make sure that our data is correct.

I want to remind you that the employee surveys we do every year are also important. They help us make our processes better, improve our readiness and help us take care of you – our most important asset – the workforce. It is vital that you fill them out because they inform improvement to our processes.

We are doing great things for the Joint Warfighter and the Nation, let's continue this momentum. Thank you for what you do every day to support this effort.

The Arsenal's Quality Evaluation Facility recently went through an Army Chemical Agent Accountability and Personnel Reliability Compliance Review by the Department of the Army Inspector General. The inspectors found some things we have to work on. These findings were incorporated into the QEF Quality Control Program and action officers were assigned. Corrective actions will be verified during a scheduled Surety Management Review in March. There was no



Col. Kelso C. Horne III

impact on current mission and Warfighter support. Surety is one of the toughest inspection regimes in the Army, a few things to work on and no serious deficiencies is a very successful inspection. Well done to the PBA Surety team.

The Arsenal hosted and conducted an inaugural CAIRA table top exercise involving external local, state, and federal law enforcement professionals in early February. This exercise was designed to validate and exercise the installation's current Recapture/Recovery Plan, involve external stakeholders, capture lessons learned, and produce a detailed after-action report. This event pro-

vided a unique and invaluable opportunity for all participants.

Congressional staffers from Arkansas Senator John Boozman's office, Arkansas Senator Tom Cotton's office and Congressmen Bruce Westerman office, as well as members of the Arkansas and White Hall Military Affairs Committees, visited the Arsenal Feb. 20 for an update on mission readiness. The Arsenal presented an orientation briefing and conducted a pyrotechnic demonstration.

The group then toured ammunition and chemical/biological production lines to better understand the work at PBA. This visit helped provide Congressional staff and state level officials first-hand knowledge of how the work at PBA supports the joint Warfighter.

March is National Women's History Month which highlights the contributions of women to events in history and contemporary society. Since 1988, U.S. presidents have issued annual proclamations designating the month of March as Women's

History Month. The Arsenal will celebrate the month with an event March 15. Awards for the Arsenal's Woman of the Year and Supervisor of the Year will also be presented.

Our safety record here at the Arsenal remains top notch. Watch out for your teammates and focus on reporting those hazards that might hinder operations – both in the industrial and office

areas. Safety should be at the forefront of everything we do here on the installation.

Thank you for what you do every day to support the Arsenal, our Nation, and our service members. Enjoy what you do; make a difference, and most of all have fun. Thank you for being part of the PBA team.

"Mission First. People Always. Enjoy What We Do."

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

EAP can help you with:

- *Emotional problems
- *Financial problems
- *Marriage and family problems
- *Substance abuse
- *Health management issues
- *Stress management
- *Anger management

EAP can help you:

- *Identify problems
- *Resolve issues
- *Improve your quality of life

..Many names..one goal, to help you in a time of personal crisis or other trouble.

Come visit with EAP staff members Pat Jenkins, Paula Smith, Cassandra Cosen and Dee Jermon at Building 13-040 or call 870-540-3094.

Social Security

When is a good time to start receiving benefits?

By Tonya Cater
Social Security Public Affairs

After a lifetime of working, you deserve a comfortable retirement. For over 80 years, Social Security has been helping people shape their future, assisting them with a variety of benefits. It's up to you as to when you can start retirement benefits. You could start them a little earlier or wait until your "full retirement age," or delay retirement to get extra money each month. There are benefits to either decision.

Full retirement age refers to the age when a person can receive their Social Security benefits without any reduction, even if they are still working part or full time. In other words, you don't actually need to stop working to get your full benefits.

For people who reach age 62 in 2018 (i.e., those born between January 2, 1956 and January 1, 1957), full retirement age is 66 and four months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for everybody born after 1959.

You can learn more about the full retirement age and find out how to look up your own at <http://www.socialsecurity.gov/planners/retire/retirechart.html>.

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefit will be, although it stops increasing at age 70. Your monthly benefits will be reduced permanently if you start them any time before your full retirement age. For example, if you start receiving benefits in 2018 at age 62, your monthly benefit amount will be reduced permanently by nearly 27 percent.

On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefit will be higher. The amount of this increase is two-thirds of one percent for each month -- or eight percent for each year -- that you delay receiving them until you reach age 70. The choices you make may affect any benefit your spouse or children can receive on your record, too. If you receive benefits early, it may reduce their potential benefit, as well as yours.

You need to be as informed as possible when making any decision about receiving Social Security benefits. Read the publication *When to Start Receiving Retirement Benefits* at <http://www.socialsecurity.gov/pubs/EN-05-10147.pdf>.

When to start receiving retirement benefits is a personal decision based on your own situation. Check out our Retirement Checklist at <http://www.socialsecurity.gov/pubs/EN-05-10377.pdf> to learn about additional factors to consider as you think about when to start receiving your retirement benefits.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. Social Security may withhold or reduce your benefits if your annual earnings exceed a certain amount.

However, for every month benefits are withheld, it may increase your future benefits. That's because at your full retirement age Social Security will recalculate your benefit amount to give you credit for the months in which benefits were reduced or withheld due to your excess earnings. You can learn more at <http://www.socialsecurity.gov/planners/retire/whileworking.html>.

Social Security's mission is to secure your today and tomorrow. You can learn more by visiting our Retirement Planner at <http://www.socialsecurity.gov/planners/retire>

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.

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, 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.

Arsenal Sentinel

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Online Conduct

Think. Type. Post

"Army Professionals, Professionals do not by our solemn oath, tolerate double standards; anything that is 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."



SHARP training mandatory, two phased requirement

Courtesy of Damaris Powe Pine Bluff Arsenal SHARP

SHARP Training is a mandatory requirement per AR 600-20, CH 8. The SHARP training consists of two phases. Phase One of the training is the face-to-face portion, which engages the audience and provides open dialogs. Phase Two is done individually on the computer with real case scenarios. Both trainings are essential to the growth and development of the program.

Time is ticking

As March approaches, the SHARP training Phase Two deadline is right around the corner. Log on to the Total Employee Development (TED) system and complete your on-line mandatory SHARP training by March 31, 2018. Safety Stand down is scheduled for April 19th and the SHARP Program will be conducting phase one training.

The program is here to meet your needs, we understand that some emergency essential personnel will not be attending the Safety Stand-down. Therefore, to ensure that we are in compliance with AR 600-20, the PBA SHARP program will be providing additional training.

Know your rights

As a crime victim, you are entitled

to the following rights:

- The right to be treated with fairness, dignity, and a respect for privacy
- The right to be protected from the accused offender
- The right to be notified of court proceedings
- The right to be present at all public court proceedings related to the assault unless the court determines that testimony by the victim would be materially affected if the victim heard other testimony at trial, or for other good cause
- The right to talk to the attorney for the Government in the case
- The right to seek restitution, if appropriate
- The right to information regarding conviction, sentencing, imprisonment, and release of the offender from custody.

For further information on the rights for crime victims, see the DoD Victim and Witness Assistance Council web page at: <http://vwac.defense.gov/>

Stay SHARP

If you need assistance with scheduling SHARP Phase One training or in need of advocacy care please contact your SHARP Program Manager Damaris Powe at 870-540-3092 or damaris.sullivan-powe.civ@mail.mil.



Computers can be good companions on a rainy day - just ask Brooklyn Walker, Jessa Milburn and Bristol Baugh, at Pine Bluff Arsenal's Child and Youth Services. U.S. ARMY PHOTOS/CYS



Gauge Storz and Brielyn Harris get in some constructive time at Pine Bluff Arsenal's Child and Youth Services Building Center.



Elijah Watson, Josh Ward, Bri'Niyah Murray, Counselor Tanya Tiernan, Jess Milburn, and Brylea Claire McDaniel play cards during a rainy day activity at Pine Bluff Arsenal's Child and Youth Services.

JMC

Continued from Page 4

funds support specific units, JMC can more clearly communicate the impact on individual Army units if the Command does not receive its full budget request.

"Sustainable Readiness is unit and brigade combat team-centric and driven by the Sustainable Readiness Program (SRP) to enable combat power. The end state is that Army formations are ready to deploy immediately and are postured to meet combatant commanders' requirements," said Gen. Gustave F. Perna, Commanding General of Army Materiel Command, in the May-June 2017 issue of Army Sustainment Magazine.

The SRM will also allow the plants and arsenals that form the munitions OIB a greater degree of consistency and stability in their workload demands. Seventy percent of JMC's items are produced in the commercial sector, which struggles to deal with large variations in demand, such as those common under the AR-FORGEN readiness model.

"As use of commercial sector suppliers ebbs and flows, we have concerns about which suppliers will be available to meet our future needs. The SRM will give suppliers more predictability of future demand and help enable their longer-term business planning," said Brig. Gen. Heidi J. Hoyle, JMC Commanding General.

The SRM will also

help reduce the fluctuations in the size of the OIB workforce needed to meet demand. Because the demand will be more steady and predictable, the concerns associated with seasonal or temporary work may be alleviated.

One key purpose of the SRM is to generate consistent readiness for the Army. JMC is moving toward SRM to better support the Warfighter.

"Under the SRM, all units are ready for a no-notice deployment," said Brig. Gen. Douglas M. McBride, Jr., Commanding General of the 13th Sustainment Command (Expeditionary), who visited JMC in January and discussed application of SRM with JMC leadership.

Army commands will each tackle SRM slightly differently, based on individual mission sets. JMC will work the SRM through three areas of focus:

* **Focus Area 1:** Requirements Synchronization and Forecasting: Develop ammunition distribution requirements to meet SRM-driven unit and institutional training needs and planned operations, and factor these requirements into JMC's operational budget request.

* **Focus Area 2:** Depot Operations and Supply Chain: Increase logistics and production capacity and throughput; reduce cycle times; reduce carryover; and build greater alignment and coordination between the installations and JMC Headquarters.

* **Focus Area 3:** Production/Replenishment: Synchronize shipments and receipts, tie production to readiness, sustain critical capabilities, manage contractor performance, and resolve key execution issues.

"To ensure a successful transition to the SRM, we are dedicating personnel to coordinate the work being done in the three focus areas and facilitate necessary changes at JMC Headquarters and the installations. JMC will continue to receipt, store, and issue munitions to the Joint Warfighter. We will meet all requirements, from basic training to global battlefield dominance," said VanDeCasteele.

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Ab's	2 Aerobic Training	3
4	5 Kickboxing	6 Ab's	7 Circuit Training	8 Ab's	9 OFF	10
11	12 Strength Training	13 Ab's	14 Combo Training	15 Ab's	16 Kickboxing	17
18	19 Step/Rope Training	20 Ab's	21 Aerobic Training	22 Ab's	23 OFF	24
25	26 Circuit Training	27 Ab's	28 Strength Training	29 Ab's	30 Step/Rope Training	31

Pine Bluff Arsenal Recreation Services

Recreation Services
16-310 Flemming Drive
Pine Bluff, Ar 71602

Phone: (870) 540-3778
Fitness Class Hours
3:00 P.M. - 4:00 P.M.
Monday through Thursday
And every other Friday



Justin Lieber, project manager, with Pine Bluff Arsenal's Directorate of Business Operations, talks with Dr. Kenneth Bertram, Principal Assistant for Acquisition, U.S. Army Medical Research and Materiel Command, and others from the U.S. Army Medical Material Development Activity, during their visit to the Arsenal Feb. 13. The visit's main focus was on the Chemical Protective Patient Wrap, M8E1 (Chemical Biological Protective Shelters) and the CP DEPMEDS (Chemically Protected Deployable Medical System). U.S. ARMY PHOTOS/HUGH MORGAN

SES

Continued from Page 1

Office for Chemical and Biological Defense to investigate establishing an organic industrial base capability in the production of specialty chemical, biological, radiological and nuclear personnel protective items.

Since that time, the textile production lines have manufactured approximately 8,000 neck dams. Neck dams are a chemical and biological defense garment with impregnated carbon material issued to wearers of face-seal type masks to increase CB protection where the mask and the Soldier's suit meet.

First Article Testing samples of the patients wraps are still in production, said Caitlin (Buchanan) Belknap. "We expect to be finished with the First Article by mid-March. The issue has been the seam seal tape, however, we changed our process and solved the issue," she said. "We expected to be into full-rate production sometime in April. It has taken longer than we expected."

Belknap said renovations are happening in the textile production



Dawn Rosarius, Civilian Deputy to the Principal Assistant for Acquisition, U.S. Army Medical Research and Materiel Command, tries out the industrial sewing machines, while Julee Johnson, textile operator, looks on. Rosarius, along with others from USAMRMC, U.S. Army Medical Material Development Activity, the Office of the Surgeon General, the Natick Soldier Research Development and Engineering Center, and the Joint Project Manager-Protection, were also here for a visit Feb. 13.

area to accommodate the next item on the horizon –the Integrated Footwear System. "The contract is a bit delayed," she said. "We are expecting to bring on more operators for just this area. First Article testing will be sometime possibly in July if everything comes together."

The Arsenal currently provides Care of

Supplies in Storage, surveillance and shelf-life management for the material and equipment associated with the CP DEPMEDS.

In December 2017, the Arsenal initiated full-scale production of the M8E1 CBPS at a rate of three units per month, and is scheduled to produce approximately 163 units.

The Arsenal also performs COSIS on units stored on the installation, typically on an annual basis.

Since the beginning of M8E1 fielding in January 2018, PBA also provides pre-fielding preparation to ensure receiving units have everything necessary to place their system into service.

KITTING

Continued from Page 1

Program Office-Chemical and Biological Defense, TACOM and ECBC in mid-December. We had 80 percent of the items on site during the visit."

Representatives from 20th teams were here during the December visit, according to Freer. "At that time, the teams were able to tell us how they wanted the loads configured and packaged. The first five kits were shipped out in January to meet the required delivery date," he said. "All of the dates have been met, two more kits were shipped in February, and the final kit will be shipped sometime early March."

Chris Broughton, CB supervisory equipment specialist with DRSKO and the 20th kitting operations. "My team is mission first. They will do whatever it takes to support the Warfighter," he said. "That is why we are here. My team jumped in, working with both outside parties and within the Arsenal. They took commands from many different groups and did the work."

Broughton said that all the stakeholders here at PBA worked together, from Material Management to CB Quality.

"All the kitting operations are pretty similar, however, the 20th kitting operations were unique because of the entire set up. From the containers they go in, to the configurations to the load plans, everything had a unique approach to it," he said. "The operations were challenging at times but we overcame that challenge. When you look at the units you are supporting, you know it is critical and you are here on the front end helping potentially save someone's life."

Rob Shields, chief of the Directorate of Chemical and Biological Defense Operations' Mobile and Powered Division said when the teams were here in December it was a design as we go process because no kit had been configured previously.

"DRSKO was a success story. Our customer had very clear and distinct requirements," said Shields. "With the 20th kitting, we had to learn from the teams as we went along about how they wanted everything. Leadership from Jordan and Chris made this a success."

"The entire process was a team effort – both within PBA and outside PBA," said Freer. "There is a potential for future workload with the 20th CBRNE kitting. The kits currently are comprised of consumables, however, the Arsenal could have a part in the process in the future with kit sustainment."



JMC evolves to align to Army's Sustainable Readiness Model

By Nicole Kirschmann
JMC Public Affairs

ROCK ISLAND ARSENAL, ILL.-- Joint Munitions Command's approach to managing the ammunition business is changing to reflect the Army's new emphasis on Sustainable Readiness.

"We are the command that gets the ammunition there," said Rhonda VanDeCastele, Deputy to the Commander, JMC. "As an integral part of the munitions enterprise, we force-project ammunition whenever and wherever it is needed."

U.S. Army Materiel Command, JMC's higher headquarters, has developed a strategy to link the Organic Industrial Base output to the Sustainable Readiness Model, which is the Army's current readiness model.

Previously, when the Army operated under the Army Force Generation (ARFORGEN) model, the focus was to create readiness for deployed and soon-to-be-deployed units. Units not deployed, or in the early stages of getting ready to deploy, were often depleted of equipment in order to supply the units downrange.

With SRM, all units will be supplied at some level of deployable readiness. This compels both JMC and the operational units to strive to more accurately forecast future ammunition needs.

"We understand the near-term requirements but are working on better forecasting long-term ammunition requirements," said JoEtta Fisher, Deputy, JMC's Munitions and Logistics Readiness Center.

Another change that SRM brings is the need to link ammunition logistics requirements to specific Army units. Under SRM, JMC's budget requirements will be tied directly to specific unit readiness needs. With a better understanding of JMC's logistics requirements and how those

PINE BLUFF ARSENAL OBSERVANCE CELEBRATING

Women's
HISTORY
MONTH
2018

~ Theme ~

Nevertheless She Persisted:
Honoring Women Who Fight All Forms
of Discrimination Against Women

15 MARCH 2018
11:00HRS

CREASY AUDITORIUM
BLDG 17-110

Guest Speaker

Arkansas' First Lady

SUSAN
HUTCHINSON



SEE JMC, PAGE 5

EAP Corner

March into wellness

Courtesy of Pine Bluff Arsenal Employee Assistance Program

March is National Nutrition Month. We can march wellness by not just eating foods that are good for us but with the right state of mind.

Did you know that your state of mind is critical to your health?

You are already on the path to a fit and healthy lifestyle if you know the importance of proper nutrition. You know the effects that eating clean and whole foods can have on your appearance, energy levels, endurance, and overall feeling of well-being.

You do a good job of nurturing your body, but are you aware of the importance of nurturing your mind? Your mind isn't just critical to your mood. What you think and how you respond to different situations can affect your health more than you may know.

Your internal dialog affects so much more than your mood. While someone with a cantankerous demeanor isn't usually top choice for company, negative attitudes can affect more than just your social interactions. They also impact your health.

Excessive negative emotions, like calories, build up over time. You may be able to burn some of them off, but after a while, they build up to a point where you're feeling sluggish and disconnected.

Conversely, training your mind to think positively by focusing on the good in situations, and reacting calmly can result in improved health and overall well-being.

What happens in our bodies when we become stressed out? To protect from potential threats our bodies

come equipped with a stress response that gives a boost of energy to handle urgent situations. This boost of energy, however, is accompanied by an elevation in heart rate, rising blood pressure, and a release of hormones to top it off. One of these hormones, cortisol, alters immune system responses while suppressing your digestive and reproductive systems.

While this is beneficial in a fight-or-flight scenario, chronic releases of these hormones, especially cortisol, can be dangerous. Prolonged increase in stress levels are linked to arrhythmias, anxiety, digestive problems, weight gain, and more.

We all have somewhere to start. Here's how:

1. Shift your perspective. The way we interpret situations is critical to a healthy state of mind. Stress comes at us from every direction. When confronted with a difficult situation, try shifting your perspective.

2. Find gratitude. Can't emphasize enough the importance of being thankful. Finding something to be thankful for in every situation and focusing on that can bring any situation up a level or more.

Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice. (Harvard Medical School study, In Praise of Gratitude)

3. Don't react, breathe. Instead of immediately acting in emotion and anger, pause for a moment. Take a deep breath, then take another, and another.

Finding the calm and taking a moment of reflection will help you get needed perspective.

Name: _____ Office Symbol _____

MARCH INTO WELLNESS

W	G	A	Z	U	F	G	A	D	P	F	C	B	C	F	WELLBEING
E	E	N	E	R	G	Y	A	F	M	X	G	I	B	C	EMOTIONS
L	Y	W	I	R	P	R	D	V	V	R	T	N	R	W	ENERGY
L	H	D	C	R	E	M	O	T	I	O	N	S	Z	T	MIND
N	U	R	U	O	U	R	J	Y	X	Y	C	B	G	S	GRATITUDE
E	V	I	K	W	S	T	R	U	J	R	M	I	R	A	STRESS
S	U	B	G	E	U	I	R	B	M	E	S	K	A	P	NUTRITION
S	W	E	W	L	U	N	M	U	O	C	N	N	T	H	WELLNESS
S	Y	G	M	L	L	U	F	K	N	A	H	T	I	T	HEALTH
E	C	R	E	B	K	V	C	Y	T	L	G	G	T	L	NURTURING
R	S	A	R	E	F	D	O	P	G	I	P	L	U	A	BREATH
T	O	N	O	I	T	I	R	T	U	N	I	A	D	E	THANKFUL
S	F	J	I	N	F	H	T	A	E	R	B	J	E	H	
O	M	P	Q	G	S	Q	M	I	N	D	P	K	M	B	
Z	D	C	Y	V	W	K	I	A	J	Q	N	S	W	J	

Breathing does more than reduce stress and anxiety. Studies have shown it to enable focus and productivity, help reduce aches and pains, and even lower your blood pressure.

When you're feeling more productive, in less pain, and healthier overall, your state of mind naturally shifts into an improved state

By learning how to manage your stress...You'll not only be more productive but able to think more clearly and work at a higher level. (Dr. Lloyd Sederer, medical director of the New York State Office of Mental Health)

Remember, we have more control

over our health and well-being than we may know.

Nurturing your body is important, but taking care of your state of mind shouldn't be neglected. Start incorporating the exercises above into your daily routines and see how your health and energy levels can improve.

The Pine Bluff Arsenal Employee Assistance Office staff are here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. Our office is located at Building 13-040, and our phone number is 870-540-3094.



Members of the Radford Army Ammunition Plant government staff including Lt. Col. James Scott, commander; Montgomery County Board of Supervisors; Pulaski County Board of Supervisors and professors from Virginia Tech University met Feb. 16 to kick-off a new program VT is creating which addresses ecological and human health in rural communities. The new course includes a program on Appalachian community research. U.S. ARMY PHOTO/RFAAP

Kick off meeting helps usher in new program at university

Courtesy of Radford Army Ammunition Plant

Radford Army Ammunition Plant (RFAAP) hosted a kick-off meeting Feb. 16 of diverse individuals to include Virginia Tech professors, the Montgomery County Board of Supervisors and the Pulaski County Board of Supervisors. The purpose of the meeting was to initiate a new program VT is creating called "Ecological and Human Health in Rural Communities". A new course in this program is Appalachian Community Research.

As part of this course, students will address the question, "How do we build community capacity in order to shape a positive future for Appalachia?" In support of this goal, each insti-

tution will work with a local community partner (RFAAP, Montgomery County and Pulaski County) to identify a critical community challenge and/or opportunity that affects the community's long-term sustainability. The course instructor will then develop a community-based research project that addresses the community-identified problem and helps build sustainability. Projects must have demonstrable impact on the capacity of students, the institution, the community partner, and/or the community at large to promote long-term sustainability.

Radford Army Ammunition Plant will be working with the university professors and students to develop a

project that will be beneficial to all partners. Discussion during the kick-off meeting included RFAAP mission, environmental challenges, and operational information which will potentially lead to the course project. Some options for a project included groundwater sampling of local residences, air monitoring, legacy waste sites and improving communication with the public. After the sit-down portion of the meeting, visitors were taken on a tour of the installation.

All parties ended the meeting feeling very positive about the partnership and potential benefits from the project. Follow up meetings are planned throughout the spring and summer prior to the programs start in fall semester 2018.



JMC's Johnson retires as deputy

Senior Executive Service leader, Melanie A. Johnson, and Command Sgt. Maj. Tomeka N. O'Neal furl Johnson's SES flag representing her formal retirement. Johnson retired as the deputy to the commander for U.S. Army Joint Munitions Command Feb. 1, after serving more than 36 years. U.S. ARMY PHOTO/JMC

Everyone deserves a healthy relationship

(Editor's note: February was Teen Dating Violence Awareness Month. Pine Bluff Arsenal's Family Advocacy Program collaborate with Sandra Davis, the Middle School-Teen Lead at PBA Child and Youth Services in providing information to the students during the month. Below is one of the topics of presentation during the month.)

Article provided by Pine Bluff Arsenal Family Advocacy Program (taken from Military OneSource-LoveisRespect.org)

Nice eyes? A great smile? A quirky sense of humor? There are a lot of different things that might make you attracted to someone. But having a healthy relationship with your partner is about more than attraction; it requires respect, trust and open communication.

Whether you're looking for a relationship or are already in one, make sure you and your partner agree on what makes a relationship healthy. It's not always easy, but everyone deserves a healthy relationship! Look for someone who:

- Treats you with respect.
- Doesn't make fun of things you like or want to do.
- Never puts you down.
- Doesn't get angry if you spend time with your friends or family.
- Listens to your ideas and is able to compromise with you.
- Isn't excessively negative.

•Shares some of your interests and supports you in pursuing what you love.

•Isn't afraid to share their thoughts and feelings.

•Is comfortable around your friends and family.

•Is proud of your accomplishments and successes.

•Respects your boundaries and does not abuse technology.

•Doesn't require you to "check in" or need to know where you are all the time.

•Is crying and honest.

•Doesn't pressure you to do things that you don't want to do.

•Doesn't constantly accuse you of cheating or being unfaithful.

•Encourages you to do well in school or at work.

•Doesn't threaten you or make you feel scared.

•Understands the importance of healthy relationships.

Remember, that a relationship consists of two (or more!) people. You and your partner should have equal say and should never be afraid to express how you feel. It's not just about speaking up for yourself — you should also listen to and seriously consider what your partner says.

Every relationship has arguments and disagreements sometimes — this is normal. How you choose to deal with your disagreements is what really counts. Both people should work to communicate effectively.

Pine Bluff Arsenal Mentoring Program



***Program is available to all Arsenal employees**

***Participation will require personal time (Lunch and Learn)**

***Participation is voluntary. Volunteer today!**

For information about the program, contact Missy Brodnax at melissa.j.brodnax.civ@mail.mil or Laura Hiserodt at laura.d.hiserodt.civ@mail.mil

MISSION

The mission of the mentoring program is to include a diverse population of mentors and participants from all people groups for the purpose of encouraging the development of the participants in leadership competencies, and provide practical advice that will provide direction toward the professional goals of the participant from a trusted mentor.

VISION

Enable a network of mentoring relationships at Pine Bluff Arsenal.



Employees interested in the Arsenal's mentoring program should sign up by April 17.

Safety Corner

How to prevent falls in the workplace

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

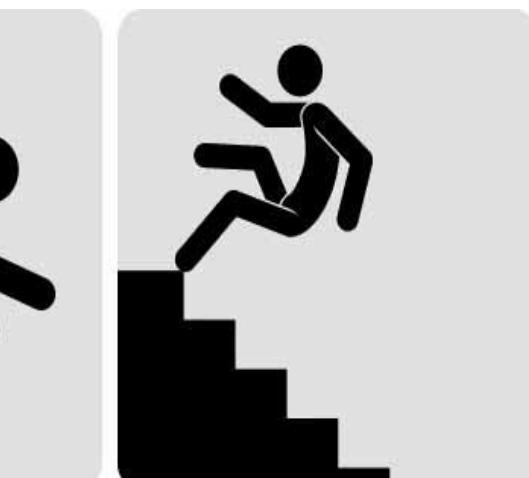
It is a fact that more than 16 percent of all workplace falls result in injuries or illness that affect the productive environment of a workplace.

It becomes essential then to employ means to prevent falls at the workplace. Falls at the workplace are mainly of two kinds: those that happen in single-story structures and those that occur from a higher level.

Most falls occurring from slips and trips at the same level are caused due to slipping on an icy surface or tripping over an object. A fraction of the falls occurring from different levels happen when people fall off ladders, steps or a higher floor.



It is also a fact that falls at the workplace can be prevented. Although accidents are not easy to guess, it's still quite possible to prevent them from happening. Doing away with unsafe acts and conditions can control such accidents. Look for ways to prevent slips, trips and falls from occurring at the workplace. Once these hazards are eliminated you can usually



prevent accidents from taking place.

Some of the precautions you can take to avoid accidents are:

- Ensure that all spills and wet surfaces are immediately cleaned up from the floor. Do not allow any residual slimy leftovers to be lying around on the floor as it could be a cause for a potential slip or fall.
- See to it that all walking pathways in



the office are clutter-free. Do not allow normal walkways to be littered by any object that might result in people tripping and falling over.

- In case you need to reach up to something that's high up in the office, always use a safe stepladder. Never use chairs or desks to climb up to access things above your head.
- Make sure that you

lighting is adequate and visibility is not affected.

•Always wear good footwear when you are walking about. We may not have control over the condition of the surface that we walk on. But we do have control over what we choose to wear on our feet. Increasing friction between the soles of your shoes and the surface on which you are walking greatly reduces the risk of slip-injuries.

•Follow safety tips to choose the right shoes for the prevailing conditions. Wear hard rubber soles for greasy, concrete or wood flooring.

Soft rubber shoes are good for dry surfaces. Crepe soles are best for rough concrete surfaces, dry or wet, and neoprene soles are good and safe on most wet or dry surfaces.

AMC synchronizes, integrates and delivers materiel readiness to entire Army

*By Elizabeth Behring
AMC Public Affairs*

REDSTONE ARSENAL, Ala. -- The Army's senior logistician called on commanders and senior civilians from across the materiel enterprise to reflect on lessons learned during 17 years of war, and to re-focus their efforts on readiness and the future.

"Our responsibility is to synchronize, integrate and deliver materiel readiness to the entire Army, from start to finish. We drive change, and it's our job, not only to ensure we are effective, but that we remain that way," said Army Materiel Command's Gen. Gus Perna during the Commander's Forum here, Feb. 7-8.

Perna said the purpose of this year's forum was to give senior leaders the opportunity to address concerns in an open forum, and to provide them what they need to execute their visions.

He noted the Army is at a strategic reflection point, and asked leaders to question their view of what readiness truly means for the Total Army.

"Are we ready today? Are we on the hamster wheel when it comes to contracts, or are we getting ahead of it? This is about seeing ourselves, understanding resources we need, how much time we need to get things done, where the priorities are and where we're going to lead our way through this. We can't be the Army Materiel Command of the old days," Perna said.



Army Materiel Command's Gen. Gus Perna addresses senior leaders from across the materiel enterprise during the AMC Commander's Forum at Redstone Arsenal, Ala., Feb. 7-8. U.S. ARMY PHOTO/SGT. 1st CLASS TEDDY WADE-AMC

Perna said that in order to face present-day, real-world missions, the Army's focus must shift from its current mindset.

"Over two generations of leaders, warrant officers, NCOs and Soldiers have grown up in these 17 years of war, a war focused on a dif-

"Are we ready today? Are we on the hamster wheel when it comes to contracts, or are we getting ahead of it?"

ferent type of enemy than most of us grew up trying to sustain for. They don't know what decisive action means or understand what decisive action against a near-peer competitor means. We turned the table with the Chief of Staff of the Army's guidance on decisive action, and this is a major change for our Army," Perna said.

That change, Perna said, needs to be reflected in how leaders personally define readiness. He encouraged them to think bigger than their organiza-

tions and key in on what the Army as a whole requires.

"Readiness is asking if your vehicles could leave the motor pool tonight, or if we can transport all our people by plane and ship to another country," Perna said.

He then outlined AMC's focus of synchronizing, integrating, maneuvering and delivering materiel readiness to the total Army.

"AMC's responsibility is to set the theaters, and we are tasked to increase materiel readiness -- whether it's building the Army with equipment, improving our supply availability, reducing backorders or talent management - we are totally responsible for increasing materiel readiness," Perna said.

"That doesn't just

Benefits specialist speaks to FEW

Courtesy of Bluff Center Chapter of FEW

The Bluff Center Chapter of Federally Employed Women's February meeting was held Feb. 21 at the National Center for Toxicological Research/FDA Jefferson Labs.

Our training speaker was Mandy Fitts, a Federal Employee Benefit Specialist with Globe Life Insurance and Federal Employee Association Service Center.

Her presentation focused on "Resources to Prepare for the Uncertainties of Life". Fitts spoke on several topics including short term disability, procedures in cashing out life insurance, and some valuable information regarding Thrift Savings Program accounts.

For more information, you can contact Fitts at 870-208-5605 or mandf@feasc.com She was also kind enough to provide dessert for all attendees. A lively question and answer session was held after her presentation.

The chapter will meet March 15, at 11 a.m., at Pine Bluff Arsenal's Creasy Auditorium, located at Building 17-110, in conjunction with the Arsenal's Federal Women's Program and their celebration of Women's History Month. The theme will be "Nevertheless She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women" and the special speaker will be Arkansas' First Lady, Susan Hutchinson.

Our chapter is looking forward to a productive 2018. We meet the third Wednesday of the month at 11:30 a.m., alternating between NCTR/Jefferson Labs and the Pine Bluff Arsenal. Membership is open to all employees (women and men) of the U.S. government, government contractors, and others who subscribe to the purpose of our organization.

All are welcome to join us to learn more about our organization and how we can serve you. For more information regarding meeting date/time, feel free to contact Becky Simmons, Chapter President, at 870-543-0585 or any of our PBA members or visit our website at www.few.org

PRACTICE MOPSEC

Your Trash... Could be an Adversary's Treasure!!

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Enterprise Rideshare understands the time and commitment you've dedicated to serving our country. By joining a vanpool, not only will you save time, save money, and reduce stress on your way to work, but as service men and women, you are eligible to receive a federal subsidy of up to \$255/person* when you join a vanpool. That's \$3,060 a year! As an added benefit, each vanpool frees up 9 parking spaces at your work site and reduces your carbon footprint.

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For more information, contact Raelee Perry at Raelee.d.perry@ehi.com or 918.344.0753.

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CONGRESSIONAL VISIT

Pine Bluff Arsenal Ammunition Operations production worker Pam Scott works on a M853 round as staffers from Arkansas' Congressional offices, Arsenal Commander Col. Kelso Horne and Arsenal Deputy to the Commander Roch Byrne, tour the production line. Representatives from Senator John Boozman, Senator Tom Cotton and Congressman Bruce Westerman's office were among the visitors. U.S. ARMY PHOTOS/HUGH MORGAN



Production workers Corey Phillips and Robert Hardnett pack out the M853 81mm illumination rounds as Chris Richards, with the Directorate of Ammunition Operations, tours staffers from Arkansas' Congressional offices. The tour also included an overview briefing, pyrotechnic demonstration and tours of the Arsenal's Quality Evaluation Facility, Individual Protective Clothing Facility, and the M8E1 Chemical/Biological Protective Shelters.

U.S. Army, Harvard enter agreement to produce nanofibers

NATICK, Mass. -- The U.S. Army is partnering with Harvard University in a joint research agreement that could lead to enhanced protection for military, law enforcement and first responder personnel exposed to ballistic threats in the line of duty.

A first phase of work under the agreement will evaluate the performance of Harvard-developed nanofiber materials during a ballistic impact event, such as blast fragmentation and small arms fire.

For the U.S. Army, this could lead to the development of innovative materiel and enhanced capabilities, improving combat readiness, performance and protection of Soldiers.

The partnership was formally established on January 9, when the U.S. Army Natick Soldier Research, Development and Engineering Center; Harvard University; and the Harvard John A. Paulson School of Engineering and Applied Sciences, known as Harvard Engineering, signed a Master Cooperative Research and Development Agreement, or CRADA, designed to leverage the respective expertise and resources of both organizations; streamline collaborations; and strengthen their relationship for future endeavors in diverse areas of mutual interest.

Under the first statement of work, signed concurrently with the Master CRADA, Harvard Engineering will manufacture nanofiber sheets and control materials for ballistic impact testing and evaluations by NSRDEC.

Both parties will assess whether such in-development nanofiber sheets can better absorb energy in a ballistic impact event, as compared to control materials.

Subject matter experts, from both organizations, will collaborate on research by working together in laboratory facilities at Harvard Engineering in Cambridge, Massachusetts and at NSRDEC in Natick, Massachusetts.

"The unique microstructure of the Harvard nanofibers is a significant step towards producing high-performance fibers with improved toughness, an enduring problem in Fiber Science," said Material Research Engineer and NSRDEC Technical Lead, Dr. Stephen Fossey. "The Army has an interest in improved toughness fibers to make lighter weight ballistic impact protection for Soldiers."








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