

TRACKS

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Photo by Mark Cleghorn

Signing the ANAD Army Community Covenant Jan. 24 were, from left to right, Hatchee Mayor Steven Baswell; Jacksonville Mayor Johnny Smith; John Blue, Calhoun County Chamber of Commerce chairman; Depot Commander Col. Brent Bolander; Col. Charles Keith, garrison commander of the Fort McClellan National Guard Training Center; Greg Potts, president of the Anniston chapter of AUSA; Anniston Mayor Vaughn Stewart; and Weaver Mayor Wayne Willis.

Leaders pledge support

Commander, mayors sign Army covenant

by Jennifer Bacchus

ANAD PAO

Anniston Army Depot Commander Col. Brent Bolander joined with seven local community leaders in signing the installation's third Army Community Covenant Jan. 24 at the depot's Berman-Varner House.

Bolander's fellow signees were Col. Charles Keith, garrison commander for the Army National Guard Training Center at Fort McClellan; John Blue, chairman of the Calhoun County Chamber of Commerce; Col. (ret.) Greg Potts, president of the local Association of the United States Army; Vaughn Stewart, mayor of Anniston; Johnny Smith, mayor of Jacksonville; Steve Baswell, mayor of Hatchee; and Wayne Willis, mayor of Weaver.

"We have much to be proud of here at Anniston Army Depot when it comes to our military and the community. The re-signing of today's covenant shows our continued support for our Soldiers and their Families," said Bolander prior to the signing.

The covenant, a commitment to foster and sustain partnerships to improve the quality of life of Soldiers

and their Families, must be resigned whenever one of the signees leaves their position. Therefore, this is the third covenant signing for the depot since the practice was initiated in 2008.

According to online information from the Army detailing the history of the Army Community Covenant, the Secretary of the Army initiated this program in 2008 in an effort to find out what support existed in America's communities and to raise awareness of the sacrifices our men and women in uniform and their Families make every day. The Army recognizes that most community-based programs support all military service members, not just Army Soldiers. So, the Community Covenant embraces all military but is still carried under the Army name.

A Community Covenant signing ceremony is a public display of support by community leaders to the military and family members living in that community. Over 450 Community Covenants have been signed at ceremonies across the country attended by thousands of American demonstrating support for Service Members and their Families.

Since the initial covenant signing, the depot has en-

hanced or added a number of programs to assist Soldiers, including:

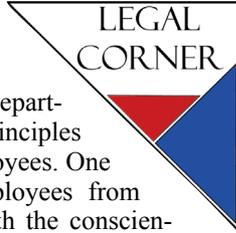
- Veterans Supermarket of Benefits events to enable local Veterans to locate services available to them.
- Financial readiness through the Army Emergency Relief program, which receives approximately \$50,000 in donations annually to assist active and retired military in times of emergency.
- Marriage reintegration retreats to assist families of previously deployed or deploying Soldiers.
- Month of the Military Child and Military Family Month programs.
- Stress management training for the National Guard Training Center.
- Deployment briefings for local National Guard and Army Reserve units.
- Army Family Team Building classes for Soldiers, civilians and Families.
- Divorce support groups for Soldiers and Families.
- Army Family Action Plan conference to enhance the quality of life for Soldiers and civilians within the depot and surrounding community.

• See COVENANT, page 4

Avoid conflicts of interest with financial disclosure

by Polly Russell

ANAD Legal Office



The Joint Ethics Regulation covering Department of Defense employees contains 14 principles of ethical conduct required of federal employees. One of those principles prohibits federal employees from holding financial interests that conflict with the conscientious performance of their duties.

For most employees, this does not represent a problem: they come to work, perform their duties and go home.

For some employees, however, making a job-related decision may affect their personal finances, such as awarding a contract to a company in which they own stock.

How does the depot keep track of those potential conflicts so they can be avoided?

One way to track potential conflicts is through confidential disclosure reporting using the Office of Government Ethics Form 450. The purpose of the OGE 450 filing is to assist employees and their agencies in avoiding conflicts between the employees' official duties and their private financial interests or affiliations.

Agency officials use the information provided by employees in the OGE 450 filings to determine whether any potential conflicts of interest exist and to avoid the conflicts before they occur.

The decision of who submits OGE 450 filings rests with the directors, who apply criteria supplied by the Office of Government Ethics. That criteria focuses on an employee's decision-making authority or influence in the contracting/procurement field, administering grants and licenses, actions that have a direct and substantial impact on the interest of any non-federal entity or "when the agency concludes that the duties and responsibilities of the employee's position require the employee to file such a report to avoid involvement in a real or apparent conflict of interest."

Once an employee submits an OGE Form 450, the employee's supervisor and an ethics counselor review the financial information to determine if a potential conflict of interest exists. If a conflict exists, most often the employee signs a statement agreeing to not participate in any decision that affects the financial interest involved.

The OGE Form 450 process is designed to maintain public confidence in the DoD by identifying potential conflicts early and ensuring that work assignments are not made when a potential conflict exists.

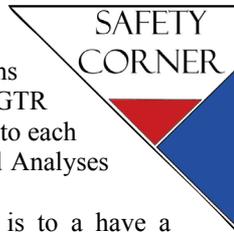
The OGE Form 450 process also protects employees from potential sanctions for violating the conflicts of interest laws.

All employees should ensure they are performing their duties for the taxpayer and without any conflict with their personal financial holdings or the finances of a non-Federal entity. The Legal Office is available to answer any questions on conflicts of interest by calling 256-235-6518.

VPP update: where we started, where we are, where we want to be

by Wallace Gallahar and Daley Speer

ANAD VPP Team



Following a Department of Defense mandate, Anniston's Army Depot's Voluntary Protection Program journey began in September 2010, when the depot's management team and AFGE Local 1945 formulated a plan to work toward VPP Star status.

At that time, the depot was ISO 9001, 14001 and 18001 certified. This gave the depot team confidence that star status could be achieved if the same amount of dedication, effort and persistence was put into the VPP journey.

Additionally, one of Anniston's sister depots had already achieved VPP Star status and others were close to achieving the same status.

Within the last four to six months, the depot has made significant progress in the VPP arena. The majority of the workforce has been trained to an awareness level and some individuals and cost centers have received program-specific training.

In-depth VPP training for some employees has included courses taught through DoD VPP Center of Excellence, Occupational Safety and Health Administration seminars at the VPP Regional and National conferences and interaction with private industry VPP Star sites.

In addition to their monthly training on specific VPP concepts, a majority of the Directorate of Production safety monitors have received four hours of training on the depot's new Go-to-Reference manual.

The GTR's cornerstone document is ANAD's Safety Regulation (385-1). The GTR also contains

documents common to all cost centers – for example, I Care cards, inspection forms and logs. In addition, the GTR contains documents specific to each cost center, like Job Hazard Analyses and Job Safety Breakdowns.

The intent of the GTR is to have a reference book that is familiar to all employees; one they can use even if they transfer to another cost center. Training at the employee level will continue until VPP Star status is achieved.

Just around the corner, Feb. 4-7, is a mock OSHA VPP audit by the DoD VPP CX contractor. This mock audit will closely resemble what we can expect from the OSHA audit.

All safety programs will be evaluated and employees will be informally interviewed.

The ultimate objective of the auditor is to determine whether all depot employees have the level of safety awareness, buy-in and participation that VPP Star status demands.

Employee attitude is important and auditors concentrate on this portion of VPP more than any other. Based on this mock audit, the depot will know where we are and how we need to proceed with respect to submitting our application to OSHA.

Once the application is submitted, sustainment is key because the actual audit may not occur for six months to a year. Sustainment includes maintaining the safety excellence mind-set and attitude. Each and every employee must realize how important this is to the installation and to their career employment at Anniston Army Depot.



Photo by Mark Cleghorn

Safety monitors learn the benefits and uses of the Go-to-Resource during training Jan. 18.



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2012 SAFETY RECAP

Contact with equipment tops injuries list

by Jennifer Bacchus

ANAD PAO

Contact with equipment, which is any accident or incident where an employee is struck by, struck against or has body parts caught between objects, is historically the primary cause of injuries at Anniston Army Depot.

In 2012, it topped the list again. Contact accounted for 83 of the 199 recordable injuries on the installation.

Some of the reasons for these contact injuries, according to the Safety Office are:

- Using tools with excessive wear or cracks
 - Not locking hatches in the open position
 - Cutting corners during job processes
- “Sometimes you can’t prevent these injuries,” said Erica Long of the depot’s Safety Office. “But, if employees have a tool that needs to be repaired they should take it out of service and everyone should always be aware of their surroundings.”

The other categories of injuries in 2012 included:

- Overexertion, with 67 incidents
- Indoor falls, with 28 incidents
- Outdoor falls, with four incidents
- Exposure, with two incidents
- Transportation, with one incident

Additionally, 14 injuries fell under the “other” category, which includes a variety of accident causes, such as burns and other heat-related injuries.

In addition to the recordable injuries, which are documented per Occupational Health and Safety Administration regulations, the depot’s Safety Office maintains records of first aid injuries.

First aid injuries often do not take the employee away from work and can be cared for by personnel in the Fire and Emergency Services Division or the Dear Occupational Health Clinic.

Among these injuries in 2012, contact with equipment again ranked highest with 27 followed by overexertion (19), indoor falls (6), outdoor falls (2) and other injuries (6).

Though most of the accidents occurred in the industrial area, some injuries, such as overexertion and falls, also occurred in office areas.

The Safety Office recommends every-

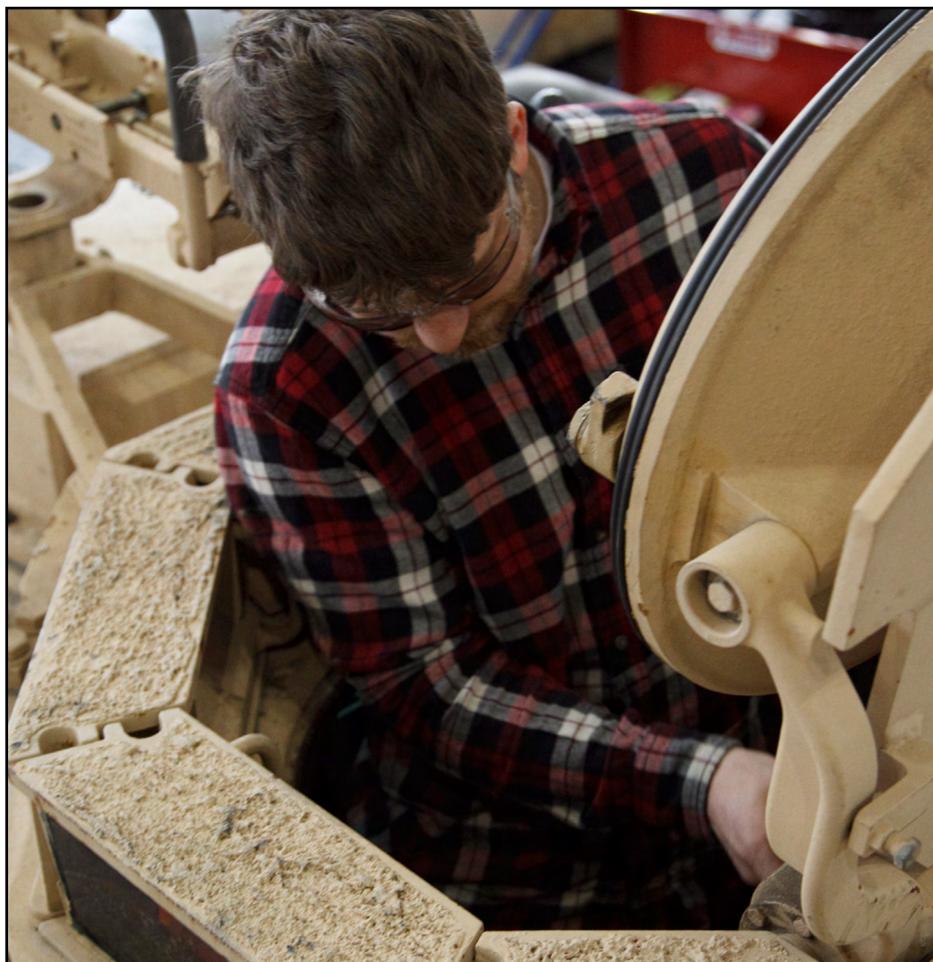


Photo by Stan Bobo

Robert Strickland works on a turret hatch in Anniston Army Depot’s Tracked Systems Division. Hatches that are not secured in an open position are one cause of injuries on the installation.

one, no matter if they work in a shop or office setting, ensure proper housekeeping is done in their work areas to reduce slip and trip injuries.

Goals for VPP

The Voluntary Protection Program made great strides in the last year, but there is still a lot of work to be done.

Contractor CH2M Hill has been working with the Safety Office to develop tools for each cost center that will give employees all necessary safety information in one location.

The Go-to-Reference manual, a green binder filled with I Care cards, job safety analyses and other important information will soon be placed throughout the Nichols Industrial Complex.

“It’s going to be a green book for safety, just like environmental has the

Red Book,” said the Safety Office’s Daley Spear.

Personal Protective Equipment

One of the basics of VPP is that every employee should take the steps they know are right for their safety every day.

A big part of that is wearing the proper Personal Protective Equipment.

“The most fixable accidents are the ones that wearing basic PPE would have prevented,” said Dale Larry a safety technician in the Safety Office. “We have had eye injuries and cuts that safety glasses and gloves would have prevented.”

Additionally, all visitors to the industrial area should adhere to the same PPE guidance as employees in the area.

“If you are going to enter a building, you should wear the same PPE as the people who work in that building,” said Susie

Vernon, a safety technician in the Safety Office.

Machine Guarding

Along the lines of protective equipment are the guards that protect employees who work on grinders, lathes and other machines. Using these guards properly can prevent material from flying out of the work space and striking the employee or a passer-by.

Driving

Though transportation only accounted for one injury during 2012, the Safety Office is concerned about the number of distracted drivers on depot.

They remind the workforce that driving while talking on a cell phone is prohibited, as is smoking in any government vehicle, including forklifts.

“Some people are still traveling too fast in forklifts and we still find people not wearing their seat belts when they should be,” said Ken Fagan, a safety technician in the Safety Office.

2013 Goals

Naturally, the principle goal for 2013 is to lower the injury rate. The goal for this year is to lower the number of injuries by five percent.

To do this, the Safety Office has established specific actions. These include:

- Improve ownership in processes and procedures by establishing goals tied to the Group Award Payout.
- Conduct safety sensing surveys to gauge employees’ awareness and involvement in the elements of the safety program.
- Expand education and training for employees and supervisors.
- Visually depict safety performances in work centers. This will include safety films for The Morning Show that are filmed in shops throughout our industrial area.
- Continue Lean/6S involvement and other initiatives to improve safety involvement.
- Complete Stage III of the Department of Defense VPP checklist.
- Ensure accountability at work center level through employee action teams and supervisor responsibilities.

If you have any concerns about safety in your work area, speak to your supervisor or call the Safety Office at Ext. 7541.

Remember, safety is everyone’s job.

From COVENANT, page 1

- Survivor Outreach Service to train Families to cope with the holidays after a loss.
- Army birthday celebrations.
- The first ANAD Wounded Warrior Hunt, which was held earlier this month.

Blue emphasized to the gathered crowd that the depot and the National Guard Training Center are frequently in the minds and hearts of his organization. He said that he and other community leaders regularly meet with local members of Congress to ensure the health and longevity of the area military installations.

“The signing of this Community Covenant is symbolic of a relationship that this community has had with the military and civilian Family for a long time,” said Blue.

Prior to the covenant ceremony, six elected officials from Calhoun County were presented briefings and a tour to enhance their understanding of the installation.

Stewart, Baswell, Willis, Jacksonville councilman Jonathan Tompkins and two Piedmont councilmembers – Brenda Spears and Terry Kiser – received briefings from depot and tenant leaders prior to touring the Combat Vehicle Repair Facility and the Small Arms Repair Facility.

For most of these leaders, it was their first visit to the depot.



Photo by Mark Cleghorn

Jacksonville Mayor Johnny Smith and Calhoun County Chamber of Commerce Foundation President Sherri Sumners read the covenant prior to the signing ceremony.



Photo by Mark Cleghorn

Prior to the covenant signing ceremony, several local mayors and councilmembers toured the installation to learn about the mission of Anniston Army Depot and the tenant organizations.



Photo by Mark Cleghorn

Depot Commander Col. Brent Bolander details the importance of the commitment being made between depot and community leaders.

Making recycling a way of life throughout TACOM LCMC

by Bill Gattie

TACOM LCMC Public Affairs

Defeating the enemy without destroying the environment. In addition to our primary mission of supporting our Soldiers, the U.S. Army TACOM Life Cycle Management Command is involved in an ongoing effort to conduct our business in an environmentally friendly manner. One way that we do this is through our recycling programs at the Detroit Arsenal and other TACOM LCMC sites.

The legal mandate for recycling is derived from the Resource Conservation and Recovery Act of 1976. The RCRA gives the Environmental Protection Agency the authority to control hazardous waste from the “cradle-to-grave.”

This includes the generation, transportation, treatment, storage, and disposal of hazardous waste. RCRA also set forth a framework for the management of non-hazardous solid wastes. Recycling is addressed in Section 246.201-3. Recommended procedures: Glass, can, and mixed paper separation, which states: “In areas where markets are available, it is recommended that glass, cans, and mixed paper be separated at the source of generation and separately collected for the purpose of recycling.”

Environmental Protection Specialist Florence Trevino stated that she took over the solid waste program at the Detroit Arsenal in 2003. At that time, the recycling program consisted primarily of cardboard and paper, as well as other materials generated by the shops. In 2008, a new contract was awarded and the recycling program expanded to include glass, metals, and plastics – signs above the recycle bins indicate the type of glass, metals, and plastics that are accepted.

More recently, the program has further expanded to include items such as aerosol cans, batteries, printer cartridges and cell phones and money generated from the program is donated to the Child Development Center. Also, eye glasses and hearing aids are recycled and donated to the Lions Club. Since 2005, a personal computer recycling drive has been conducted annually for one week in the fall, resulting in over 25 tons of personal computer equipment being collected.

According to Richard Brimer, business manager for Anniston Army Depot’s recycling program, the recycling program at Anniston began in 1982 with only one part-time, appropriated fund employee. The non-appropriated fund recycling program began in 1990, using three NAF personnel.

The initial focus was collecting and processing traditional recyclables, such as office mixed paper, cardboard, aluminum cans and ferrous/non-ferrous metals. Respectable tonnage was processed over the first two years, creating measurable decreases in landfill usage at Anniston Army Depot. Currently, the recycling program consists of 28 NAF employees and maintains a fleet of equipment capable of handling all the recycling needs of the depot.

In addition to the obvious benefit of decreased land fill usage, there are other benefits that have resulted from the recycling programs at both the Detroit Arsenal and



Photo by Stan Bobo

Shawn Sessions places cardboard for recycling in a bin at Anniston Army Depot.

Anniston Army Depot. As noted above, the Child Development Center at the Detroit Arsenal receives monetary donations from funds generated through the recycling program and eye glasses and hearing aids are donated to the Lions Club.

According to Brimer, the recycling program at Anniston has been able over the years to support Armed Forces Day, build new break rooms for several of the shops in the installation’s Nichols Industrial Complex and provide funding to support special projects concerning safety, environmental issues and energy awareness and conservation.

Anniston Army Depot and the Detroit Arsenal have both received awards in recognition of their recycling efforts. In fiscal year 2006, Anniston’s recycling program received the James A. Carroll Award of Excellence as the best recycling program in the Department of the Army. The Michigan Department of Environmental Quality recognized the Detroit Arsenal as a Clean Corporate Citizen in 2006 and awarded the Neighborhood Environmental Partner Award to the Arsenal in 2007.

“Getting the word out to the work force is one of the biggest challenges we face,” said Trevino. “Messages disseminated via e-mail about the recycling program and

personal computer drive do not reach everyone.”

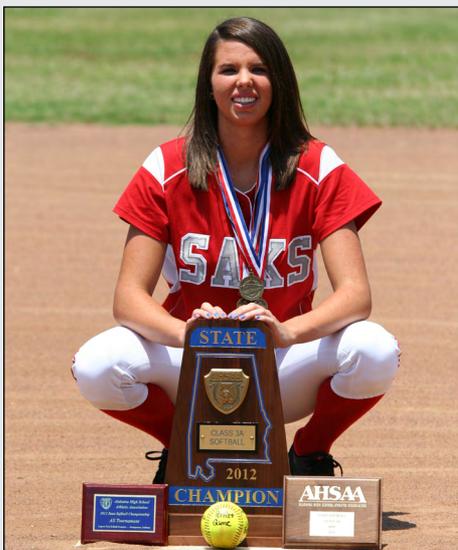
“Our biggest challenge is getting the workforce to consistently recycle,” said LaNoah Ealy, chief business manager for Anniston’s recycling program. “We have designated locations at each building, with labeled recycling containers, for collection of recyclables and we still find significant amounts of recyclable items in trash containers.”

“It disheartens me to see that there will be a decrease in our solid waste/recycling contract,” Trevino said. “However, we can look at this as an opportunity to get more buy in by the employees who work here.”

Currently, the recycling program at Anniston is self-supporting, said Ealy, and does not rely on any funding from the depot. A reduction in workload might result in a reduction in the quantity of recyclable items produced, but should not significantly impact the recycling program.

There are numerous examples, in addition to those cited above, of how recycling is being used throughout the TACOM LCMC to help us achieve our goal of defeating the enemy without destroying the environment. While much has been done over the last 20 to 30 years, more work is needed to ensure that recycling becomes a way of life throughout the entire TACOM LCMC.

notes from around the TRACK



Courtesy photo

West awarded softball scholarship

Congratulations to Taylor West, who recently signed a softball scholarship to play for the Jacksonville State University Gamecocks in the fall.

West pitched a perfect championship game in the State Tournament, leading the Saks Lady Wildcats to their first 3A State Championship. She struck out 508 batters during the season, bringing her career total to 1,008. West was chosen as the MVP for the State Tournament and selected by the Alabama High School Athletic Association as the 3A Pitcher and Player of the Year.

Her proud parents are Matthew (DPW) and Denise (DPW) West.

Way to go Taylor!

Morning Show rebroadcast

Watch The Morning Show! It airs live each Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you are unable to catch the live broadcast, there are two ways you can tune in. Computer users can view it on IPTV or it can be seen on LAN channel 21 during these rebroadcast times:

Wednesday: 10:30 a.m., noon, 2 p.m., 4:30 p.m., 8 p.m., 10 p.m. and midnight (Wed. night/Thurs. morning)

Thursday/Friday/Monday: noon and 11 p.m.

Watch for these upcoming shows:

- Feb. 6: Discussions of the TRACKS and Morning Show surveys and changes that may be implemented as a result.

- Feb. 13: Horseplay in the workplace and its serious repercussions will be the topic.

During inclement wintery weather conditions, employees may obtain the depot's operating status by dialing... 256-235-SNOW (7669).

LMP Sustainment Training Schedule

Logistics Modernization Program users who are interested in the following courses may find additional information about the following courses and register for applicable classes in the Total Employee Development system.

In TED, there is a 90-day schedule of all courses offered.

- Feb. 11 - Cycle Counting in LMP
- Feb. 13 - Requisitioner Refresher Training
- Feb. 20 - Project Stock Movements
- Feb. 25 - LMP 101
- Feb. 25 - LMP Navigation
- Feb. 26 - Timekeeping
- Feb. 26 - Returning Assets to DLA
- Feb. 27 - Requesting Assets from DLA



Blood drive schedule

The schedule below has been established for depot organizations, as indicated, to report to the Physical Fitness Center, Bldg. 206, and DeSoto Pastime Club, Bldg. 1530, Feb. 16 and 17 for the purpose of donating blood. Blood Drives are conducted IAW Article 15, Section 5, of the Negotiated Agreement between Anniston Army Depot and AFGE Local 1945.

If you are deferred from donating blood while in the health history booth, you should return to work or take leave.

Donors will be required to show personal identification before donating. Drivers license or depot badge are acceptable.

First shift donations will be accepted from 7 a.m. to noon. Donors will be registered until 11 a.m. on first shift.

TIME	DIR./DIV.	LOC.
7 a.m.	DRM	DPC
	DEQ	PFC
	DPW	PFC
	DMM	DPC
	DPM	PFC
	DCFA	DPC
	ANMC	DPC
8 a.m.	DDAA	PFC
	DRK	DPC
	ANCA	PFC
	DES	PFC
	Dir of Contracting	DPC
	Command Staff	DPC
	DOIM	DPC
9 a.m.	TMDE	DPC
	DP-Tracked Sys.	PFC
	DP-Clean/Fin/Paint	PFC
	DP-Recip. Drive	PFC
10 a.m.	DP-Trans. Gear Dr.	PFC
	DP-Mfg. Div.	DPC
	DP-Turbine Drive	PFC
	DP-Weapons Sys.	DPC
	DP-Support Equip.	DPC

Second shift donations will be accepted from 12:30 to 3:30 a.m. (Saturday morning) at the Physical Fitness Center, Bldg. 206. Donors will be registered until 3 a.m. on second shift.

TIME	DIR./DIV.
12:30 a.m.	DP - Turb. Drive Div.
	DP - Tracked Sys.
	DP - Manuf. Div.
	DP - Recip. Div.
	DP - Clean/Fin/Paint
	DP - Weapons Sys.



American Red Cross

Push hard, fast to save a life with hands-only CPR

by Jennifer Bacchus

ANAD PAO

James Slick, the assistant chief for fire prevention within Anniston Army Depot's Fire and Emergency Services Division demonstrated hands-only CPR on The Morning Show Jan. 9.

"In years past, it was determined by the American Heart Association and the American Red Cross that people were really scared to do CPR because they didn't want to get into the liability issue and they didn't want to do mouth-to-mouth," said Slick.

CPR, or cardiopulmonary respiration, is a life-saving procedure used whenever an individual is unconscious without signs of circulation.

It is important to note that hands-only CPR is for teens and adults only. Children and infants should still receive regular CPR, which includes respiration for the unconscious individual.

If you notice someone in an unconscious state, the steps for hands-only CPR are simple:

- Look for signs of circulation - this is noted by movement and skin coloration.

- If CPR is needed, call 9-1-1.

- Push hard and fast in the center of the individual's chest until help arrives.

For proper positioning of your hands, place the heel of one hand above the heart and the other hand on top of the first, interlacing fingers.

The depth of each push should be approximately one-and-a-half to two inches and it is recommended that CPR be performed on a firm surface, such as the floor.

Perform chest compressions until the paramedics arrive, circulation resumes or you are exhausted.

Slick emphasized how important it is to continue compressions no matter what happens.

"You're going to break ribs," said Slick. "You're going to hear them break and you're going to feel them break under the palm of your hand. Do not stop CPR."

Additionally, many buildings throughout the installation have Automated External Defibrillators. If one is available, begin chest compressions while another employee retrieves the defibrillator. Once it is opened, the machine will guide you step-by-step through the resuscitation process.

For more information, contact Fire and Emergency Services at Ext. 6171.



Photo by Mark Cleghorn

James Slick, the assistant chief for fire prevention within the Fire and Emergency Services Division, demonstrates hands-only CPR for The Morning Show Jan. 9. Also pictured is Morning Show host Lori Thomas.

mwr happenings

from DCFA

AFTB workshops

The Army Family Team Building Program is offering the following free workshops:

- **Family Financial Readiness/Civilian and Military Community Resources**

Feb. 11 from 5-8 p.m.

Deadline to register: Feb. 4

- **Effective Leadership**

Feb. 20 from 5-8 p.m.

Deadline to register: Feb. 13

- **Healthy Relationships**

March 13 from 5-8 p.m.

Deadline to register: March 6

All classes will be held in the Army Community Service Building. For more information or to register, contact Amanda Mullinax at Ext. 7231 or via e-mail at amanda.c.mullinax.civ@mail.mil.

West Station Diner

The West Station Diner is open for breakfast from 6:30 a.m. - 9:15 a.m. and for lunch from 10:30 a.m. - 1:10 p.m.

The diner has burgers, hot dogs, salads and sandwiches on the menu. For more information, call Ext. 6586.

Anniston Gifts &

Sandwiches, salads and so much more are available at Anniston Gifts &, the shop located in the depot's Headquarters Building.

Stop in for jewelry, clothing adorned with the depot logo or one of the variety of other products today.

T-shirt contest

Online voting for Anniston Army Depot's Family and Morale, Welfare and Recreation Making Tracks 5K design competition begins today, Jan. 31, on the ANAD FMWR Facebook page.

The winning design will be announced Feb. 13 and the winner will receive a framed commemorative T-shirt with a certificate of appreciation from ANAD FMWR during the Making Tracks awards ceremony.

Make plans to participate in this year's Making Tracks 5K, which will be held April 6. Parents, don't forget to bring your kids for the one-mile fun run that day as well.

Choose to Lose 2013

The depot's 2013 Choose to Lose weight-loss competition is underway.

The winning team will receive \$400 and free entry into the 2013 Making Tracks 5K.

This competition is a great opportunity for those looking to begin an exercise/weight-loss program and for those seeking a little motivation to continue in their current programs.

Whether you are participating in the Choose to Lose competition or not, Anniston Army Depot has several avenues to assist you in your health/fitness goals. Depot employees are encouraged to take advantage of the strength and cardiovascular equipment available at the main fitness center (Bldg. 206) in the west area and at the Nichols Cardio Center (Bldg. 422) in the east area.

If you would like more information on starting an exercise program, contact the fitness center at 256-235-6385. Get moving and good luck!

DeSoto Pastime Center

Lunch: DeSoto Pastime's kitchen invites you to come out for lunch from 11 a.m. to 1:30 p.m. Monday through Friday.

There is something different for the special each Wednesday. For to-go orders, call 256-235-7160.

Socialize: Monday and Tuesday evenings from 3:30-8 p.m., Wednesday and Thursday from 3:30-10:30 p.m. and Friday from 3:30 p.m. to 12:30 a.m.

Karaoke: Every Friday night from 8-11:30.

Big Bynum Bingo: Bingo with a \$5,000 progressive jackpot is played every Thursday at 6 p.m.

Electronic Bingo: Bingo is played daily starting at 3:30 p.m.

For more information on events please contact the DeSoto Pastime Center at 256-235-7160.

Nichols Dining Facility

Breakfast is served from 8-9:30 a.m. and lunch from 11 a.m.-12:30 p.m. at the Nichols Dining Facility on the east side of ANAD.

The dining facility offers a salad bar, chicken wings, chicken tenders, chicken sandwiches, hamburgers and French fries daily in addition to a daily special.

To find out the daily special, please call the menu line at Ext. 6368

For more information, call Ext. 7127.

Nichols Menu line: Ext. 7127

reducing our tracks

from DRK

Do you know what the EMS Policy is?

EMS stands for Environmental Management System and the EMS policy is a system for planning and achieving responsible environmental management.

It is a way to figure out what the biggest environmental problems are and to make a plan to improve them. This is why EMS is called a Plan-Do-Check-Act cycle.

ISO 14001 is the international EMS standard Anniston Army Depot must follow. It was issued Nov. 15, 2004, and requires ANAD to conduct regular audits, by both internal and external auditors.

You may find ANAD's environmental policy on EMS posters distributed throughout the depot, on the back of EMS cards and on the depot's Intranet at: <https://intra.anad.army.mil/RegsAndPolicies/Commanders%20Policies/Policy%2019.pdf>

Everyone on depot should be aware of these five core principles of the EMS policy:

- Conserve resources through pollution prevention
- Comply with environmental and safety laws and regulations
- Continuously improve through incorporation of an Environmental Management System (EMS) into our everyday business practices
- Protect and restore natural and cultural resources
- Set objectives and targets to minimize environmental impacts.

In addition, you should know ANAD's significant environmental aspects which are:

- Wastewater/discharge to surface water
- Hazardous waste
- Air emissions

During one of our audits, it is likely that you will be questioned by auditors. You may refer to your EMS card for guidance to most of those questions, but you will also need to know:

- What procedures, such as Depot Process Control Procedures or the Red Book, should be applied to your work
- The Stop-Work clause (stop work immediately if something outside your procedure occurs)
- That you should talk to your supervisor or contact the Directorate of Risk Management at Ext. 6350 if you have environmental questions.
- What to do in case of emergency

For more information, look at the Red Book, Part IV, or go on the depot's Intranet to the Environmental Awareness Site, which is linked to DRK's SharePoint page.

Check flammable lockers for proper storage

The next ISO audit is not until March, but everyone needs to start checking their lockers now for expired materials, combustibles and products with no Hazardous Material Management System label.

HMMS labels are required for all products from the K-yard.

Combustibles, like cardboard or paper, should not be stored in or on top of flammable lockers.

Hazardous material should not be stacked on top of



Leaking containers should not be stored in flammable lockers and any spills should be cleaned immediately.

If you discover hazardous materials in your area without an HMMS label, you should contact the proper organizations to get replacement.

For production operations in the Nichols Industrial Complex, personnel in Bldg. 524, at Ext. 6370, can reproduce labels.

For BASEOPS or public works operations, contact Bldg. 17 at Ext. 6307.

Labels can only be produced for items that have already gone through an approval process and have a Material Safety Data Sheet in the HMMS system.

If a depot organization has hazardous materials on hand which have been ordered and not approved, they will have to contact DRK and submit an MSDS for approval per the procedures in the depot's Hazardous Materials Management Plan.

If you need to get a new item approved, contact Ron Levy with DRK at Ext. 4804.

Flammable locker storage procedures were a hot topic during the last depot audit and we expect to see it revisited during the March surveillance audit.

For additional guidance, see the Red Book, Part II, Section 6.1 or call DRK at Ext. 6350.

Flammable locker guidance stickers

Last year, DRK developed guidance stickers for the installation's flammable lockers. These stickers are to be placed directly on flammable lockers in order to make storage guidance more readily accessible and reduce the occurrence of noncompliance in regards to storage of flammable materials.

Although we have seen some improvement, flammable materials being stored incorrectly is still a big issue on depot.

Please check that your locker has a flammable locker guidance sticker. If you are missing the guidance sticker, e-mail Ron Levy.

Familiarize yourself with the contents on this sticker and the regulations for storing flammable materials found in the Red Book.

Instances of flammables being stored in personal lockers and toolboxes are being discovered throughout depot. These materials must be stored in flammable lockers only.

Storing these materials in anything other than a flammable locker violates the Red Book regulation in Section

II, Part 6.0. Please make certain that you are returning your flammable materials to the appropriate lockers when not in immediate use. If you have questions or concerns, contact DRK at Ext. 6350.

Never store flammables in your personal lockers or tool boxes. This is for *your* safety.

Lockers should be neatly organized with well-maintained inventory records.

DRK's RCRA Tip of the Week

Have you checked your battery container lately?

To prevent a violation:

Check your battery container often to ensure everyone is following proper guidance.

Per the Red Book, Part I, Section 10, battery containers must be emptied every 90 days. Even if you do not have a single battery in the container, you must take the container to the HWSF to get a new label printed every 90 days.

All batteries must be individually bagged by shop personnel before placement in the battery container.

Batter containers must have a lid that closes and must be kept closed except when adding or removing batteries. If you have questions, contact DRK at Ext. 6350.

If a spill occurs that is too large or too dangerous for you to clean up, ALWAYS



to report, for medical assistance, & for clean up.

Spill/leak protocol reminder

Recently it was discovered that some leaks/spills are not being reported.

Remember, if a spill occurs that is too large for you to clean up, consists of a substance that is too dangerous for you to deal with or poses an environmental or safety threat, you must call 9-1-1 immediately.

Do not call environmental or the Hazardous Waste Storage Facility.

All spills MUST be reported to 9-1-1, where an operator will inform the necessary parties for response.

Make sure that during any emergency you practice R-A-C-E. **Report** (call 911), **Assist** victims if it is safe for you to do so, **Contain** the spill if it is safe for you to do so and, finally, **Evacuate** if needed.

If you discover a leak, report it immediately. Leaking faucets can cost a lot of money, not just at home, but work also. The depot pays for all its water, so water leaks can be very costly, especially if not reported. In addition, the depot can be fined for tap water releases to the environment. Be sure to report any leaks as soon as you discover them to Ext. 7349.