



TRACKS

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Employees support production by providing parts Vehicle Staging Branch ensures assembly lines have necessary components

by Jennifer Bacchus

ANAD PAO

Providing support to 23 buildings and two staging lots at Anniston Army Depot, the Vehicle Staging Branch keeps equipment moving throughout the installation.

“We support every vehicle program on the installation,” said Barry Gatlin, chief of the Vehicle Staging Branch.

Employees in this branch of the Material Staging Division ensure parts are labeled correctly and delivered from disassembly through repair processes and machine shops to the assembly bays.

Some processes require specialized knowledge to understand what the employees need to have on-hand.

“Supporting the body shop requires knowledge of and the ability to read and interpret drawings,” said Gatlin, explaining the lead man must be able to tell what types of materials are needed for each of the vehicle platforms and have that material readily available if it is needed during the repair process.

For this branch, as with many processes on the depot, it begins at disassembly.

In the Combat Vehicle Repair Facility’s disassembly area, employees from the Vehicle Staging Branch tag items on pallets or in boxes or baskets to go to the support shops.

“Our main priority in disassembly is making sure we have the right part in the right basket going to the right place,” said Robbie Ortiz, a materials expeditor leader.

In order to keep the parts moving and ensure they are rebuilt or repaired in a timely manner, the Vehicle Staging Branch’s employees have to be familiar with the proper route each part will take.

“If the routing is not right in disassembly, it won’t be right the whole way,” said Gatlin.

The process comes full circle on the other side of the building.

In a small warehouse adjacent to the Combat Vehicle Repair Facility, employees keep track of the supply of new and refurbished parts needed to support the mechanics next door in the M1 assembly area.

They put coils of wire, metal parts and components together into kits, one for each stage of the assembly process.

“We try to stay three kits ahead at all times,” said



Photo by Jennifer Bacchus

Fitzgerald Sherman checks wiring harnesses for M1 Abrams tanks against a checklist of items needed for the assembly area of the Combat Vehicle Repair Facility.

Calvin Brooks, a materials expeditor leader for the branch.

Some of the parts are new - ones designated by the customer as something to be replaced. Others are reclaimed or repaired items which come to the warehouse from shops throughout the installation.

“Each vehicle has their own kitting area,” said Ortiz. “Each support shop sends us their repaired or rebuilt items and we separate them into our bay kits.”

In order to do this, employees have to understand what vehicle they are supporting and whether or not it is a modified version of that vehicle.

Cell phone use while driving linked to high accident risk

by Rachael Long

ANAD Safety Office

The U.S. Department of Transportation is determined to stop texting and cell phone use behind the wheel.

Since 2009, the DOT has held two national distracted driving summits, banned texting and cell phone use for commercial drivers, encouraged states to adopt tough laws and launched numerous campaigns to raise the public's general awareness on the issue and how dangerous it can be.

Last year, the U.S. DOT launched its National Distracted Driving Enforcement and Advertising Campaign.

Thousands of law enforcement personnel took part in the event. Nationwide, officers were out in force, using both traditional and innovative strategies to crack down on motor vehicle operators who chose to use their cell phone while driving.

What's the law?

In 2010, Army Regulation 385-10 was implemented. This governs the use of electronic devices while operating a motor vehicle.

Since that time, 111 citations related to the use of electronic devices have been issued to drivers on Anniston Army Depot.

Currently, 43 states, Washington D.C., Puerto Rico, Guam and the U.S. Virgin Islands ban text messaging for drivers of all ages.

Twelve states, Washington D.C., Puerto Rico, Guam, and the U.S. Virgin Islands prohibit drivers of all ages from using hand-held cell phones while driving.

Thirty-seven states and Washington D.C. ban cell phone use by novice drivers.

In Alabama, drivers are banned from sending, receiving or composing text messages while driving. That law has been in effect since Aug. 1, 2012. Here on Anniston Army Depot, cell phone use is prohibited while driving any motorized vehicle.

According to the National Highway

ONE TEXT OR CALL COULD

WRECK IT ALL

Traffic Safety Administration, distracted driving includes more than cell phone use.

Distracted driving can be having too many people in the car and eating or drinking.

The dangers of texting and driving, however, are on the rise.

Text messaging, according to NHTSA, makes a crash up to 23 times more likely, dialing a cell phone 2.8 times, talking or listening on a phone 1.3 times and even reaching for a device increases a driver's risk of having an accident 1.4 times more likely.

Are hands-free devices safer?

According to the National Safety Council, 80 percent of American drivers believe hands-free devices are safer than using a handheld phone.

That is not the case.

The NSC cites more than 30 studies which show hands-free devices are not any safer because the brain is still distracted by the conversation.

As vehicle operators, we need to pay attention to the road and our surroundings. When we talk on or are otherwise distracted by a cell phone, we can miss seeing up to half of what's around us.

That includes traffic lights, other cars, stop signs and pedestrians.

Talking on the phone is just not worth it. Lives are needlessly lost every day because drivers choose to use the phone.

Remember – One text or call could wreck it all. It may sound extreme, but calls can kill. Hands-free is not risk-free.

Learn more at nsc.org/cellfree.

Sources: www.dot.gov and www.nhtsa.gov



Courtesy photo

Mark LaShall, far left, a depot quality assurance specialist, participated in Army Materiel Command's Academia Day, March 20 in Huntsville, as a panelist.

AMC seeks to ignite a passion for federal service

by Cherish Gilmore

AMC Public Affairs

HUNTSVILLE, Ala. -- The U.S. Army Materiel Command hosted the first-ever Academia Day for career counselors of universities, colleges, trade/vocational schools and other academic institutions here, March 20.

More than 40 post-secondary institutions participated in the event to bridge the gap between students and federal jobs.

"Often times what we find is many of our students, potential interns from colleges as well as high schools, they are not aware of the enormous number of opportunities that are available in the United States Army and in this particular case, the United States Army Materiel Command," said Gen. Dennis L. Via, commanding general of the Army Materiel Command.

AMC hosted the event as an opportunity to promote plans to hire 1,000 high school and college student interns throughout AMC annually for the next five years starting in June 2015.

"Approximately 20 percent of our workforce is eligible to retire, so this is an opportunity to bring interns into many of our facilities and our programs," Via said.

AMC's chief of personnel William Marriott highlighted that employment op-

portunities are available for more than just veterans, with about 50 percent of AMC's current workforce non-veterans.

Via also gave career counselors a brief on AMC's capabilities and the wide range of career fields within the command such as engineering, acquisition, logistics, human resources, financial management, science and more.

"This is a foot in the door to see if this profession is something they may want to pursue one day," Via said. "The experience would significantly increase their opportunities to get hired into federal service."

Students hired through AMC's intern initiative would have the opportunity to apply for and gain a security clearance -- a valuable asset for all federal positions.

"Education plays a critical role and the counselors even more so play a role in being able to take the information they received today and submit it back to the students and build a passion, a desire, and an interest in joining the team," Via said.

Mark LaShall, a quality assurance specialist at Anniston Army Depot was chosen to participate in a panel where he talked about his experiences in the installation's cooperative education program.

"We explained what we went through and then talked about how far we have progressed in our careers," said LaShall.



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Network modernization project proceeds at ANAD

by Randy Heffin

ANAD DOIM

The Directorate of Information Management is undergoing a massive network upgrade that is being felt installation-wide.

The Network Modernization – Continental United States, or NETMOD-C, project, which began last month, is currently being implemented by the Army.

As federal budgets get smaller, the Army is initiating action to offset budget drawdowns.

According to Undersecretary of the Army Brad Carson, “These are difficult times in the defense budget, and the Army is having to prioritize everything, but modernization of the network is among the very highest priorities.”

Army Chief of Staff Gen. Ray Odierno reiterated the importance of modernizing the network by outlining Army requirements. To meet these requirements, the Army developed LandWarNet 2025, a blueprint of where Army modernization is needed to be successful.

Establishing a single end-to-end network; modernizing from strategic core to the tactical edge; deploying with limited notice anytime, anywhere, in any environment; the ability to provide live/virtual/constructive training; incorporating Department of Defense requirements; and standardizing network operations and management form the foundation of this monumental effort.

In addition to improving connectivity and capabilities, network modernization is expected to reduce costs and make Army IT more environmentally friendly by reducing the infrastructure footprint and introducing more energy efficient components.



Photo by Jennifer Bacchus

Sgt. Whitney Smith and Pfc. Pedro Flores assess a cabinet containing network cables and equipment inside Anniston Army Depot's Upholstery Shop.

What does this mean for us here in Anniston? Actually a great deal.

First, let's talk about security.

Army networks are probed millions of times each day. Cybersecurity has taken a front seat in IT. In the past, the Army focused on bigger, better, faster, more efficient networks and IT services. Today, this has changed. The Army has committed to protecting its assets.

With this upgrade, efficiency and speed are also factored into the IT equation.

In the past, ANAD's network maintained an internal speed of 1 Gigabyte.

With the implementation of NETMOD-C here this month, we will realize an internal speed of 10 Gigabytes.

Along with additional internal bandwidth the Army is continuing a policy of regionalization and consolidation.

Smaller, local Army networks are being consolidated into larger, regionalized networks.

This will provide additional redundancy to local services, resulting in less network downtime and outages.

I am sure you have noticed the young Soldiers and DOIM employees installing this equipment throughout the depot.

The equipment is the latest and greatest Cisco components, running the latest operating systems and functioning on a more fluid, redundant network.

The Soldiers are part of a team from the 106th Signal Brigade from Fort Sam Houston in San Antonio.

The team is assisted by numerous members of the ANAD DOIM team, including Jason Gilbert, Kendell Marbury, Bruce Ellis, Patrick Quinn, Doug Powers, John Hughes, Tom Clay, Ryon Jones, Michael Sanders, Michael Boling, Robert McGee, Heath Clark, Paul Feter, Sheila Molleur, Crystal Ray, Michael Pettus, Iris Clark, Jimmy Futrelle, Doug Gunnoe, Geoff Freeland and Tracy Mastin.

This is the first phase of a massive IT infrastructure upgrade at ANAD. The actual network installs should be completed by the end of April.

DOIM will also be installing several thousand new workstations, zero clients and tough-books throughout the depot.

DOIM is also undertaking a printer project, which will result in more centralization of printers with multi-function device installs.

After that is a new wireless network installation.

This will be a busy year for DOIM. By the end of the calendar year, when all this is behind us, DOIM would like to thank you, the customers at ANAD, for your patience, understanding and kindness throughout this process.

As you know, most of these actions are mandated by TACOM, Army Materiel Command, Signal, Defense Information Systems Agency and even the Department of the Army. It takes a great deal of effort to maintain compliance and fulfill their requirements. DOIM sincerely appreciates our customer base.



Photo by Jennifer Bacchus

Pfc. Carlos Arias connects wires to a server as part of the network modernization efforts currently occurring at ANAD.

Making Tracks turns 30



Photos by Jennifer Bacchus

Sandra Truss, left, and her daughter Sharkayla Truss pick up the pace as they round a curve in the course.



ABOVE: A large group of runners approach the lakes, the midway point of Anniston Army Depot's Making Tracks 5K. NEAR RIGHT: Edith Hysell dressed for the race's theme: Back to the '80s, wearing an appropriate number. FAR RIGHT: Charles Askew races past the last lake on the Making Tracks 5K course as he nears the two-mile mark.



Medals for the Making Tracks 5K were in the shape of cassette tapes, to reflect the 1980s theme.

130 participate in annual race

by Jennifer Bacchus

ANAD PAO

The year was 1985. The Coca-Cola Company had released New Coke, Ronald Reagan was beginning his second term as President of the U.S. and the big movie of the year was Back to the Future.

It was also the year Anniston Army Depot began to hold its annual race, now known as the Making Tracks 5K.

Since that time, the race has gone through a few changes, at one time it was a 10K and, for a few years, a duathlon with the inclusion of a bicycle course.

To celebrate the milestone, ANAD's Family and Morale, Welfare and Recreation Division decided to go Back to the '80s.

With music from that decade filling the air, 130 runners took to the streets of ANAD April 4.

The 3.1-mile route began and ended at the installation's Physical Fitness Center and wound through a picturesque portion of the west area.

Stephanie Young's son is the reason she started walking in 5K races. He did the Making Tracks 5K in 2001, before deploying to Korea.

When he returned in 2002, he convinced Young to participate with him.

"It was one of those things where, when I finished, I knew I could do better," she said.

So, she began to walk and jog through area 5Ks for causes she believed in. Young now estimates she has finished 35 of them.

And for many of those, she has worn three flags - representing the Army, Navy and Marines - one for each of her children who have served in the military.

"I keep my flags with me to remind me of my kids and the fact they served," she said.



Courtesy photo

Runners take off from the starting line for the 30th anniversary of the Making Tracks 5K.

MAKING TRACKS FINAL TIMES AND RANKS

Name	Course Time	Name	Course Time
1 MARK WILSON	00:20:16.24	66 TJ CARTER	00:31:23.21
2 RAYBURN PRICE	00:20:30.84	67 MINNIE MOORE	00:31:32.90
3 DENNIS DAVIS	00:20:50.75	68 LEAH STUART	00:31:33.18
4 TAD CARTER	00:20:51.40	69 ALEAH VESS	00:31:39.84
5 MARK LENTZ	00:21:10.96	70 TERRY BARGER	00:31:53.29
6 ABBY NUNNELLY	00:21:23.81	71 AMY BARGER	00:32:03.50
7 MIKE MILLER	00:21:26.21	72 NANCY GRACE	00:32:10.40
8 CHLOE BROWN	00:21:56.31	73 LINDA BARGER	00:32:42.36
9 NICOLE DIECKOW	00:22:09.81	74 PAULA ANGLE	00:32:52.62
10 BROOKE NELSON	00:22:35.96	75 CLIFTON TOLBERT	00:32:53.50
11 RYAN FORE	00:23:03.49	76 DANA HYSELL	00:33:14.13
12 TIM WADE	00:23:35.27	77 DANIELLE SMITH	00:33:30.05
13 TAJ KEELER	00:23:49.75	78 RICARLOS GLENN	00:33:33.02
14 BRIAN MOUNT	00:23:50.25	79 WILLIAM BUMPERS	00:33:41.49
15 JOHN PROCTOR	00:23:57.04	80 GINA EVANS	00:33:46.03
16 ALLISON VESS	00:24:18.48	81 KILEY HEFLIN	00:33:51.74
17 JESSICA GARVEY	00:24:35.86	82 SATHYAN IYER	00:33:54.26
18 JENNIFER PROCTOR	00:24:42.43	83 COURTNEY MCCARTER	00:33:57.53
19 BELVA DURHAM	00:24:52.31	84 XAVIER EMBRY	00:34:29.30
20 JIM EZELL	00:24:58.83	85 JANET BUTLER	00:34:35.35
21 ALEC VESS	00:25:00.92	86 TARA ALMON	00:35:09.55
22 CHARLES ASKEW	00:25:02.82	87 DONNY SPARKS	00:35:19.66
23 DENNIS PARADEIS	00:25:11.12	88 AMY ROBERTS	00:35:48.77
24 LEO USRY	00:25:14.00	89 SAUGAT BROOKSHIRE	00:35:59.88
25 MARK VESS	00:25:18.92	90 RODNEY MOSES	00:36:00.02
26 PATRICK GRAMMER	00:25:22.54	91 TONYA FANTROY	00:36:23.74
27 CAMRYN DAVIS	00:25:30.87	92 CHERYL LENTZ	00:36:31.90
28 ALEX MCNAIR	00:25:31.17	93 JOHN DIMARTINO	00:36:46.85
29 KEN BREWER	00:25:41.90	94 KATHY KINNISON	00:36:49.43
30 DAVID WILSON	00:25:42.99	95 DICK ORENDORFF	00:36:55.27
31 J MICHAEL BOLING	00:25:49.16	96 NEELI FAULKNER	00:37:16.61
32 ROBIN SPOON	00:25:50.30	97 JESSICA PONTERO	00:37:19.52
33 BRITTANY CRUSE	00:25:50.40	98 DANA WHORTON	00:37:27.23
34 ASHLEY VES	00:25:51.65	99 TREVOR LENTZ	00:37:33.94
35 CARLA GRACE	00:25:52.41	100 HUGH HICKMAN	00:38:31.44
36 SANDY BROWNING	00:26:00.45	101 MASON CANNON	00:39:24.24
37 MICHAEL LEHR	00:26:21.81	102 ELLEN CANNON	00:39:43.73
38 PHILLIP STUART	00:26:22.66	103 DONNA BOLANDER	00:40:50.81
39 DANNY MCCARTY	00:26:27.21	104 BRENT BOLANDER	00:40:51.52
40 JACY SMITH	00:26:34.99	105 DUANE TOLBERT	00:41:00.32
41 ROBERT POWER	00:26:36.13	106 TAMARA KIDD	00:41:06.23
42 RICHARD BINGEL	00:26:50.93	107 JEREMY HYSELL	00:41:36.48
43 AMIE REID	00:27:26.05	108 LEO USRY III	00:41:36.75
44 MARC WEBB	00:27:26.59	109 SAM WHORTON	00:41:39.63
45 TYLER ROMINE	00:27:40.59	110 EDITH HYSELL	00:41:39.94
46 SEAZON TIERCE	00:28:08.35	111 AUSTIN BOLANDER	00:42:10.54
47 BOB MOSAKOWSKI	00:28:23.07	112 SERENA TRUSS	00:42:18.86
48 CHRIS BUSSEY	00:28:33.26	113 KATIE BOLANDER	00:42:44.92
49 APRIL BROWN	00:28:34.20	114 KERSTIN SAVOIE	00:43:03.08
50 JILL BROWN	00:28:34.65	115 RYAN PARRIS	00:43:03.43
51 DEBBIE MOSAKOWSKI	00:28:36.45	116 TAMARIA BIRDSONG	00:44:47.44
52 CHRIS FAULKNER	00:28:38.45	117 SANDRA TRUSS	00:44:56.00
53 KAELEE HARRIS	00:29:00.66	118 SHARKAYLA TRUSS	00:44:56.88
54 JAYME FROST	00:29:12.85	119 LINDA SIETSEA	00:47:29.72
55 PAM JORDAN	00:29:20.71	120 CORTNEY GIBSON	00:48:16.75
56 LADONNA WHATLEY	00:30:03.53	121 WILL PHILLIPS	00:53:34.33
57 AMANDA MULLINAX	00:30:10.07	122 SUSAN BENNETT	00:53:38.01
58 TIFFANY WALDRON	00:30:17.54	123 PHILLIP TRUED	00:53:39.13
59 STEPHANIE SCHLEMMINGER	00:30:22.54	124 DAVE DE SPAGNA	00:55:05.28
60 ANNA DIXON	00:30:35.09	125 ANNA JACKSON	00:56:26.70
61 DONNA MCKINNON	00:30:52.88	126 JACOB JACKSON	00:56:30.23
62 KIM PHILLIPS	00:31:01.17	127 DORIS ASKEW	00:57:07.42
63 SUSAN JEFFERS	00:31:16.67	128 LASONYA DOLEMAN	00:58:13.18
64 HARRY ROMINE	00:31:17.42	129 DORIS BONNER	00:58:29.95
65 JIMMY LIGHT	00:31:17.92	130 STEPHANIE E. YOUNG	00:59:02.40

Current GAP status

Measurement for Anniston Army Depot's Group Award Program payout includes six areas.

For eligible personnel to receive the maximum GAP payout, all metrics must be met. Everyone must do their part each day to achieve these goals. These goals are attainable and are important in executing ANAD's mission. Current status indicates a payout of \$969.

Performance to Promise

- 96-100 percent - \$180
- 91-95 percent - \$144
- 86-90 percent - \$108
- 81-85 percent - \$72
- 80 percent - \$36
- Less than 80% - \$0

Current percentage - 100

Current payout - \$180



Productive Yield

DIRECT Goal: FY16 BES Plan 1,534 hours per person.

- 1,600-1,615 - \$150
- 1,567-1,599 - \$99
- 1,534-1,566 - \$49.50
- Less than 1,534 - \$0

Current hrs. - 1,582

Current payout - \$99

INDIRECT Goal: FY16 BES Plan 1,702 hours per person

- More than 1,702 - \$150
- 1,656-1,701 - \$99
- 1,643-1,655 - \$49.50
- Less than 1,643 - \$0

Current hrs. - 1,628

Current payout - \$0

Quality Efficiencies

Goal: Increase EMIDAS inspections by 25 percent over FY14

- 25 percent increase - \$150
- 10 percent increase - \$75
- Less than 10 percent - \$0

Current percentage - 10

Current payout - \$0

Safety Efficiencies

EMPLOYEE SAFETY INDICATORS INSPECTIONS

Goal: Each building scores 80 percent or better on inspection

More than 75 percent of buildings - \$180

60-75 percent - \$118.80

50-59 percent - \$59.40

Less than 50 percent - \$0

Current percentage - 91

Current payout - \$180

SAFETY SUGGESTIONS

More than seven percent of employees submit safety idea - \$180

Four to seven percent of employees submit safety idea - \$90

Less than four percent of employees submit safety idea - \$0

Current percentage - 1

Current payout - \$0

RECORDABLE INJURIES

Less than or equal to eight per month - \$180

9-10 per month - \$135

More than 10 per month - \$0

Current rate - 8

Current payout - \$180

ISO Certifications

ISO 18001 - \$60

ISO 14001 - \$60

ISO 9001 - \$60

If all maintained - \$180

Current payout - \$180

Inventory

EXCESS MATERIAL

Excess of less than three percent average inventory value - \$150

Excess more than three, but less than five percent average inventory value - \$75

Excess more than five percent average inventory value - \$0

Current percentage - 0.2

Current payout - \$150

Serving the nation through destruction

DLA Disposition destroys sensitive, excess military vehicles and equipment

by Jennifer Bacchus

ANAD PAO

Editor's Note: This is part two of a series of articles regarding DLA Disposition Services Anniston. The first story appeared in the March 26 issue of TRACKS.

DLA Disposition Service's Centralized Demil Division is tasked with an important job – making sure sensitive property or equipment don't wind up in the wrong hands.

"The items we destroy can be as small as an aircraft bolt or as large as a tank," said Gail Haas, deputy chief for the demilitarization center located at Anniston Army Depot.

Most items made specifically for the military contain components which must be destroyed once the property or equipment is no longer required. For military bases and units located throughout the Eastern United States, that means coordinating disposal and destruction through the Centralized Demil Division located at ANAD.

The demilitarization center utilizes two contractors – one which handles all rolling stock, anything on wheels, and one which destroys everything else.

To render the various items unusable for their intended purposes, shredding, which grinds small items into even smaller, indistinguishable pieces; torch cutting; and shearing with large, scissor-like blades attached to a crane are used.

"The shears can cut vehicles in half," said Haas.

Not everything received at the demil center is destroyed however. Though, the center is each item's last hope for finding a home before it's cut into thousands of pieces.

Equipment which may have some life left in it, or may be of use at another military organization or with law enforcement is listed in a database for a short window of time. If it isn't requisitioned, it is then demilitarized.

Though contractors do the work, DLA employees are there at every step of the process to ensure the property is properly labeled, sent to the appropriate location for destruction and, once it has been reduced to scrap, to verify none of the pieces are recognizable or are able to be used for its intended purpose.

Any pieces identified as too large or too recognizable must go back through the cutting process until they are completely reduced to scrap.

The center has also adapted to the needs of war fighters overseas. To reduce the amount of items no longer needed which are shipped back to the continental U.S. from Southwest Asia, the men and women of DLA Disposition are often called upon to deploy with mobile demilitarization centers.



Photo by Jennifer Bacchus

Alan George loads property to be demilitarized on a truck at DLA Disposition Center's Centralized Demil Division.

"We do the same operation there as we do here, to support the troops with their excess property," said Haas.

Once in theatre, these employees team with Soldiers, Sailors and Marines to ensure all items slated for destruction are properly broken down.

This often requires training. As a result, reservists regularly learn demilitarization operations at Anniston DLA Disposition site, training to use the plasma cutters and other equipment necessary to properly dispose of military property, while ensuring it cannot be used by the nation's enemies.

The demil center actually has two locations on ANAD. One, collocated with DLA Disposition's reutilization organization and one located in the heart of the installation's Nichols Industrial Complex.

There, a shredder known as Captain Crunch is called upon to destroy all weapons slated for demilitarization.

Serialization is vital to the small arms demil mission. Each weapon must be checked to verify its history – from the time it came off the assembly line – to ensure the correct weapon is being destroyed. Once that is done, notations are made in the Army's system that the weapon bearing that number no longer exists.



Photo by Jennifer Bacchus

Joe Badger labels items which have been sorted for demilitarization.

Be blackout ready

from Ready.gov

The biggest blackout in U.S. history occurred Aug. 14, 2003, leaving roughly 50 million people without power. Blackouts can happen anywhere and to anyone. So, being prepared is important.

Before a blackout

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Follow energy conservation measures to keep the use of electricity as low as possible, which can help power companies avoid imposing rolling blackouts.

- Fill plastic containers with water and place them in the refrigerator and freezer if there is room. Leave about an inch of space inside each one, because water expands as it freezes. This chilled or frozen water will help keep food cold during a temporary power outage, by displacing air that can warm up quickly with water or ice that keeps cold for several hours without additional refrigeration.

- Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem. If unsure, check with your physician or pharmacist.

- Keep your car tank at least half full because gas stations rely on electricity to power their pumps.

- Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.

- Keep a key to your house with you if you regularly use the garage as the primary means of entering your home, in case the garage door will not open.

During a blackout

- Use only flashlights for emergency lighting. Never use candles during a blackout or power outage, due to extreme risk of fire.

- Keep refrigerator and freezer doors closed to keep your food as fresh as possible. If you must eat food that was refrigerated or frozen, check it carefully for signs of spoilage.

- Turn off or disconnect appliances, equipment (like air conditioners) or electronics in use when the power went out. Power may return with momentary "surges" or "spikes" that can damage computers as well as motors in appliances like the air conditioner, refrigerator, washer or furnace.

- Do not run a generator inside a home or garage.

- Do not connect a generator to a home's electrical system. If you use a generator, connect the equipment you want to run directly to the outlets on the generator.

- Listen to local radio and to a battery- or generator-powered television for updated information.



- Leave on one light so that you'll know when your power returns.

- Use a standard telephone handset, cellular phone, radio or pager if your phone requires electricity to work, as do cordless phones and answering machines. Use the phone for emergencies only. Listen to a portable radio for the latest information.

- Do not call 9-1-1 for information—call only to report a life-threatening emergency. Use the phone for life-threatening emergencies only.

- Take steps to remain cool if it is hot outside. In intense heat when the power may be off for a long time, consider going to a movie theater, shopping mall or "cooling shelter" that may be open in your community. If you remain at home, move to the lowest level of your home, since cool air falls. Wear lightweight, light-colored clothing. Drink plenty of water, even if you do not feel thirsty.

- Put on layers of warm clothing if it is cold outside. Never burn charcoal for heating or cooking indoors.

- Never use your oven as a source of heat. If the power may be out for a prolonged period, plan to go to another location (the home of a relative or friend, or a public facility) that has heat to keep warm.

- Provide plenty of fresh, cool water for your pets.

- Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion.

- Remember, equipment such as automated teller machines and elevators may not work during a power outage.

Related websites

Find additional information on how to plan and prepare for a thunderstorm and learn about available resources by visiting the following websites:

- <http://www.fema.gov/>
- <http://www.redcross.org/>

Resiliency training enhances coping skills

by Tim Rolfe,
ANAD MRT Instructor

The Army has made a major investment in the Master Resiliency Training program, which is part of the Comprehensive Soldier and Family Fitness initiative.

Certified MRT Instructors attend an intense, two-week training course before receiving their MRT certification.

These instructors are located at numerous Army installations, to include Anniston Army Depot.

The primary goal of MRT is to enhance resiliency skills, which better prepare the workforce to bounce back from adversity with confidence.

Increasing resiliency within ourselves creates a ready state-of-mind and a true sense of well-being.

Individuals who are more resilient have the ability to face and effectively cope with difficult life experiences, become more self-aware and learn how to grow from setbacks.

Resiliency training focuses on building stronger social and family connections and helps us overcome life's many challenges. In addition, when we strengthen and enhance our resilient skills, our measurable performance outcomes improve.

The Army needs its Soldiers, Family members and civilians to be resilient, which is the mission of the CSF2's MRT initiative. MRT was developed

on a foundation of more than 30 years' worth of extensive scientific research and is proven to create desired results.

The four modules in MRT training cover a wide spectrum of topics, including:

- Definitions of resiliency
- Dispelling the myths about resiliency
- Bouncing back
- Raising self-

awareness

- Identifying character strengths and using those strengths effectively

- Mental agility

- Optimism and the power of positive thinking

- The importance of building connections

- The Activating Event, Thoughts and Consequences Model

- Avoiding thinking traps

- Detecting iceberg beliefs and rigid thought patterns that are counterproductive to reaching goals

- Enhancing problem solving skills

- Learning effective praise and the benefits of active constructive responses

- Avoiding the negativity bias that can permeate our thought processes

For more information about the Army's MRT program please visit <http://csf2.army.mil/#>. If you would like to coordinate a training session for your organization, contact me at 256-235-7971 or via e-mail at timothy.j.rolfe2.civ@mail.mil.



**Have an idea for TRACKS?
Call Public Affairs at Ext. 6281!**

notes from around the TRACKS



Watch The Morning Show

The Morning Show airs live every other Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you have a topic or content you would like to see on The Morning Show, contact the Public Affairs Office at Ext. 6281.

If you are unable to catch the live broadcast, there are two ways you can tune in.

Computer users may view the show on IPTV.

It can also be seen on LAN channel 21 during these rebroadcast times:

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

Thursday/Friday: noon and 10 p.m.

Be sure to tune in for these upcoming shows:

Next show: April 15: Optometrist Dr. Robert Svensen will discuss eye safety.

Suggestions encouraged

All employees are encouraged to participate in the Target Zero Safety Suggestion program. Anyone with a suggestion relevant to their shop or the depot in general should fill out an ANAD Form 385-15 and mail it to the Safety Office.

Retirees eligible for TRACKS

In adherence with Army Regulation 25-51, an annual, written request must be on file for each off-depot individual receiving a printed copy of TRACKS. If you receive TRACKS in the mail and wish to continue, please provide your name, address and telephone number to the Anniston Army Depot Public Affairs Office.

This information may be sent via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil, via fax at 256-235-4695 or may be mailed to Anniston Army Depot, Attn: TAAN-SCO, 7 Frankford Ave., Anniston, AL 36201-4199.

Note: mailed copies of TRACKS are only available to those who do not have access to copies distributed on Anniston Army Depot.

Those on the installation who do not have regular computer access, may send their personal e-mail address to Public Affairs to have an electronic link to the newspaper sent when it is published.

ANAD Shipping agents handle freight over 50 pounds

from ANAD DRM

Do you ship items to Anniston Army Depot customers? If so, there is a group of individuals who are designated as Shipping Agents.

Shipping agents are responsible for shipping freight weighting over 50 pounds.

Freight is shipped by ANAD to various locations in the United States and overseas. This freight has been routinely shipped by UPS, FEDEX and commercial over-the-road carriers.

For items over 50 pounds, shipping agents must prepare required documents from the Defense Transportation Regulation.

They send these documents through the approval process to gain authorization for the shipment.

Certification of funds is one of

the key steps in the process, which these agents are familiar with.

Items weighing 50 pounds or less must be taken to the ANAD Mail Room to be shipped. The Mail Room has access to the U.S. Postal

Service, UPS and FEDEX. These items will be mailed via the most cost effective option which will deliver the item by the needed delivery time.

The Mail Room will prepare any Air Bills necessary.

If you plan to use a Work Breakdown Structure to fund the mailing cost, you must complete an ANAD Form 37-30-E for the Mail Room.

If you have questions about shipping freight, contact Richard Wakefield at Ext. 7556.

If you have questions concerning the Mail Room, contact Sharon Langley at Ext. 6195.



fmwr happenings

from DCFA

Soldiers Helping Soldiers for 72 Years

from www.aerhq.org

Did you know...

The Maj. Gen. James Ursano Scholarship awarded 2,744 scholarships to the children of Soldiers in 2014?



The program, named for a former Army Emergency Relief director who was an advocate for education, can provide scholarships for up to four years.

The application period has a May 1 deadline. The applications may be completed online, stream-lining the process.

Children of active duty and retired Soldiers are eligible for the Ursano Scholarship. For more information, go to: <http://www.aerhq.org/dnn563/Scholarships.aspx>.

63 anglers participate in ANAD's 2015 Spring Bass Tournament



Courtesy photo

Anglers await their turn to leave Riverside Landing for the 2015 Spring Bass Tournament.

Anniston Army Depot's Outdoor Recreation Division hosted the 2015 Anniston Army Depot Spring Bass Tournament March 28 on Lake Logan Martin.

At safe light, 63 anglers in 33 boats took off in single file line from Riverside Landing in Riverside, Ala.

Just before 3 p.m., boats began crowding the slue to leave the water at the end of the competition.

In total, 156 largemouth and spotted bass were caught and weighed.

\$2,200 in cash awards were given out, including the \$1,000 grand prize for the best five fish.

The top four places were:

1st: Jon Stewart with 20.58

pounds. Stewart also won the Biggest Fish prize with a 6.77-pound bass.

2nd: Phillip Winnett and Robert Winnett with 18.84 pounds.

3rd: Brandon Smith and Patrick Smith with 17.65 pounds.

4th: Eric Edwards and Van Golden with 17.32 pounds.

ANAD Morale, Welfare and Recreation thanks everyone who participated in the tournament. The ANAD Fall Bass Tournament is planned for October on Lake Neely Henry.

For more information, contact the Outdoor Recreation Office at 256-235-6768 or e-mail Andrew Burns at andrew.s.burns1.naf@mail.mil.