



# TRACKS

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May 5, 2016

## Training for repair

### 900th Maintenance learns from combat vehicle experts

by Jennifer Bacchus

ANAD Public Affairs

More than 50 soldiers from the 900th Maintenance Company spent two weeks in training at Anniston Army Depot, learning more about repair and maintenance processes.

Members of the Alabama National Guard Unit, headquartered in Brundidge, Ala., worked on the M1 Abrams and Stryker lines as well as engine and component repair shops.

Spc. Davon Kinsey enjoyed learning from the installation's workforce because it enabled him and his fellow soldiers to have their hands on the equipment.

"The thing about this training is they show us how and then they let us do it," he said.

"It's more mature training," said Spc. Omega Hamilton.

Spc. Keyone Woods appreciated the ability to train on equipment which has been completely disassembled and refurbished, saying it had been more than a year since he had been able to work on engines to that degree.

Spc. Jatabious Johnson, who worked beside Woods in the depot's Powertrain Flexible Maintenance Facility typi-

cally works in supply. He said learning to repair engines is valuable cross-training.

"We are set up as a component rebuild company," said Chief Warrant Officer 3 Joe Nelson. "A lot of what we do mirrors the work performed here,"

Nelson said many of the soldiers, particularly the younger ones, had never seen maintenance performed to the level done at ANAD, where most vehicles and their components are disassembled completely, repaired or refurbished and then reassembled.

In addition to the benefits to their military life, many of the soldiers saw benefits for their civilian careers.

Pfc. Jalen Carlisle worked with the installation's parts supply personnel and was impressed by the inventory system utilized here.

"This is the first time we've been in an environment with this type of inventory system," he said, remarking there were concepts and ideas he would take back to his daily job.

"Everything can be better," he said. "You take a little from everywhere you go and put it all together."

• See **SOLDIERS**, page 5



Photo by Jennifer Bacchus

Spc. Blake James assembles V6 piston kits in Anniston Army Depot's Powertrain Flexible Maintenance Facility.

# May a time to celebrate Asian, Pacific Islander contributions

by David Crosson

ANAD EEO Office

Asian American Pacific Islander Heritage Month is a time to celebrate and pay tribute to the contributions that generations have made in American history, society and culture.

The theme for this year, chosen by the Federal Asian Pacific American Council, is Walk Together, Embrace Differences, Build Legacies.

The term Asian American Pacific Islander is a rather broad term. It encompasses those who can trace their heritage to any area of the continent of Asia, the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian islands, Rotuma, Midway islands, Samoa, American Samoa, Tonga, Tuvalu, Cook islands, French Polynesia and Easter Island).

Like most commemorative months, Asian American Pacific Islander Heritage Month originated in a congressional bill.

In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta of California introduced a resolution calling upon the President to proclaim the first 10 days of May as Asian Pacific Heritage Week.

The following month, Senators Daniel Inouye and Spark Matsunaga introduced a similar bill. Both were passed.

On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration.

Twelve years later, President George H.W. Bush signed an extension making the week-long celebration into a month-long celebration. In 1992, the official designation of May as Asian American Pacific Islander Heritage Month was signed into law.

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the comple-



tion of the transcontinental railroad on May 10, 1869.

The majority of the workers who laid the tracks for the railroad were Chinese immigrants.

Asian American Pacific Islanders have left a profound impact on our society as leaders in all facets of American life, thriving as athletes and public servants, entrepreneurs and artists. Whether as small business owners or as proud members of the United States Armed Forces, Asian Americans and Pacific Islanders are helping to write the next chapter of the American story.

As of February, of the 3,514 Medal of Honor recipients, 33 are Asian American Pacific Islanders.

Anniston Army Depot currently has eight Asian Americans and two Pacific Islanders who work in various areas throughout the installation.

The depot will commemorate the month with a luncheon May 25. Details are at right.

For additional information, contact the EEO Office at 256-235-6201.

#### Sources:

Defense Equal Opportunity Management Institute: <https://deomi.org/index.cfm>

The Library of Congress: <http://www.loc.gov/law/help/commemorative-observations/asian.php>

Center of Military History: <http://www.history.army.mil/moh/index.html>

U.S. Department of Veterans Affairs: <http://www.va.gov/centerforminorityveterans/docs/factSheetAanhpInDepth.pdf>

Medal of Honor Historical Society: <http://www.mohhsus.com/medal-of-honor>

ment of the Army, or Anniston Army Depot.

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Photo by Jennifer Bacchus

Sam Sutchalao, owner of Thai One On, will be the keynote speaker for Anniston Army Depot's May 25 Asian Pacific Islander Month Luncheon.

## Local business owner to speak at depot luncheon

by Jennifer Bacchus

ANAD Public Affairs

Sam Sutchalao came to the United States from Northeast Thailand in September of 1974.

He was 13 years old and he was following his mother, who had moved five years earlier.

Sutchalao began his career in the restaurant industry in Indiana, managing a chain restaurant before opening his own Thai food restaurant in 2002.

"I love to cook. It's one of my passions," he said.

In 2009, he decided to follow his sisters south and came to Alabama.

He opened Thai One On in 2013 and contributes his success in the food service industry to hard work.

"If you work hard, you can get your dream. It doesn't matter where you came from," said Sutchalao.

He will be the keynote speaker for the depot's Asian Pacific Islander Month Luncheon on May 25.

### Asian American Pacific Islander Month Luncheon

**Date:** May 25

**Time:** 11:30 a.m.-noon

**Date:** Sam Sutchalao, owner of Thai One On

**Cost:** \$10

**Menu:**

Asian salad  
Pacific island chicken  
Sweet and sour pork  
Pad Thai noodles  
Fried rice  
Stir fry vegetables  
Egg roll  
Tea and water  
Hawaiian cake



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# Communication is key

by Col. Martine Kidd

ANAD Commander

Communicating with our employees is the most important task we must accomplish every day. It can also be one of the most challenging.

Anniston Army Depot's leaders and supervisors have recently completed some mandatory supervisory training these past couple of weeks.

While I could not be physically present at each of the sessions, I recorded a video message which emphasized to each of them that communication is at the heart of everything we do as leaders.

As managers, leaders, co-workers, team members and, in the multiple roles we each hold, communication is the key to success. In fact, we have just revised ANAD's guiding principles and among them is communication!

There are some common stumbling blocks and it is important to acknowledge them so that we can overcome them.

The two most common hurdles leading to missing our communication goals are, first, to assume that others know what we know. Second, when communication requires a leader to provide corrective guidance, it can be an uncomfortable conversation.

If we focus on overcoming these two common problems, we will go a long way to improving our effectiveness as an organization and taking care of each other as teammates and vital members of this strategically important organization.

The purpose of communicating is to share information with others.

Just because someone says something, does not mean that the listener fully understood, or that the recipient understood the message as it was intended.

Successful communication leads to increased insights and the sharing of knowledge, where both the sender and the receiver share the same understanding.

From myself, Michael Burke and the rest of the headquarters staff, across to each of the directors, through our managers and down to first line supervisors and employees on the shop floor, it is critical that information is promptly and accurately relayed throughout the organization.

We must pass down information. We must keep our employees informed. We can never be too busy to keep each other informed and to listen to one another.

Our human capital – our employees are our most valuable resource!

Most of our leaders do a good job relaying information during their respective team meetings, six-minute huddles and other sessions. For that I applaud you.

However, I want to ensure we all redouble our efforts to communicate clearly and often. This begins with me and the other at headquarters.

With this in mind, I have asked our Public Affairs Office to include an article with each publication of Tracks authored by either me, the deputy to the commander, the sergeant major or the chief of staff. This is one small step to do our part to enhance our communication goal.

Further, we will continue to do everything we can to keep you informed.

Here is why it matters: Passing information to our team members will improve our effectiveness and employee morale, leading to an even better performance of this great team.

As we make strides to increase our communication efforts, this will foster a positive and transparent work environment where all of us are able to efficiently perform our duties.

Finally, let me take this opportunity to reiterate with you my top concerns include instilling zero tolerance for sexual harassment/assault; improving our safety record; engaging everyone in continuous process improvement; ensuring cost, scheduling, and quality are our key production metrics; and setting the organization for the future.

Leaders, if you haven't established a routine meeting with your team to keep them up to date (beyond the 6 minute huddles), let me suggest you start today. If we spend time communicating with our team members, we will save time and see huge dividends across our team for the future.

Thanks for all you do! I remain incredibly proud of each of you as you embody our motto, "Pit Crew of the American Warfighter," delivering readiness for our Army around the world.



COL MARTINE KIDD

# LeMasters takes TACOM helm; Bingham says 'so long'

by Rae Higgins

TACOM Public Affairs

Detroit Arsenal, WARREN, Mich. (May 2, 2016) -- Maj. Gen. Gwen Bingham relinquished command of the U.S. Army TACOM Life Cycle Management Command headquartered here to Maj. Gen. Clark W. LeMasters, Jr. in a ceremony held this afternoon.

In assuming command, LeMasters becomes TACOM's 35th commanding general. Gen. Dennis L. Via, U.S. Army Materiel Command (AMC) commanding general, officiated the ceremony. AMC is TACOM's higher headquarters.

LeMasters was named Bingham's successor in mid-February. He comes to TACOM from AMC, Redstone Arsenal, Huntsville, Ala., where he most recently served as Via's deputy chief of staff for logistics and operations.

LeMasters told the crowd, "I'm very proud and honored to take command of such a great organization. Gen. Via, thank you again for this opportunity -- command at this level is a great responsibility and huge privilege. I am prepared and committed," he emphasized.

"For the TACOM team," LeMasters continued, "your mission is unchanged -- to deliver the readiness our Army needs to perform its mission -- that is our #1 priority, and I know it is your priority every day. Remember we are here to support the Soldiers -- their lives and the freedom of the Nation depends on our Army's readiness. We, in partnership with every commander in the field, must ensure this rock solid readiness."

The new TACOM commander went on to say, "My guidance to the team is simple -- stay focused on your mission, continue the great support you provide daily, take care of your people and do the right thing -- not just the easy thing, but the right things. Right by those Soldiers who depend on us to deliver," he stressed.

Just prior to the change of command, Via awarded Bingham the Distinguished Service Medal for her tour as TACOM's commander. She led TACOM since June 2014 and is the first female to serve as its commanding general.

"Teammates, we've covered a lot of good ground together, and I'm humbled and grateful for the opportunity to serve as



Photo by Jerry Aliotta

**Maj. Gen. Clark W. LeMasters became TACOM's 35th commanding general in a ceremony held May 2. Army Materiel Command's Gen. Dennis Via presided over the ceremony.**

one among you in support of every combatant command, our Joint forces teammates, Allies and partner nations who use our equipment around the globe," Bingham told change of command attendees. "As a direct result of your work, service members serving from coast to coast and around the world are better prepared to accomplish their multi missions."

She concluded her remarks saying, "never goodbye -- merely so long until we meet again, this the TACOM LCMC CG #34 ... signing off the net. Army Strong!"

Bingham's next assignment has yet to be announced.

The TACOM Life Cycle Management Command is the only active-duty U.S. Army installation in the tri-state area (Michigan, Ohio and Indiana.) A global enterprise, its 19,000 military and civilian acquisition, logistics and technology professionals research, develop, procure, field, maintain, upgrade, modernize and sustain approximately 65 percent of the equipment an Army Brigade Combat Team uses.

# Know types of leave, how to use them

from Staff Reports

ANAD CPAC Office

The federal government offers a wide range of leave options to assist an employee who needs to be away from the workplace.

Some of these leave options include annual leave, sick leave, advance annual and sick leave, leave without pay, Family Medical Leave Act and donated leave under the voluntary leave donor program.

## Annual leave

An employee may request and, subject to supervisory approval, use annual leave for such things as vacations, personal business and emergencies.

Employees are responsible for making timely requests for annual leave as far in advance as possible in order for the supervisor to ensure the agency's mission and their employees' needs are met.

Supervisors may ask employees how they will use the requested annual leave in order to make informed decisions about meeting workload requirements.

Employees are not required to provide the supervisor with this information, but should understand that if the information is not provided, their request for annual leave may be denied based on meeting those workload requirements.

Although annual leave is a benefit to which employees are entitled, it is the supervisor's responsibility to control leave usage in a way that minimizes the adverse effect of an employee's absence on the work of the organization.

## Sick leave

Absent fraud and subterfuge, an employee is entitled to use sick leave for personal medical needs, care of a family member, care of a family member with a serious health condition, adoption-related purposes and bereavement.

The sick leave usage limits per each leave year are: 13 days (104 hours) of sick leave for general family care and bereavement and 12 weeks (480 hours) of sick leave to care for a family member with a serious health condition each leave year.

There is no limit for an employee's own personal medical needs.

An employee is not entitled to more than the combined total of 12 weeks of sick leave each leave year for all family care purposes.

The right of the employee to take sick leave for a non-emergency medical, dental or optical examination is subject to the requirement that sick leave be requested as much in advance as possible and the supervisor's authority to approve or disapprove the leave based on the need for the employee's services.

Only under unusual circumstances will a doctor's appointment require a whole day's use of sick leave.

An employee may, in certain cases, want to charge part of a day's absence to sick leave and the remainder of the day's absence to annual leave or another appropriate leave category.

Employees not reporting for work because of illness

or injury are required to notify their supervisor no later than two hours after the beginning of their scheduled work shift.

Certain factors in sick leave records frequently suggest improper use of sick leave.

In cases where it is suspected that sick leave usage is being abused by an employee, immediate corrective measures, which may include appropriate disciplinary action, may be taken.

A medical certificate is normally required to support an employee's absence in excess of three workdays.

A medical certificate may also be required for an absence of less than three days if there is evidence of suspected sick leave abuse, contagious disease or the impact of outpatient treatment on an employee's ability to return to work.

## Advance sick and annual leave

Advance sick leave may be granted in deserving cases of serious illness or disability.

Advance sick leave will not exceed 240 hours at any one time and in no case can the advance be more than would be accrued prior to an anticipated separation or retirement.

To be eligible for advance sick leave, the employee must: be out of work five consecutive workdays, exhaust all sick leave and any accrued annual leave that would be forfeit (use or lose) and provide a medical certificate to cover the entire absence with a statement by the physician that there is reasonable assurance the employee will be able to return to duty.

Advance annual leave may be granted on a case-by-case basis subject to workload requirements.

The advance annual leave amount cannot exceed the amount of annual leave an employee would accrue during the remainder of the leave year.

## Leave without pay

The granting of leave without pay is discretionary on the part of the supervisor, except under certain circumstances.

In the following circumstances, the granting of LWOP is mandatory and must be granted:

1. For a disabled veteran who needs medical treatment for their disabling condition
2. To a reservist or National Guardsman/Guardswoman for military training duties when his/her military leave is exhausted and he/she does not have or does not wish to use annual leave
3. Under the FMLA an employee is entitled to up to 12 weeks of LWOP during any 12-month period to provide care for certain family and medical needs
4. To an employee receiving workers' compensation payments from the Department of Labor.

The employee's immediate supervisor is the leave approving authority. Employees must make a request for LWOP. Employee requests for LWOP may be made on the OPM Form 71, Request for Leave or Approved Absence. An employee who is absent from duty and not in an approved leave status is absent without approved leave and may be subject to disciplinary action.

# Use caution with electrical hazards

from Staff Reports

ANAD Safety Office

When dealing with electrical safety in the workplace, workers generally fall into one of two categories – qualified and unqualified.

According to the National Fire Prevention Association 70E Standard for Electrical Safety in the Workplace, a qualified Person is someone who shall be trained and knowledgeable of the construction and operation of equipment or a specific work method and be trained to recognize and avoid electrical hazards that might be present with respect to that equipment or work method.

Most Anniston Army Depot employees fall into the category of an unqualified person. This is someone who should be trained in, and familiar with, any electrical safety-related practices necessary for their safety.

That being said, one of the most important things to remember is to never try to repair electrically powered equipment yourself.

If you have an idea that such equipment is damaged or malfunctioning, disconnect from the power source or lock out and tag out, if possible, and contact your supervisor. The supervisor will contact a qualified person, usually an electrician, to make the necessary repairs.

Here are some tips to remember when working around electricity:

- Extension cords should be for temporary use only. Inspect before use for frayed or broken wires, ensure that the blades and grounding plug are undamaged.
- Avoid overloading circuits and excessive use of power strips.
- Keep flammable materials away from electrical components.
- Never wear jewelry when working around electrical components.
- Never plug in cords or activate electrical devices when wet.
- Never use metal ladders.
- Stay at least 10 feet from overhead electrical lines.
- Keep areas in front of electrical cabinets and controls clear for easy access; 36 inches is required.
- In the event someone comes into contact with a live circuit, never grab the person. Cut the power as soon as possible and call for emergency medical assistance.

There is no way to do your job without some level of exposure to electricity. Knowing what to look for and following basic electrical safety guidelines will go a long way toward keeping you safe.

From SOLDIERS, page 1



Photos by Jennifer Bacchus

ABOVE: Staff Sgt. Henry Middlebrooks prepares parts for painting in the depot's Powertrain Flexible Maintenance Facility. LEFT: Spc. Clifton Ross, right, and Pfc. Yilmaz Nichols disassemble suspension components on a M1 Abrams tank in Anniston Army Depot's Combat Vehicle Repair Facility.



Sgt. William Lewis works to disassemble a Stryker vehicle in ANAD's Nichols Industrial Complex.

## Keep your cool when the going gets hot

by Susan Bennett

ANAD Legal Office

LEGAL  
CORNER

We are about to enter that time of year when the weather heats up and so do people's tempers.

With the onset of higher temperatures, words and actions which might have gone unchallenged seem to cause tempers to flare more easily and cause jobs to be put in jeopardy, not to mention the physical and emotional cost to the participants, the people around them and the detriment to productivity.

All of this detracts from our mission – support to the warfighters.

Commander's Policy Statement #5 on Violence Prevention states that all Anniston Army Depot employees have the right to work in an environment free from physical violence, threats and intimidation.

The depot is committed to provide its employees a safe, healthy and secure work environment and the presence of weapons, violence and threats is inconsistent with that commitment.

As those actions have an adverse impact on productivity, good order and discipline, ANAD has a zero tolerance for this type of conduct.

Zero tolerance means some type of disciplinary action will be taken, ranging from informal counseling to removal. Most importantly – no violation of the policy will be ignored.

Acts of violence and threats of violence include, but are not limited to:

- **Verbal** – threats, harassment, abuse or intimidation
- **Nonverbal** – gestures and intimidation
- **Written communication** – notes and e-mail
- **Physical** – hitting, pushing, shoving, kicking, touching and assault, including incidents of horseplay
- **Other** – arson, sabotage, vandalism and stalking

Take note that horseplay is included in the definition of acts of violence.

The bottom line is this: The depot is not going to tolerate violence in any form at any time for any reason.

The stakes are too high. The workforce is too valuable and the work is too important.

So, before you take an action you may regret for the rest of your life, take a deep breath, stop and think about the consequences of your actions and resolve your issues without violating the Commander's Policy Statement.

NATIONAL NURSES WEEK -- MAY 6-12, 2016

# Understanding patients vital to Dear Clinic nurses

by Jennifer Bacchus

ANAD Public Affairs

For the nurses at Anniston Army Depot's Dear Occupational Health Clinic, taking the time to learn about their patients and their various health needs is a large part of why they chose a career in occupational medicine.

Many of them contrasted the pace and type of care they provide here to what is seen in an emergency room.

"You really feel like you get to know your patients better here," said Jane McDonald.

Dan Robertson agreed, calling the ER a more fast-pace environment.

Each nurse said having the time to get to know the employees who come to see them helps them provide better care.

This Friday begins National Nurses Week, a yearly celebration honoring the dedication of those in the nursing profession.

According to the American Nurses Association, National Nurses Week begins each year on May 6 and ends on May 12, which is Florence Nightingale's birthday.

The International Council of Nurses has celebrated International Nurse Day since 1965.

In February 1974, a week was designated by President Richard Nixon as National Nurse Week.

"We have the best team of nurses, as a whole team," said Robertson, praising his coworkers for the way they ensure the health and safety of the installation's work-



Photos by Jennifer Bacchus

**Brittney Johnstone, left, and Sandra Theil confer over a patient's chart.**

force everyday.

Maj. Aatif Hayat, the Dear Clinic's physician said occupational health utilizes nurses in different ways than many other specialities. Because of this, the nursing staff, which he calls the "front line" at the clinic, are vital.

"The clinic wouldn't function without the nurses and without having such an outstanding group of individuals," said Hayat.

Each of the six nurses began their ca-

reers in different areas of the health field, several in hospital emergency rooms.

McDonald came to nursing late in life, beginning college in her 40s.

"It's something I always wanted to do, but didn't think I could," she said.

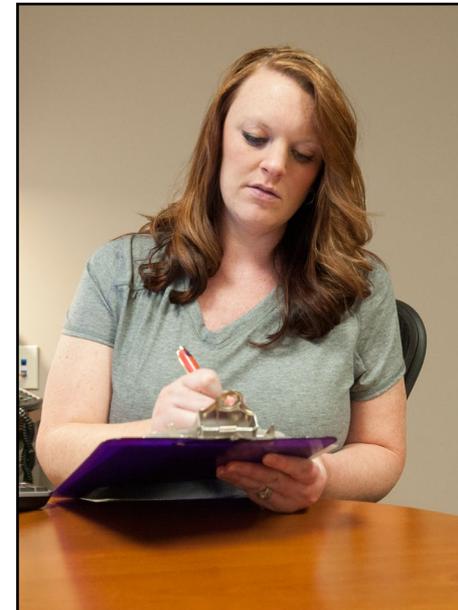
She was an ER nurse for 12 years before getting into occupational medicine.

Robertson was originally a medic in the military. When he began college, his eyes were set on medical school, but realized nursing would enable him to start a family sooner and give him more time to be with his family.

Brittney Johnstone also spent time working in an ER and calls the Dear Clinic her dream job.

"I've learned a lot being here," she said, adding she defines her dream job as one where she never dreads going in to work.

For April Nix, nursing is a way to give back to her community and to the employees, who she knows can have health issues



**Magin Gilchrist makes notations regarding a patient.**

related to their time on the installation.

"I like the interaction I have with the employees - learning about their jobs and the hours they work," she said.

The work performed by the depot's employees is also important for Magin Gilchrist.

"These are people who work on the equipment our soldiers use and this is a way to support them," she said.

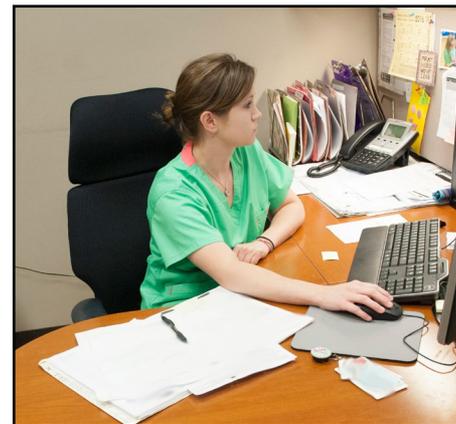
Gilchrist always knew she would be a nurse. Her mother and grandmother were both in the medical field and her mother still

works in the ER.

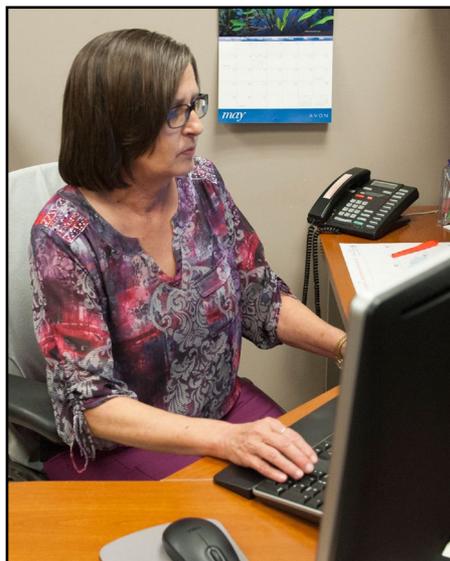
For Sandra Theil the call to be a nurse centers around the human touch.

She has seen, throughout her nearly 35-year career with the Army, the way patients can be soothed by the touch of a caring nurse.

"I always try to give 110 percent in everything I do and have fun," she said. "I stay in nursing because it's fun. When it stops being fun, you should get out."



**April Nix enters information into the Dear Occupational Health Clinic's computer system.**



**Jane McDonald looks over a patient's chart on the Dear Clinic's computer system.**



**Dan Robertson checks vital signs for a patient at the Dear Clinic.**

# notes from around the TRACK



Courtesy photo

## Mahaffey named Miss Oxford

Aniya Danyelle Mahaffey, a junior at Oxford High School, was crowned Miss Oxford 2016 on April 16.

Aniya is the daughter of David and Quatrina (DOIM) Mahaffey.

## Animal and pest control

Recently, there have been reports of aggressive dogs on the installation.

The Directorate of Public Works is responsible for animal and pest control on the installation.

Whenever employees need to report a dog, cat, coyote, snake or other type of pest, they should to call the Hub Service Order Desk and report the problem.

The hub may be reached at Exts. 6317 and 6344.

Additionally, a Facilities and Equipment Service Order Form (ANAD 420-20-E), which is located on the Intranet under forms, can be submitted.

DPW will respond and take necessary action to remove the animal or pest.

## Town Hall questions

Depot Commander Col. Martine Kidd will hold her next town hall meeting June 2.

The event will be broadcast live at 7:30 a.m. from the Physical Fitness Center on the depot's west side and at 2:15 p.m. from the final paint shop in the Nichols Industrial Complex.

Questions for the town hall may be submitted to the Public Affairs Office via pouch mail, e-mail or phone.

Pouch mail: PAO, Bldg. 7

E-mail: Clester Burdell or Jennifer Bacchus in global  
Phone: 256-235-6281



## 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 may 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.

## Don't miss this upcoming show:

May 11 – The Morning Show staff will have individuals from the LMP Office on to discuss LMP Increment 2, which will go live May 23. We will also hear about the 101 Critical Days of Summer from Boyd Scoggins and Angela Durant and we'll celebrate National Nurses Week.

## Workshops offered by Army Family Team Building

Army Family Team Building is a program that offers a variety of free classes for civilian and military personnel.

The classes will be held in the DeSoto Entertainment Center.

Registration may be completed in the Total Employee Development System, also known as TEDS.

For more information, contact Amanda Mullinax at Ext. 7445 or e-mail amanda.c.mullinax.civ@mail.mil.

### AFTB is offering the following workshops: Please choose morning or afternoon session.

#### ANAD DFMWR Stress Management (ANAD16-034)

- Date: May 25
- Morning Session: 9-10 a.m.
- Afternoon Session: 1-2 p.m.

#### ANAD DFMWR Master Resiliency Resolving Conflict Management (ANAD16-033)

- Date: May 25
- Morning Session: 10 a.m.-noon
- Afternoon Session: 2-4 p.m.

## SGM speaks to non-profit organization



Photo by Clester Burdell

On April 27, Anniston Army Depot Sgt. Major Debra Buie was the guest speaker at the third annual Bosses Bussing Tables fund raiser for Community Enabler. Her message focused on leadership and giving back. The event took place at The Bridge in downtown Anniston. Community Enabler is a non-profit organization which provides food, clothing and utility assistance to the disadvantaged.

# 123 runners make tracks at ANAD



Installation held 31st running of annual 5K April 23

by Jennifer Bacchus

ANAD Public Affairs

Anniston Army Depot Commander Col. Martine Kidd thanked the runners for making fitness and health a priority as she prepared to start the 31st running of the Making Tracks 5K.

“This is a great tradition and not only because we are all out here together,” said Kidd as she encouraged everyone present to continue their healthy lifestyle.

The race began in 1985 and has gone through a few changes in the intervening years.

At one time it was a 10K and, for a few years, a duathlon with the inclusion of a bicycle course.

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.

Gerrad Slaton, the depot’s lead recreation assistant, who serves as race coordinator, says the route is relatively flat and easy to race on, since the hills along it have only a gentle rise.

Awards were presented to the top three finishers in each age division as well as the top three overall males and females.

Results of the race are posted on the Anniston Runners Club website at <http://annistonrunners.com>.



Photos by Jennifer Bacchus

James Simmons jogs beside the lakes during the 2016 Making Tracks 5K.



Michael Michelson takes a moment to wave as he passes the lakes. Michelson finished third in his division with a time of 34:14.