



TRACKS

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Anniston, Alabama

Small arms repairers proud to serve Soldiers through M14 overhaul

by Jennifer Bacchus

ANAD PAO

Scott Woody and Stephen Reed look forward to coming to work each day in the depot's Small Arms Repair Facility.

For them, overhauling the weapons used to protect and defend the nation's warfighters is not a job, it is a passion.

So, when the installation was tasked to overhaul M14 Enhanced Battle Rifles as they were returned from overseas, the duo jumped at the opportunity.

Both men had long followed the history of the M14 and the rifle held an important place in their personal gun collections.

They had even used them in marksmanship competitions.

According to Woody and Reed, the youngest M14 among those being overhauled by the installation is older than any M16, meaning each of them is at least 50 years old.

"In 1960, the M14 was the battle rifle generally assigned to the troops. That lasted until 1964," said Reed. "It was one of the shortest-lived battle rifles."

Fortunately, thanks to the gun's durability and long-range accuracy, the M14 found new life as a sniper rifle and went back to the battlefield.

That accuracy also brought it back to use as a squad weapon in the 1990s when war in the Middle East again reinvigorated the need for a long-range weapon.

It helped that the M14 is very hardy in desert landscapes.



Photo by Jennifer Bacchus

Scott Woody assembles a M14 Enhanced Battle Rifle in the depot's Small Arms Repair Facility. Woody, who participates in marksmanship competitions, has used this type of weapon in sporting matches.

"It handles sandy environments very well," said Reed.

"It was actually developed for those environments," added Woody.

With the change of centuries came a change in the weapon. A new stock, which held the barrel in several places, increasing the stability of the weapon and, therefore, its accuracy further.

This version, the M14 Enhanced Battle Rifle, is the variant currently being overhauled at the depot.

Here, each weapon is completely disassembled and each part inspected and checked against specifications. If necessary, the parts are sent to metal finishing where they are built up to requirements and machined as necessary.

Mandatory replacement parts, such as new springs, are combined with the overhauled weapon during assembly and the better-than-new M14 is test-fired for targeting and accuracy.

"The rifles have to meet an

accuracy requirement of one and a half inches at 100 meters for a three-shot grouping," said Woody. "Three fourths of the weapons we produce are accurate to one inch or less."

After passing final testing, each weapon is packaged for the Soldier in a kit containing the proper tools to maintain and clean the weapon.

Since the pilot overhaul program in October 2010, the depot has overhauled more than 300 M14 EBRs.

Inside TRACKS

Gift giving

Employees wishing to exchange gifts with those they work with should read these rules first.

See article on page 2.

Information up-to-date?

Have you updated contact and beneficiary information in your personnel file? You may need to do so.

See article on page 2.

Hudson visits ANMC

Col. Lee Hudson, commander of Blue Grass Army Depot toured ANMC this week.

See article on page 3.

Winter weather

Do you know how to find out if the depot has been affected by inclement weather? Where to learn about delays or closings?

See article on page 3.

Pearl Harbor Day

This Saturday, Dec. 7, is the 72nd anniversary of the attack on Pearl Harbor.

See article on page 5.

Employees should be aware of gift giving restrictions

by Susan Bennett

ANAD Legal Office

The general rule of gift giving is that federal personnel may not accept gifts offered because of their official positions.

Questions usually arise when supervisors or contractors are involved in the gift-giving. With the holidays approaching, employees should make sure they follow these important ethics rules.

Federal employees normally may not accept a gift from a contractor employee or any non-federal person or entity seeking to do business with the government. There are exceptions to the general rule:

- Federal personnel may accept gifts (other than cash) not exceeding \$20 from a prohibited source, as long as the total amount of gifts from that source does not exceed \$50 for the year.

- Federal personnel may accept gifts, even from a contractor employee, that are based on a bona fide personal relationship (for example, a federal employee may accept a gift from her brother who works for a contractor so long as the personal gift is actually paid for by the contractor employee rather than the contractor).

- Federal personnel may generally attend an open-house or reception and accept any gift of refreshments if it is a widely-attended gathering, and the employee's supervisor determines that it is in the agency's interest for the employee to attend.

- Federal personnel may accept invitations (even from contractors) which are open to the public, to all government employees or to all military personnel.

- Federal personnel may accept invitations offered to a group or class that is not related to government employment (for example, an employee who is a garden club member may attend an event for the garden club offered by a com-

pany who is also a government contractor).

- Refreshments consisting of soft drinks, coffee, pastries or similar snacks not constituting a meal may be accepted, since they are not considered a gift.

- Outside business or other relationship results in attendance at an event. For example, a federal employee's spouse works at Widget Corp. The federal employee may accompany the spouse to the Widget Corp. employee's holiday party since the invitation is to the spouse as a Widget Corp. employee, and not to the federal employee because of his or her position.

Gifts between supervisors and subordinates are covered by different ethics rules. The general rule is that supervisors may not accept gifts from subordinates or federal personnel who receive less pay. Again, there are exceptions to this general rule:

- During holidays,

which occur on an occasional basis, supervisors may accept gifts (other than cash) of \$10 or less from a subordinate.

- Supervisors may accept food and refreshments shared in the office and may share in the expenses of an office party.

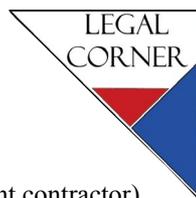
- If a subordinate is invited to a social event at the supervisor's residence, the subordinate may give the supervisor a hospitality gift of the type and value customarily given on such an occasion.

- If you are a supervisor, you may offer an invitation to subordinates for a party at your residence and accept a personal hospitality gift that is customarily provided on the occasion. If you are a subordinate, there are no restrictions on offering or accepting invitations to a party and a personal hospitality gift from your supervisor or a co-worker.

There are no legal restrictions on gifts given between non-supervisory employees or gifts given by a supervisor to subordinates; however, common sense (and good taste) should apply.



Courtesy photos



Is your personnel information current?

from Staff Reports

Anniston CPAC Office

Are your beneficiary forms up-to-date?

Did you know there are four designations of beneficiary forms?

Have you moved recently?

Is your emergency contact information up-to-date?

Why, you ask, is it important to keep your personnel information up-to-date?

A completed and witnessed designation of beneficiary form, with rare exception, may override any designation of beneficiary which has been stated in a will.

It is very important, therefore, for employees to periodically review records to validate whether or not a completed designation of beneficiary form is on file and, of course, to determine whether or not the designation should be canceled or changed.

This is even more important in the case of divorce, legal separation, death of a family member, etc. A new form will automatically supersede any prior form completed.

In the case of an employee who resigns or otherwise leaves government work and does not withdraw retirement contributions, it is very important to have a designation of beneficiary form completed for any refund of retirement contributions in the event of death prior to electing a deferred annuity.

In this situation, CSRS or FERS contributions in the retirement fund will be refunded as a lump-sum death benefit.

If designations of beneficiary forms are up-to-date, the Office of Personnel Management will be able to contact the individual(s)

identified regarding death benefits.

If a designated beneficiary is not listed for your TSP, FEGLI, unpaid compensation or the lump sum payment of retirement contributions, by law those benefits will automatically be paid in the following order of precedence:

- to the widow or widower
- to a child or children in equal shares, with the share of any deceased child distributed among the descendants of that child
- to the employee's parents (or parent)
- to the executor or administrator of the estate
- if none of the above, to the next of kin who may be entitled under the laws of the state at the time of death

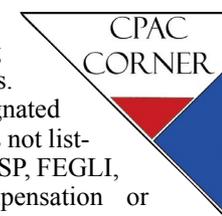
If this order of precedence is acceptable, you do not have to fill out any designation of beneficiary forms.

Everyone, at some point in time, is touched by a tragic event(s). In that type of situation, emergency contact information is crucial in order for the depot to check on your safety and well being.

Ensure your supervisor has your current address, phone number and emergency contact information.

Make it a priority to ensure information is up-to-date. Employees may view beneficiary forms in their electronic Official Personnel Folder.

For further information or assistance, contact the Civilian Personnel Advisory Center Office at 256-235-7860.



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Commanding Officer.....Col. Brent Bolander
Public Affairs Officer.....Clester Burdell
Editor.....Jennifer Bacchus
Photographer.....Mark Cleghorn



Photo by Mark Cleghorn

Allen Rosser, an Anniston Munitions Center Multiple Launch Rocket System Recycle Center supervisor, discusses the operations of the MLRS with Col. Lee Hudson, commander of Blue Grass Army Depot, during his tour of ANMC Dec. 2.

BGAD Commander visits ANMC leadership, workforce

by Jennifer Bacchus

ANAD PAO

Col. Lee Hudson, commander of Blue Grass Army Depot, the higher headquarters of the Anniston Munitions Center, toured the center's operations Monday and Tuesday.

Hudson attempted to make the trip to ANMC several times since taking command in June, but budgetary issues delayed him until this week.

"I wanted and needed to get down here to understand the nature of ANMC's operations," said Hudson. "It's an opportunity to not only meet the workforce, but also tackle issues from the center's perspective."

Hudson said he is currently touring the operations within the BGAD command with an eye on investments that need to be made and efficiencies which can be implemented.

"We always appreciate the opportunity to showcase the great work being done by the employees at ANMC to our senior leaders," said Lt. Col. David Schmitt, commander of ANMC. "We believe Col. Hudson left with a better understanding of the work we do and challenges we face, and it means a lot to the workforce that he was able to visit ANMC."

During his visit to ANMC, Hudson toured the demolition operations, Multiple Launch Rocket System Recycle Center, TOW Missile Recycle Center and the Terminal High Altitude Area Defense storage facilities.

At the demilitarization range, Hudson viewed the newly constructed storage magazines, which provide the range with close, secure storage.

The robotic equipment and automated operations of the MLRS facility gave Hudson a view of what is possible for munitions recycling, which impressed him.

He also enjoyed touring the TOW Missile Recycle Facility, which is the only one facility capable of recycling the Tube-launched, Optically-tracked, Wire-guided Missile system.

But, Hudson most enjoyed seeing the people.

"The morale of the workforce here appears to be really good," he said. "I commend the leadership. ANMC has a good, solid team."

Hudson plans to make several more trips to the area during his time in command and looks forward to seeing more of the ANMC workforce.

"I am proud of them," he said. "It is clearly evident this workforce is comprised of professionals who take their work seriously. I appreciate them and look forward to getting to know them better."

Words of warning about winter weather

The National Weather Service uses specific winter weather terms to ensure that people know what to expect in the coming days and hours.

A *Winter Storm Watch* means severe winter conditions, such as heavy snow and/or ice, may affect your area, but its occurrence, location and timing are still uncertain. A winter storm watch is issued to provide 12 to 36 hours notice of the possibility of severe winter weather. A winter storm watch is intended to provide enough lead time so those who need to set plans in motion can do so.

A watch is upgraded to a *Winter Storm Warning* when four or more inches of snow or sleet is expected in the next 12 hours, six or more inches in 24 hours or a quarter inch or more of ice is expected to accumulate.

Winter Weather Advisories inform when winter weather conditions are expected to cause significant, and potentially hazardous, inconveniences. If caution is exercised, advisory situations should not become life-threatening.

A *Blizzard Warning* means snow and strong winds will com-

bine to produce a blinding snow (near zero visibility), deep drifts and life-threatening wind chill.

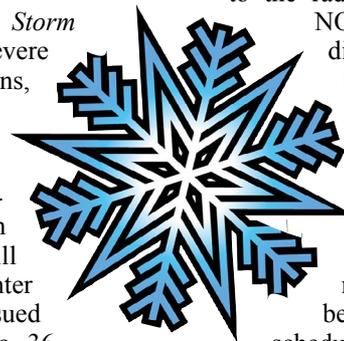
Be sure to listen carefully to the radio, television, and NOAA Weather Radio for the latest winter storm watches, warnings, and advisories.

If Depot Commander Col. Brent Bolander determines there should be a change in work schedules due to road conditions, both on and off depot, the media will be notified.

Employees are advised to listen to local area radio and television stations for the latest information on the depot's operational status

Please, do not call the radio or TV stations or the depot's emergency operations center or radio room, as this will only further delay the appropriate information being transmitted.

The depot's internal radio station – AM 1610 – will carry updated situational messages. However, this station has a limited broadcast radius of three miles. Additionally, employees may call 256-235-SNOW (7669) for the latest operational status of the depot and view updates on Facebook.



Where to get closure/delay information

Local area radio and TV stations that will be requested to provide information to their listeners/viewers on the depot's status are: **Radio Stations:** WCKA – AM 810/94.3 FM, WDNG – AM 1490, WGRW – 90.7 FM, WTDR – 92.7 and WVOK – 97.9 FM; **TV Stations:** WJSU – ABC 33-40, WBRC – Fox 6, WVTM – NBC 13 and WIAT – CBS 42. **Newspapers:** The Anniston Star will also post information on their website at www.annistonstar.com.

For additional winter weather information, visit the Winter/Severe Weather Awareness web page on the ANAD homepage or call the SNOW line at 256-235-SNOW (7669).



Photo by Jennifer Bacchus

On the move

Robert Jordan, a forklift operator in Anniston Army Depot's Directorate of Material Management, drives a forklift into one of the shops in the Nichols Industrial Complex.

Van pool training scheduled for January

Training for employees interested in participating in a vanpool program will be held Jan. 6, 7 and 9, 2014.

The vanpool program and corresponding training will be provided by vRide, which has 35 years of experience with vanpool services,



Topics covered in the training will include how to receive commute to work benefits, how to start a vanpool, requirements for the vanpools and the information required to begin the process.

For additional information, contact Jeanette Ingram in the depot's Motor Pool at Ext. 6101.

When: Jan. 6, 7 and 9
Where: Bldg. 123
Times: 9-11 a.m.
9-11 p.m.

Coming down

Demolition begins at ANCDF

by Michael Abrams

ANCDF PAO

When construction of the Anniston Chemical Agent Disposal Facility, or ANCDF, began in 1997 on the northern side of Anniston Army Depot, managers and employees knew the mission of demilitarizing the chemical munitions stored here would end some day.

That "some day" milestone was reached in September 2011 when the last of Anniston's 661,529 chemical munition was destroyed in the ANCDF.

The ANCDF and Anniston Chemical Activity workforces have been steadily reduced during the intervening two years as equipment was turned in, storage igloos were verified as agent-free and regulatory and treaty requirements were closed.

Where more than 1,000 people supported the safe storage and demilitarization of the stockpile then, there are now less than 200 people closing the

disposal facility and the formal contracts associated with the projects.

In fact, ANCA officially closed in September when the keys to its portion of Bldg. 363 were given to the Directorate of Information Management.

About that same time, a company from St. Louis, Mo., was setting up their base of operations at the ANCDF for the demolition of the facility.

Spirtas Wrecking Company was awarded a contract worth more than \$2.1 million to tear down major ANCDF structures and remove administrative modular buildings.

Significant portions of the ANCDF's Main Demilitarization Building and the Pollution Abatement System have been reduced to rubble since September. Much of that rubble is being recycled, an effort that could earn Spirtas approximately \$2.8 million. The two structures are expected to be completely razed by the end of the year.



Photo by Michael Abrams

Heavy equipment, such as the bulldozers seen here, are demolishing the Anniston Chemical Agent Disposal Facility. Its mission ended in September 2011 with destruction of the last chemical munitions stored at Anniston Army Depot.

Pearl Harbor: A Day of Infamy

from the National Park Service

The attack on Pearl Harbor was the culmination of a decade of deteriorating relations between Japan and the United States over the status of China and the security of Southeast Asia. The breakdown began in 1931 when Japanese army extremists, in defiance of government policy, invaded and overran the northern-most Chinese province of Manchuria. Japan ignored American protests, and in the summer of 1937 launched a full-scale attack on the rest of China. Although alarmed by this action, neither the United States nor any other nation with interests in the Far East was willing to use military force to halt Japanese expansion.

Over the next three years, war broke out in Europe and Japan joined Nazi Germany in the Axis Alliance. The United States applied both diplomatic and economic pressures to try to resolve the Sino-Japanese conflict. The Japanese government viewed these measures, especially an embargo on oil, as threats to their nation's security. By the summer of 1941, both countries had taken positions from which they could not retreat without a serious loss of national prestige.

The attack on Pearl Harbor was part of a grand strategy of conquest in the Western Pacific. The objective was to immobilize the Pacific Fleet so that the United States could not interfere with these invasion plans.

On Nov. 26, the Japanese attack fleet of 33 warships and auxiliary craft, including six aircraft carriers, sailed from northern Japan for the Hawaiian Islands. By early morning, Dec. 7, 1941, the ships had reached their launch position, 230 miles north of Oahu. At 6 am, the first wave of fighters, bombers, and torpedo planes took off. The night before, some 10 miles outside the entrance to Pearl Harbor, five midget submarines carrying two crewmen and two torpedoes each were launched from larger "mother" subs. Their mission: enter Pearl Harbor before the air strike, remain submerged until the attack got underway, then cause as much damage as possible.

Meanwhile at Pearl Harbor, the 130 vessels of the U.S. Pacific Fleet lay calm and serene. Seven of the Fleet's nine battleships were tied up along "Battleship Row" on the southeast shore of Ford Island. Naval aircraft were lined up at Ford Island and Kaneohe Bay Naval Air Stations, and at Ewa Marine Corps Air Station. The aircraft belonging to the U.S. Army Air Corps were parked in groups as defense against possible saboteurs at Hickam, Wheeler, and Bellows airfields.

At 6:40 am, the crew of the destroyer USS Ward spotted the conning tower of one of the midget subs headed for the entrance to Pearl Harbor. The Ward sank the sub with depth charges and gunfire, then radioed the information to headquarters.

Before 7 am, the radar station at Opana Point picked up a signal indicating a large flight of planes approaching from the north. These were thought to be either aircraft flying in from the carrier USS Enterprise or an anticipated flight of B-17s from the mainland, so no action was taken.

The first wave of Japanese aircraft arrived over their target areas shortly before 7:55 am. Their leader, Commander Mitsuo Fuchida, sent the coded messages "To, To, To" and "Tora, Tora, Tora," telling the fleet that the attack had begun and that complete surprise had been achieved.

At approximately 8:10 am, the USS Arizona exploded, having been hit by a 1,760 pound armor-piercing bomb that slammed through her deck and ignited her forward ammunition magazine. In less than nine minutes, she sank with 1,177 of her crew, a total loss. The USS Oklahoma, hit by several torpedoes, rolled completely over, trapping over 400 men inside. The USS California and USS West Virginia sank at their moorings, while the USS Utah, converted to a training ship, capsized with over 50 of her crew. The USS Maryland, USS Pennsylvania, and USS Tennessee, all suffered significant damage. The USS Nevada attempted to run out to sea but took several hits and had to be beached to avoid sinking and blocking the harbor entrance.

After about five minutes, American anti-aircraft fire began to register hits, although many of the shells that had been improperly fused fell on Honolulu, where residents assumed them to be Japanese bombs. After a lull at about 8:40 am, the second wave of attacking planes focused on continuing the destruction inside the harbor, destroying the USS Shaw, USS Sotoyomo, a dry dock, and heavily damaging the Nevada, forcing her aground. They also attacked Hickam and Kaneohe airfields, causing heavy loss of life and reducing American ability to retaliate.

Army Air Corps pilots managed to take off in a few fighters and may have shot down 12 enemy planes. At 10 am the second wave withdrew to the north, and the attack was over. The Japanese lost a total of 29 planes and five midget submarines, one of which was captured when it ran aground off Bellows Field. The commander of this midget submarine, Ensign Sakamaki, became the first US captured prisoner of the Pacific war.

The attack was a great, but not total, success. Although the U.S. Pacific Fleet was shattered, its aircraft carriers (not in port at the time of the attack) were still afloat and Pearl Harbor was surprisingly intact. The shipyards, fuel storage areas, and submarine base suffered no more than slight damage. More importantly, the American people, previously divided over the issue of U.S. involvement in World War II, rallied together with a total commitment to victory over Japan and her Axis partners.

Text from USS Arizona Memorial brochure



Photo from National Park Service

The forward superstructure and Number Two 14" gun turret of the sunken USS Arizona afire after the attack.



Photo from National Park Service

Fighting fires on the sunken USS West Virginia.

notes from around the TRACK

Oh, deer!

Deer season is in full swing and several depot families have been hitting the trails and teaching their children the sport of hunting.

In recent weeks, three members of the depot's extended families have bagged deer, some for their very first time.

Congratulations to all and have a happy, and safe, hunting season!

Hanna takes 70 pound doe

Congratulations to 11-year-old Hanna White who killed her first deer, a doe weighting about 70 pounds. Hanna took her deer while at Union Hill Hunting Club with her dad, Christopher White (DP), Nov. 23.



Chase bags a buck

Congratulations to 12-year-old Chase White who killed his first buck, a 215-pound eight-pointer, while hunting with his "G-daddy" in Mississippi Nov. 23. Chase is the son of Christopher White (DP).



Gracie harvests first deer

Gracie Sanders killed her first deer Nov. 16 on a youth hunt at Bucks Only Hunting Club in Heflin, Ala. Proud parents are Tony (DPW) and Kim Sanders.



Courtesy photos

Town Hall meeting

On Dec. 11, depot commander Col. Bolander will hold a hall meeting, in lieu of The Morning Show, live at 7:05 a.m.

The meeting will be broadcast from Bldg. 123, the depot's training office.

Employees with questions they would like to have addressed by the commander should send them to the Public Affairs Office via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil, through pouch mail or you may phone in your question to Ext. 6281.

The Morning Show will return Dec. 18. At that time, James Slick of the depot's Fire and Emergency Services Division will discuss proper use of automated electronic defibrillators.

Holiday shutdown

Due to the heavy workload in Fiscal year 2014, Anniston Army Depot will take an abbreviated shutdown during the Holiday season.

The installation will shut down from Dec. 25-29 for plant maintenance and will resume normal operations Dec. 30. Employees will be required to take nine hours of annual leave Dec. 26.

Employees who are required to work during this time frame, due to plant maintenance or critical mission workload, will be notified by their supervisor.

Organizational Holiday parties will be held Dec. 24.

Organizations are approved for one hour of administrative time in conjunction with their lunch periods for these parties.

Additional information will be provided at a later date concerning visitors and the process for allowing them access to the installation.

Morning Show Rebroadcasts

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 may view the show 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., 10 p.m., midnight and 2 a.m. (Wed. night/Thurs. morning)

Thursday/Friday: noon and 10 p.m.

Watch for these upcoming shows:

- Dec. 11: Commander's Town Hall broadcast live from Bldg. 123.

- Dec. 18: James Slick details the proper use of automated external defibrillators.

- Dec. 25: No Morning Show, due to the Christmas holiday.

- Jan. 1: No Morning Show, due to the New Year's holiday.

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.

These courses are open to all LMP users who meet the individual course prerequisites, which can be found in the Total Employee Development system.

Interested employees may learn more about these classes and receive additional information in TED. Additionally, in TED, there is a 90-day schedule of all courses offered. All courses for Anniston Army Depot begin with ANAD LMP.

12/09/2013	Warehouse Analyst Refresher Training
12/10/2013	Stock Transport Order Closeout
12/11/2013	DRMO Sales Orders
12/16/2013	LMP 101
12/16/2013	LMP Navigation
12/17/2013	Timekeeping
12/17/2013	SDRs for Purchased Parts
12/18/2013	Asset Management

Do you have information for TRACKS? Call Public Affairs at Ext. 6281!

Combating holiday blues

by Boyd Scoggins, Employee Assistance Program

The holiday season can be very stressful and depressing if you allow it to be.

Please take in consideration the tips below to make your holiday season the best it can be.

- Know yourself in relation to holiday blues. When you start to notice a change in your overall mood, don't be afraid to seek out assistance through your Employee Assistance Program.

Many people have mixed emotions when it comes to the holiday season. Some associate the holiday season with losses in life, such as

death of a loved one, separation or divorce. When this dynamic occurs, one can feel alone though many around them enjoying the holiday season.

It is okay to feel sad, but it is not okay to dwell on it.

Sometimes just talking about these feelings can alleviate the sensations of sadness and isolation. Your Employee Assistance Program counselor is available to listen.

- Do not bite off more than you can chew during the holiday season. Just because your family has had certain holiday traditions for years, does not mean they have to be recreated year after year.

Plan activities focused on spending time with loved ones, instead of extravagant meals that take hours or days to prepare.

Overall, time spent with each other is the most important part of the holiday season. I cannot tell you what I had for Christmas dinner last year, but I can tell you who I spent it with.

- Limit your time with negative family members. Focus on the positive things and relationships in your life.

If we only focus on the negative, everything becomes negative.

It takes work to break the habit of negativity. If you cannot easily do this, try writing down a few positive aspects in your life on an index card and every time you feel yourself becoming negative, pull the card out and remind yourself of the positive.

- Eat in moderation. The holiday treats and dinners you have today can turn into extra pounds you are stressing over shedding tomorrow.

- If you drink alcohol, imbibe in moderation. Abusing alcohol may lead to one feeling more depressed and long term abuse can lead to health problems.

- Take time for yourself. While it is good to entertain fam-

ily and friends, take time to do something you enjoy. Sometimes it is okay to be selfish with your own time.

- Give back! Never forget those less fortunate than yourself. There are many opportunities here at work to give back to the community, such as Christmas Cheer, the Combined Federal Campaign, Army Emergency Relief, volunteer programs and the ANAD mentoring program.

- Be aware of your spiritual needs. A strong faith-based life can improve your overall wellbeing and can have restorative effects on the mind and body. Attend the religious gathering of your choice during the holiday season.

During the holiday season we can try to set boundaries, stay positive and take care of ourselves and sometimes still feel down in the dumps or sad for no reason.

These feelings can also be accompanied by changes in sleeping and eating patterns.

If you are experiencing anything similar to this, the Employee Assistance Program at Anniston Army Depot can help. Feel free to give us a call at Exts. 3182 or 3379 or go through your supervisor to make an appointment.



Virtual Career Library: Career resources for the digital world

from Staff Reports, ACS

The Virtual Career Library is a resource available to the Anniston Army Depot community which provides assistance with job searches, education planning or exploring careers.

Log on to the Virtual Career Library to gain access to over 6,000 digital pages of career guidance information.

Inside, you will find a talking librarian avatar who will guide you to hundreds of career advice videos, a virtual career classroom, digital career books, employment news videos, virtual job data cards and occupational videos that will help you achieve career and life success.

Look what's inside the Virtual Career Library:

- Career Video Newsroom: Tune in and get expert career advice and valuable tips on today's top career planning and job search topics. The Career Video Newsroom now features over 250 career expert advice videos and keeps growing!

- Digital Career Books and Directories: Get in-depth industry reports, detailed job descriptions and career planning resources with these digital career publications. Find over 50 digital career publications and directories to help you achieve career and life success.

- Virtual Job Data Cards: Simplify career planning and job research with Virtual Job

Data Cards. Each of these virtual fact sheets is a quick read of important data on over 800 occupations.

- Virtual Job Bank Connection: Explore career and job opportunities at more than two hundred federal, state, and city career sites across America. Many career sites include job openings, career path information, internship opportunities, recruitment videos and more.

- College and Career School Finder: Search over 5,000 detailed profiles for top colleges, universities, graduate programs and career schools across America. Each profile includes valuable information on admissions, college majors, tuition costs, and much more.

- Virtual Career Classroom: Get on-demand career and job search help by accessing online courses found in the Virtual Career Classroom. Learn how to successfully manage your job search campaign with these easy-to-use online e-courses.

- Career Exploration Videos: Watch, learn and explore occupations with Virtual Career Videos. Each video is a concise description of job duties and activities.

- Hiring and Employment News Videos: Stay on top of breaking employment news from across America. These timely video clips feature employer hiring announcements, company expansion news, contract awards, and employment forecast information.

Log on to the Virtual Career Library at www.VirtualCareerLibrary.com/anniston

fmwr happenings

from DCFA

Dining facility information and hours

Nichols Dining Facility and West Station

Breakfast: 8-9:30 a.m.

Lunch: 11 a.m.-12:30 p.m.

Menu Line: 256-235-6368

Nichols Dining Phone: 256-235-7127

West Station Phone:

256-235-6368

Java Café: 7 a.m.-1 p.m.

Phone: 256-240-3526.

DeSoto Pastime Center

Lunch: 11 a.m. to 1:30 p.m. Monday through Friday. 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 midnight.

Big Bingo: Bingo with a \$1,000 progressive jackpot is played each Thursday at 6 p.m.

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

Christmas Cheer drop-off

Santa's Workshop is located in Bldg. 221. Christmas Cheer and gift drop-offs have already begun. If you are participating in Christmas Cheer, remember to bring your gifts to Bldg. 221 by Dec. 17. For more information, contact Jeanette Baxter at Ext. 7616 or Ext. 5246.

reducing our tracks

from DRK



Photo by Mark Cleghorn

Wearing proper protective equipment for every task, such as gloves, safety glasses and hearing protection keeps employees safe.

Safety is a way of life

by Daley Speer

ANAD Safety Office

Safety is a way of life. It demands a set of goals. Sure, staying alive and well and keeping yourself and your things in one piece are important, but doing things safely means that you will finish what you started out to do and will do it in the proper manner (i.e., per the SOP, technical manual, DMWR, etc.).

You can think of safety in two ways: what it means to you and what it means to those around you. Think of you own personal safety. If you avoid accidents, you can accomplish your job in an effective and efficient manner. You can return to your family at the end of the day and back to your job the next day. This may sound like a simplistic approach but who wants a trip to the doctor, hospital or morgue if it can be avoided by having the right safety culture.

If you are off the job due to an accident and end up in the hospital or rehabilitation, it affects others in a negative way. Your coworkers have to "pick up" the slack while you are off the job.

Your family will have to change their routine to accommodate you not being at home.

Accidents don't just happen, they are not planned, and they are not deliberate. But this doesn't mean that an accident has no cause. Accidents are caused by unsafe conditions and unsafe acts.

What causes a person to act unsafely? It's easy to say "carelessness," but that's not saying much. Here are some of the real reasons:

- Taking chances, fooling around
- Being unprepared (not having the right tool or set of instructions)
- Fatigue
- Overconfidence
- Haste
- Ignoring the rules

All employees at Anniston Army Depot, regardless of their job or organization, should "develop" a culture of safety. This culture needs to be a commitment to perform your job the right way, the safe way; not some of the time, not most of the time, but all the time.

Preventing oil spills is everyone's responsibility

Did you know a single drop of used motor oil can contaminate a million drops of water?

Water is an important factor for life and there is no new water here on earth; it just runs through a cycle and phases to reach the point of sustaining life.

You may wonder who is responsible for preventing oil from getting into our water supply. Well, it's everyone's responsibility.

The Environmental Protection Agency requires facilities like Anniston Army Depot to develop and implement a program for keeping oil out of our nations' waters and connected shorelines – it's known as the Spill Prevention, Control and Countermeasure, or SPCC, program.

The law covers oil of any kind including petroleum, fuel oil and oil mixed with waste, including vegetable, animal and synthetic oils.

One of the main elements of the SPCC program is the SPCC Plan. This plan accounts for oil containers 55 gallons or larger, plus the actions necessary to prevent or control oil spills from entering waters of United States.

There are many types of devices that help ANAD employees prevent and control oil spills. These devices range from electronic line leak detection to drum spill containers.

What is your part? If there is a small spill in your shop or area that can be cleaned up, use enough dry



Courtesy photo

If you have a 55-gallon or larger container and it does not have secondary containment to prevent and capture oil spills, contact Ext. 7470 or 3659.

sweep to completely absorb and clean the oil and place the dry sweep in a general waste container.

If the dry sweep appears saturated with oil, employees should add more dry sweep until it no longer appears wet.

If the spill is too large to clean up immediately, call 911 and use your countermeasures (i.e. absorbent socks or dry sweep) to block the spill from entering storm drains, soil or waters of the state.

Let's all do our part to keep our water clean and safe to sustain life.

Answers to last week's Safety Crossword Puzzle:

Across: 1. THIRD, 4. SOLID, 9. PREVENT, 11. BRIDGE, 12. CONTACT, 13. SIDERAILS, 14. DAMAGED

Down: 2. WEIGHT, 3. JUMP, 5. OVERREACHING, 6. CORDS, 7. DESCEND, 8. UNSTABLE, 10. BELT



Need a recycling bin for your work area?

Call Ext. 6838!

