Tools to help you achieve goals

Budgeting, fitness, job hunting assistance available for installation employees

As we close out the second week of the new year, how are your resolutions coming?

Did you know there is assistance here on the installation for many of the most common goals people choose each year?

Using resources available to all employees of Anniston Army Depot and available to most of the Morale, Welfare and Recreation patrons (current depot and tenant employees, depot retirees, active and retired military, and contractors), you can lose weight, add tone and definition to muscles, learn to balance a budget and become more financially secure, quit smoking or drinking, find ways to give back to your community and seek a better job.

It’s all here on the installation!

Lose weight and/or tone muscles
Since 2010, more than 3,200 pounds have been lost by employees of Anniston Army Depot during the annual Choose to Lose competition.

This year, there are 30 participants in the competition. These individuals had their initial weigh-in Jan. 3 and have agreed to weigh-in once a week for 10 weeks.

But, the program isn’t just about dropping weight - it’s about building a healthy lifestyle.

Everyone at ANAD can use the same tools contest participants have to lose weight, gain muscle, reduce their 5K time or meet any other fitness goal.

And, the PFC staff has the tools, exercises and nutrition tips to personalize a plan to drop inches by controlling portions and exercising in a way that will benefit you.

“If they want a plan that is individualized for them, all they have to do is ask,” said Gerrad Slaton, the lead recreation assistant at the depot’s Physical Fitness Center.

According to Slaton, consistency in your workout and eating habits is the key to losing weight and keeping it off.

For more information about the PFC or to schedule a time to create a personal workout plan, contact the Physical Fitness Center at 256-235-6385.

Financial planning
The key to managing expenses within your salary is to plan ahead. ANAD’s Employee Assistance Program can assist employees with developing a personal budget.

The Employee Assistance Program provides an assessment for employees, identifying issues, such as financial burdens, alcohol or drug use, which may affect productivity on the job.

If you would like to talk to someone in the EAP, call 256-240-3379 or 256-240-3182.

Stop drinking
For most adults, moderate alcohol use causes few, if any, problems.

But, for some, any alcohol use may lead to significant health problems or affect the ability to perform optimally at work.

Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However, people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives after recovery.

Alcohol Facts from Recovery.org:
• Young men, ages 18-25, consistently have been found to have the highest prevalence of heavy alcohol use within the military.
• The rate for heavy alcohol use among young military males is also approximately twice the rate of their civilian counterparts.
• Women, overall, drink less than men. But, are more likely to experience adverse consequences, including damage to the heart muscle, liver and brain, trauma resulting from auto crashes, interpersonal violence and death.
• Alcohol can damage a fetus at any stage of pregnancy. Damage can occur in the earliest weeks of pregnancy, even before a woman knows that she is pregnant. Therefore, no amount of alcohol consumption can be considered safe during pregnancy.
• Moderate alcohol use is defined as up to two drinks per day for men and one drink per day for women and older people. One drink equals one 12-ounce bottle of beer or wine cooler, one five-ounce glass of wine, or one and a half ounces of 80-proof distilled spirits.

If you or someone you love has a drinking or drug problem, contact ANAD’s Army Substance Abuse Program at 256-235-6294 or 256-240-3182.

Quit Smoking
According to the American Cancer Society, about 36.5 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world. While cigarette smoking rates have dropped – from 42 percent in 1965 to 15.1 percent in 2015 – cigar, pipe, and hookah – other dangerous and addictive ways to smoke tobacco – are very much on the rise.

Quitting smoking has immediate and long-term benefits at any age.

• See RESOLUTIONS, page 2

A patron works out on one of the weight machines at Anniston Army Depot's Physical Fitness Center. The PFC features weight, cardio and a variety of other fitness equipment.
Volunteer more

In 2016, 92 volunteers at Anniston Army Depot gave 2,390 hours in support of depot programs, such as Christmas Cheer, the Wounded Warrior Hunt and the Making Tracks 5K.

Their efforts saved the installation $57,694.60.

From 2014 to 2016, $113,384.63 has been saved through the work of volunteers who assist with programs which enhance the lives of our depot employees; Morale, Welfare and Recreation patrons; and the surrounding communities.

Volunteers are essential to the Army’s mission. They selflessly give their time to the Army community by serving Soldiers, families, retirees and civilians.

Without volunteers, the Army’s mission would not be fulfilled. Volunteers accomplish work which would have not been done otherwise, due to time and financial constraints.

Volunteers embody the Army Community Service’s founding motto: “Self-help, Service and Stability” across the Army.

No matter where individuals volunteer in our community, they have the same goal in mind, to give back to our community.

If you would like to volunteer and assist in various MWR programs on the installation, contact Amanda Mullinax at 256-741-5247.

Seek a better job

Interested in obtaining a better job?

The Employment Readiness Program offers assistance in the areas of employment, training and volunteer opportunities.

Services include job counseling, employment and education information, volunteer opportunities, goal setting, internet job search and résumé writing.

The program helps clients write résumés and cover letters.

Get more training

Are there courses you can take to enhance your ability to do your job? Talk with your training coordinator or the ANAD Training Office to learn how to get the courses you need.

Additionally, ANAD offers a variety of courses to enhance leadership skills. Some of these are found in the Army Family Team Building modules.

AFTB empowers individuals, maximizing their personal growth and professional development through specialized training, transforming our community into a resilient stalwart foundation, meeting today’s military mission by building “Strong, Knowledgeable and Engaged Individuals and Communities.”

The AFTB curriculum consists of three training levels, Military Knowledge Level, Personal Growth and Resiliency Level and Leadership Development Level.

Each directorate may request AFTB classes to assist in career development for their employees during directorate training hours.

AFTB classes are offered at the Army Community Service Building or online at www.myarmyonesource.com.

For more information about AFTB or to request classes, contact Amanda Mullinax at 256-741-5247 or via e-mail at amanda.c.mullinax.civ@mail.mil.

Johnnie Whitehead assists an employee with a résumé as part of the depot’s Employment Readiness Program.

The ERP also assists with federal employment, career exploration, job-search strategies and interview skills.

For additional information about the depot’s Employment Readiness Program, contact Johnnie Whitehead at 256-235-7445 or via e-mail at johnnie.s.whitehead.civ@mail.mil.

You can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.

Contact ANAD’s Army Substance Abuse Program at 256-235-6294 or 256-240-3182 for resources to help you kick the smoking habit.

Be a mentor

ANAD employees have the ability to give back to their community through mentoring.

In 1995, Anniston Army Depot, along with 13 other Army sites across the United States, was selected to participate in a project called Service to the Nation.

ANAD initiated a mentoring program in Calhoun County in 1996.

Currently, the depot’s Mentoring Program partners with the Anniston, Oxford and Calhoun County school systems.

Volunteers from throughout the workforce spend one hour per week with a student who has been identified as at-risk to help make a difference in that child’s life.

Being at-risk often simply means these students need a friend with some normalcy in their life.

The Mentoring Program is a one-on-one relationship through which an adult fosters the development of character and competence in a young person.

The focus is on the child and his or her thoughts, feelings and dreams.

If you would like to learn more about the depot’s Mentoring Program, contact Marilyn Futrell at 256-741-5266.

The program helps clients write résumés and cover letters.
MLK Day urges Americans to remember, celebrate, act

The theme for this year’s Dr. Martin Luther King Jr. Day, Remember! Celebrate! Act! A Day On...Not A Day Off, is one which has been used for many years.

Many great strides have been accomplished since King’s non-violent movement for civil rights started. Yet, we have a very long way to go.

On MLK Day, people of all ages, ethnic backgrounds, diversities and cultures take time and provide service to their community.

The day reminds us of the time when many did not have the same civil rights as others.

It invokes in us to celebrate being able to share equally in those rights now.

It may appear as a simple business etiquette today, but, there was a time when many people paid for food at a window and were not allowed to sit in the dining area to enjoy their meal with the other patrons.

The struggle for equal treatment for all remains under scrutiny and fire when we become complacent and comfortable with past accomplishments.

Much work is required to maintain these achievements in civil rights.

Much work remains to overcome obstacles individuals continue to experience and endure each day.

This year’s poster from the Defense Equal Opportunity Management Institute focuses on the Edmund Pettus Bridge in Selma, Ala., the site of Bloody Sunday.

Films of the event leave you speechless as you watch the courage and conviction of non-violence as the demonstrators maintained.

It was a horrific day for the movement for equal rights and civil rights.

King’s movement was one of non-violence – marching, boycotting and making public appearances; yet participants were often met with violence and death.

In a letter he wrote during an incarceration in the Birmingham Jail, King wrote, “We know through

Black History Month Breakfast scheduled

Anniston Army Depot’s Office of Equal Opportunity will hold a breakfast in honor of Black History Month Feb. 15 at the DeSoto Pastime Center.

Tickets will be available Jan. 18 through directorate secretaries and the EEO Office.

The speaker will be Dr. Barbara Boyd, Alabama State Representative from District 32.

When: February 15, 8 a.m.
Where: DeSoto Pastime Center
Cost: $6
Menu: Bacon, sausage, eggs, grits, biscuits, fruit, milk, juice and coffee
Army chooses ANAD as new site for DGRC

The Defense Non-Tactical Generator and Rail Equipment Center, known as DGRC, will relocate from Hill Air Force Base in Ogden, Utah, to Anniston Army Depot in Alabama, the Department of Army announced Sept. 26, 2017.

DGRC is the Department of Defense’s sole capability for depot-level repair and maintenance of rail stock, rail equipment, and large scale non-tactical generator equipment. DGRC services the Army’s, Air Force’s and Navy’s nationwide rail fleet.

Though physically housed in northern Utah, Anniston Army Depot has overseen the DGRC mission since 2000.

DGRC employs 33 civilian personnel; those positions will relocate to Anniston Army Depot.

“The workforce has been the success of that mission, and we want to ensure a smooth transition for impacted employees,” said Depot Commander Col. Joel Warhurst.

DGRC is being relocated to facilitate Air Force and state plans to use the space on Hill Air Force Base for development under an Air Force enhanced use lease and public highway use.

Anniston Army Depot’s locomotive is one of the Army vehicles overhauled and repaired by the Defense Non-Tactical Generator and Rail Equipment Center, known as DGRC. Over the next several years, DGRC will relocate to Anniston Army Depot. Employees are reminded to practice safety at rail crossings. Always look both ways and listen for a train before crossing railroad tracks.

Use caution when crossing tracks

According to the Federal Railroad Administration, 94 percent of all rail-related fatalities and injuries occur at railroad crossings or due to trespassing.

The average train weighs 200 tons and the weight ratio of a train to a car is about 4,000 to 1. This compares to the weight ratio of a car to an aluminum can.

Anniston Army Depot’s locomotive, operated by the Anniston Munition Center, is a powerful piece of equipment doing a tremendous amount of work every day.

ANAD’s rail crossings are passive crossings, meaning there are no flashing lights or gates.

At passive railroad crossings we need to:

• Be extra cautious as there are no flashing lights or gates
• Be prepared to stop at the crossing
• Slow down, look both ways and listen
• Understand the signs

April 30: The Morning Show staff will be joined by Brandon Simmons from the Industrial Hygiene Office.

Additionally, Larunda Jordan and Amanda Pinson will share a survey report from the Calhoun County Habitat for Humanity.

The Morning Show airs live at 7:05 a.m. every other Wednesday.

For those who are unable to watch live, the show is rebroadcast at 10:30 a.m., noon, 2 p.m., 4:30 p.m., 10:30 p.m., midnight and 2 a.m.

Depot employees may view The Morning Show and its archives anytime on IPTV.

Tune in for these upcoming shows:

January 17: Vivian Henry, the director of Anniston’s CPAC Office, and Tommy Carlisle, the Director of Production, will discuss hiring processes and authorities.

January 31: The Morning Show staff will be joined by Brandon Simmons from the Industrial Hygiene Office.

Additionally, Larunda Jordan and Amanda Pinson will share a survey report from the Calhoun County Habitat for Humanity.

Have questions for ANAD command?

Col. Joel Warhurst will hold a town hall session Feb. 14 which will be aired live at 7:05 a.m. on LAN Channel 21 and IPTV. Employees are encouraged to tune in and watch.

Those who wish to submit questions or topics for the town hall meeting may do so by contacting the Public Affairs Office:

• Via e-mail: usarmy.anad.tacom.list.publicaffairs@mail.mil
• Via phone: Ext. 6281
• Via pouch mail: PAO, Bldg. 7
Everyone deserves dignity, respect

by Tim Rolfe
ANAD ACS

The primary goal of the Sexual Harassment Assault Response and Prevention program is to create an environment where all Soldiers, family members and civilian employees are treated with dignity and respect.

SHARP aims to eliminate sexual harassment and assault from within the ranks and reinforces the Army’s core values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

All reports of sexual harassment and assault will be handled appropriately. Victims’ privacy will be protected and offenders will be held accountable.

Bystanders are encouraged to intervene to prevent these behaviors before they occur.

Early reporting reduces the impacts and devastating effects on individuals, units, work sections and the overall mission.

When a sexual harassment or assault case is reported to management, supervisors must act to protect the alleged victim and to prevent future occurrences.

Reports will be treated seriously regardless of your employment status and retaliation against those who come forward will not be tolerated.

Army-wide substantiated SHARP cases have resulted in termination, resignation, suspension, cancellation of a temporary promotion, change to lower grade, written reprimand, counseling and/or additional SHARP training.

For additional information regarding the SHARP program, please contact the Sexual Assault Response Coordinator at 256-624-8510.

Victimized each year

from rainn.org

Inmates: 80,600 sexually assaulted or raped
Children: 60,000 victims of “substantiated or indicated” sexual abuse
General Public: 321,500 Americans 12 and older sexually assaulted or raped
Military: 18,900 experience unwanted sexual contact

The Rape, Abuse & Incest National Network is the nation’s largest anti-sexual violence organization.

RAINN created and operates the National Sexual Assault Hotline (800-656-HOPE, online. rainn.org) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense.

Liberal leave reserved for emergencies

Supervisor notification required

from Staff Reports
Anniston CPAC Office

It’s that time of year again when you might hear “liberal leave” is in effect; usually due to adverse weather conditions.

But, what does that mean? Liberal leave refers to any unscheduled leave federal employees may take in the event of extreme weather or a similar emergency, which prevents them from reporting to work as usual.

When a liberal leave policy is in effect, federal employees who are absent from work must request to use annual leave, leave without pay or compensatory time.

Employees taking liberal leave, or unscheduled leave, are required to inform their supervisors of that choice as quickly as possible; normally no later than two hours after the beginning of their scheduled work shift.

Exceptions: Federal employees whose work is deemed essential are designated “emergency employees” and are generally expected to report to work, even when a liberal leave policy is announced.

Telecommuting federal employees scheduled to work on that day are expected to proceed as normal unless the power is down or unless they inform their supervisors of their choice to take liberal leave.

Annual notice of Weingarten Right

from Staff Reports
Anniston CPAC Office

Title VII of the Civil Service Reform Act of 1978 (PL 95-454) provides employees in a bargaining unit the right to request union representation at an examination by a representative of the agency, in conjunction with an investigation, if the employee believes the examination may result in disciplinary action.

This is often referred to as the Weingarten Right.

In effect, the law provides that the union shall be given the opportunity to be present at any examination of an employee in the bargaining unit by a representative of the agency, in conjunction with an examination if the employee reasonably believes the examination may result in a disciplinary action against the employee and the employee requests representation.

As required by the act, you are hereby given annual notice of this right.

For additional information, contact Paul Denham, human resources specialist with Labor Management and Employee Relations at Ext. 7564 or via e-mail at paul.a.denham4.civ@mail.mil.

Have info for TRACKS or The Morning Show?
Call PAO at Ext. 6281!
Harris retires after 39 years of service

Mike Harris, a supervisory facilities specialist for the Directorate of Public Works, received a shrub in honor of his 39 years of service at Anniston Army Depot.

Harris retired from the depot Jan. 2.

He began his career at ANAD as an artillery repairer in 1977. In 1993, he moved from production to public works as he accepted a position as a plumber.

In 2004, he was promoted to a facilities specialist and in 2016 was named the supervisor for facilities specialists.

During his time at ANAD, it was important to Harris to be part of the community. Therefore, he served as a deacon in his church, president of the Cleburne County Farmer’s Federation and a member of the Masonic Lodge.

Pictured with Harris at right is his wife, Willie Mae

ANAD says farewell to Burke

Anniston Army Depot held a retirement ceremony for Michael Burke Dec. 15 at the Berman Varner House.

Burke served as deputy to the commander from 2012 until his retirement.

An Auburn University graduate who received his electrical engineering degree in 1983, Burke has worked at the depot since 1984.

In 2003, he became the director of engineering shortly before the creation of a new Directorate of Engineering and Quality.

Burke served as the General Manager for Production Operations from 2006 to 2012, taking the organization through an increase in employees – from 200 to more than 3,000 – and through a reorganization in 2010, which was the result of the Army’s Logistics Modernization Program.

Burke retired from federal service Jan. 3.
The Annual Prayer Breakfast is a way for employees of different faiths to gather in unity to gain strength from each other’s experiences relative to the power of prayer in the workforce. The primary focus is on how we can help each other in day-to-day challenges that impact our work and life. The speaker will be Col. Carleton W. Birch, chaplain for the Defense Logistics Agency.

Date: Feb. 8
Time: 7:30 a.m.
Place: Berman Varner House
Cost: $6
Menu: Bacon, sausage patties, biscuit, gravy, scrambled eggs, assorted fruit, juice, milk and coffee

ANAD participates in Talladega Christmas Parade


Cafeteria menus

Jan. 12
Snack line only

Jan. 15
Restaurant closed for Martin Luther King Jr.’s birthday

Jan. 16
Snack line
Soup and grilled cheese sandwich

Jan. 17
BBQ pork
Fries or onion rings
Baked beans
German potato salad
Texas toast

Jan. 18
Fried catfish
Baked beans
Coleslaw
French fries
Hush puppies

Jan. 19
Salisbury steak
Rice and gravy
Field peas
Fried squash
Corn bread

Jan. 20
Beef tips and rice
Corn on the cob
Green beans
Vegetable sticks
Yeast roll

Jan. 21
Sweet and sour pork
General Tso’s chicken
Fried rice
Stir fried vegetables
Egg roll

Jan. 22
Baked beans
Scalloped potatoes
Butter beans
Steamed cabbage
Corn bread

Jan. 23
Chicken or beef soft taco
Spanish rice
Mexican corn
Refried beans
Taco salad bowl

Jan. 26
Snack line only

Jan. 29
Hamburger steak
Mashed potatoes and gravy
Green peas
Fried okra
Yeast roll

Jan. 30
Fried pork chop
Scalloped potatoes
Butter beans
Steamed cabbage
Corn bread

Jan. 31
Chicken or beef soft taco
Spanish rice
Mexican corn
Refried beans
Taco salad bowl

Wreaths Across America event held at McClellan Military Cemetery

Anniston Army Depot Commander Col. Joel Warhurst assists a boy scout with placement of a wreath at a headstone on the former Fort McClellan. Warhurst was the speaker for the Dec. 16 Wreaths Across America event, which honors those interred at military cemeteries throughout the United States during the holiday season.
It’s probably nothing, but...

If you suspect it, report it...

People drawing, measuring or photographing buildings

A briefcase, package or backpack left behind

Cars, trucks or vans parked in no-parking zones in front of important buildings

Strangers asking questions about security forces, security procedures or details of the depot’s mission and workload outside the scope of natural curiosity

A person wearing clothes too big or bulky for warm weather

If you see or hear something that could be terrorist-related, trust your instincts and call Ext. 6222!