



**Pine Bluff
Arsenal
24/7 SHARP
Hotline
870-209-4093**

**PBA Safety
Glance**



**Safety Element for fiscal year 2023
Lost Day Case Rate: 0.32
Award Goal: 0.57**

*Lost time injuries for fiscal year 2023 is one. There is zero lost time injuries for April 2023.

*Recordable injuries for fiscal year 2023 is four. Recordable injuries is zero for April 2023.

*Pine Bluff Arsenal days without a lost time injury is 123.

*Pine Bluff Arsenal days without a recordable injury is 78.

*Estimated hours worked without a lost time injury: 378,564.



Assumption of Command

Keenan takes command of 'America's Arsenal'

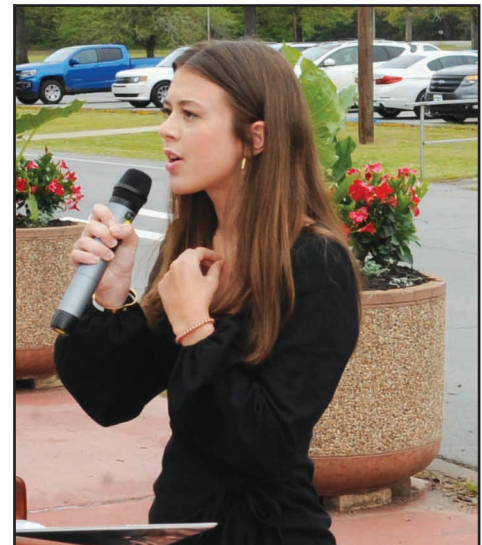


Photo above, Pine Bluff Arsenal Commander Col. Colin K. Keenan delivers his remarks during the ceremony. Photo right, top, from left, Col. Landis C. Maddox, Commander of Joint Munitions Command, Roch Byrne, Arsenal Deputy to the Commander and Col. Collin K. Keenan, incoming Arsenal commander, salute the U.S. Flag during the singing of the National Anthem.

Story and more photos, Page 3

U.S. ARMY PHOTOS BY HUGH MORGAN

Kylie Byrne, daughter of Roch and Diana Byrne, sang the National Anthem during the Assumption of Command Ceremony. Roch Byrne is the Arsenal's Deputy to the Commander.

Right Today

Accomplishing the mission "right today" simply means complying with regulations, policies, plans, work instructions, SOPs, and other requirements. We will not compromise the quality of products that will be used by our Warfighters and when we make these products, we will minimize impact on the environment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every time we start a manufacturing or administrative process, it should be more efficient and more environmentally friendly than it was before. Every day should be safer than the last one.

Commander's Column



Pine Bluff Arsenal

PUBLIC AFFAIRS OFFICE
PINE BLUFF, ARKANSAS 71602

Colonel Collin K. Keenan Commander, Pine Bluff Arsenal



Colonel Collin K. Keenan assumed command of Pine Bluff Arsenal on April 13, 2023.

As Commander, he has the overall responsibility for the economical operations and all administration activities under the jurisdiction of the installation. He oversees the Arsenal's more than \$100 million annual operating budget and over 600 civilian employees.

Pine Bluff Arsenal provides America's Joint Warfighter with specialized ammunition, smoke, and chemical, biological, radiological and nuclear defense capabilities, through expert manufacturing, storage and logistics. He enlisted as a mechanic for the U.S. Army Reserve in 1990, and was commissioned as a Chemical Officer from the Army ROTC program at the University of Wisconsin-La Crosse, where he earned the distinction of being named Political Science Graduate of the Year. Col. Keenan has earned a Master of Science in Higher Education Administration from the University of Louisville, Louisville, Ky., a Master of Project Management degree in Public Policy Administration from Georgetown University, Washington, D.C., a Master of Science degree in Environmental Management from Webster University, St. Louis, Mo., and a Bachelor of Science degree from University of Wisconsin-La Crosse, La Crosse, Wis..

His military education includes the Chemical Officers' Basic Course, Chemical Captain's Career Course, U.S. Army Command and General Staff College, and the National War College.

His previous assignments include: Battalion Chemical Officer, 1st Battalion, 22nd Infantry Regiment; Decon Platoon Leader and Recon Platoon Leader, 2nd Chemical Battalion, 44th Chemical Command; Assistant Battalion S3, 2nd Command Battalion, Headquarters and Headquarters Detachment; Brigade Chemical Officer, 3rd Brigade Combat Team, 1st Cavalry Division; Company Commander, 2nd Chemical Battalion, 181st Chemical Command, Fort Hood, Texas, 2001-2006; Joint Chiefs of Staff Intern, J-5; Joint Chiefs of Staff Intern, G-3/S/7, Army Corps of Engineers, Washington DC, 2009-2010; Brigade Operations Officer, 48th Chemical Brigade; Battalion Detachment Executive Officer, 2nd Chemical Battalion; Brigade S3, 48th Chemical Brigade, Headquarters and Headquarters Detachment, Fort Hood, Texas, 2011-2013; HRC CM Branch Field Grade Assignments Officer for the Officer Personnel Management Directorate, Human Resources Command, Fort Knox, Ky., 2014-2016; Professor of Military Science for the ROTC Program at the University of Minnesota Twin Cities, Minneapolis, Minn., 2016-2019; Milwaukee Army Recruiting Battalion Commander, Milwaukee, Wis., 2019-2021; Protection Directorate and Senior CBRNE Advisor to the Commanding General, III Armored Corps, Fort Hood, Texas, 2021-2023.

Colonel Keenan's awards and achievements include the Bronze Star; the Purple Heart; Defense Meritorious Service Medal (4 Oak Leaf Clusters); Joint Service Commendation Medal, Army Commendation Medal (2 Oak Leaf Clusters); Army Achievement Medal (4 Oak Leaf Clusters); Joint Meritorious Unit Award; Army Meritorious Unit Award; Army Superior Unit Award; Army Good Conduct Medal; National Defense Service Medal; Global War on Terrorism Expeditionary Medal; Global War on Terrorism Service Medal; Korea Defense Service Medal; Noncommissioned Officer Professional Development Ribbon; Army Service Ribbon; Joint Chiefs of Staff Identification Badge; Army Staff Identification Badge; Army Recruiter Identification Badge; and the Combat Action Badge.

"America's Arsenal"

Hails and Farewells

Editor's Note: Due to system issues, Hails and Farewells for the month of April will not be published.



Army Civilian Corps Creed



I am an **ARMY CIVILIAN**—a member of the Army team.

I am dedicated to our Army, Soldiers, and Civilians.

I will **ALWAYS** support the mission.

I provide leadership, stability, and continuity during war and peace.

I support and defend the Constitution of the United States and consider it an honor to serve our Nation and our Army.

I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

I am an **ARMY CIVILIAN**.



Arsenal Sentinel



Col. Collin K. Keenan, Commander
Roch Byrne, Deputy to the Commander
Cheryl Avery, Public Affairs Officer
Rachel Selby, Sentinel Editor/Social Media
Hugh Morgan, Photographer
Kevin Wilson, Webmaster

Online Conduct

Think.Type.Post

"Army Professionals, by our solemn oath, voluntarily incur an extraordinary moral obligation to uphold the Army Values, which apply to all aspects of our life.

Although our lives are changed by the Internet and social media in general, the standards of our conduct have not.

Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold

ourselves and others accountable.

Trustworthy Army Professionals do not tolerate double standards; anything that is unacceptable to say or do in person is also unacceptable to write or post online.

When using electronic communication, members of the Army Team should apply "Think, Type, Post."

"Think" about what message/information is being communicated and who could potentially view it; "Type" messages or convey information that is consistent with the Army Values; and "Post" if the message/information is responsible and demonstrates dignity and respect for others.

Remember whenever online - "Think, Type, Post."

This newspaper is an authorized publication for members of the U.S. Army. Contents of the Arsenal Sentinel are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of Army or Pine Bluff Arsenal. It is published monthly - digitally/print. <http://www.pba.army.mil>

Keenan takes place as Arsenal's 41st Commander

By Rachel Selby

Col. Collin K. Keenan took command of Pine Bluff Arsenal April 13, during a morning ceremony outside the Arsenal's Headquarters Building. Keenan is the Arsenal's 41st commander. Not only will he serve as the Arsenal's commander but will oversee operations at Radford Army Ammunition Plant in Radford, Va., and Holston Army Ammunition Plant in Kingsport, Tenn.

During the ceremony, flags were passed from Roch Byrne, PBA Commander's Representative, to Col. Landis C. Maddox, Commander, Joint Munitions Command, to Keenan. The passing of flags signifies both the symbolic and official transition, and the assumption of responsibilities to the new commander. Maddox officiated the ceremony.

"It is a great day to be at Pine Bluff Arsenal," said Maddox. "There is no other place I would rather be than right here, right now. On behalf of Team JMC, it is truly an honor to stand before you as the Joint Munitions Command commander. What a great day to be an American Soldier presiding over this historic ceremony."

Maddox thanked and recognized everyone for attending the ceremony, whether in person or virtually. The ceremony was streamed live via Facebook. "Today we transfer responsibility of this command from Roch Byrne to Col. Collin K. Keenan. This ceremony symbolizes a time-honored tradition of recognizing those who served in the command with excellence, as well as welcoming in the incoming command team. This change of command ceremony assures we reflect upon the accomplishments of Pine Bluff Arsenal."

Maddox recognized Byrne for his leadership. "We could not do it without him. I am truly thankful for him," he said. "You have a fantastic leader in Roch. You are a rock star!"

The U.S. Army is currently going through one of its biggest transformations in more than 40 years, said Maddox. "Col. Keenan is the right commander, in the right place, at the right time to take com-

mand of Pine Bluff Arsenal and move it to the next level," he said, as he welcomed the Keenan family to the Joint Munitions Command family.

Keenan started his speech as the Arsenal's newest commander with a thank you to everyone attending.

"Wow. What a good morning" said Keenan. "It is a beautiful morning, and it is special because you are here to partake in this historic ceremony. It is about you. It's about people, and we are going to do this together. There is no place I'd rather be than right here, right now at Pine Bluff Arsenal."

Keenan said he felt blessed to be in Arkansas. "I want to thank my Lord and Savior for guiding my steps. I just recently found out I was coming here, and it is great to be here."

He thanked his wife, Grace, his children, and family members.

"To Roch Byrne, I must thank you and your family for your commitment to this base and its people," said Keenan. "I'm super excited to get to the opportunity to know you guys even more."

Keenan said it is a tremendous honor for both him and his family to be afforded this opportunity to become the 41st Commander of this 81-year-old organization.

"Our buildings are filled with a rich history of dedication, commitment and honor by those who have walked the halls before us, and those who currently carry the torch in operating and maintaining this storied installation," he said. "I'm both excited and humbled to have been selected to lead this dedicated Workforce. The greatest gift a Soldier can ever receive is the opportunity to command and lead. I want you to know I take that honor very seriously, and am 100 percent committed to our mission, Workforce, and the United States Army."

Kylie Byrne, daughter of Roch and Diana Byrne, sang the National Anthem. Amelio Howard with PBA's Directorate of Information Management gave the invocation. Keenan's wife, Grace Keenan, was presented with a bouquet of yellow rose buds, and his

brother-in-law, Air Force Maj. Moses Mhayamaguru, was presented a Challenge Coin.

The ceremony was followed by a reception at the Arsenal's Training Center.

"Wow. What a good morning. It is a beautiful morning, and it is special because you are here to partake in this historic ceremony. It is about you. It's about people, and we are going to do this together. There is no place I'd rather be than right here, right now at Pine Bluff Arsenal."



From left, Pine Bluff Arsenal Commander Col. Collin K. Keenan, and Joint Munitions Command Commander Col. Landis C. Maddox, pose for a photo in front of the flag at the Arsenal's Headquarters Building, following the Assumption of Commander ceremony April 13.

U.S. ARMY PHOTOS BY HUGH MORGAN



Kevin Bradley, right, with Pine Bluff Arsenal's Employee Assistance Program Office, presents a Challenge Coin, to Col. Collin K. Keenan's brother-in-law, Air Force Maj. Moses Mhayamaguru, at the beginning of the ceremony.



Right, April Harris, with Pine Bluff Arsenal's Commander's Office, presents Col. Keenan's wife, Grace, a bouquet of yellow rose buds, at the beginning of the ceremony.

Electric cars come to Pine Bluff Arsenal

By Rachel Selby

Pine Bluff Arsenal received their first electric vehicle planned for deployment on the installation at the end of calendar year 2022. Nine Chevy Bolts are currently in use.

According to Jessie Brust, equipment specialist and chief of the Arsenal's Mobile Equipment Division under the Directorate of Public Works, some of the cars have gone to the Directorate of Chemical and Biological Defense Operations, one is going to the DPW Director, and one is going to the Directorate of Engineering and Technology. The rest are fleet vehicles.

"In the past, we had hybrid vehicles, but never fully electric," said Brust. "The fleet vehicles will be the ones we can pull from and assign to different areas on the Arsenal."

Davis Harp, an electrical engineer with DPW, said individual charging stations for the vehicles are still in development. "We are working to get outlets put in at all the areas the vehicles are located. All the vehicles come with chargers in them," he said.

Solar charging stations are expected sometime in April, according to Harp. "These stations will be in the areas where the vehicles are parked," he said. "Some places are less feasible than others. Usually, it takes plugging them in overnight once a week to get a charge."

According to information published in the January issue of the *Arsenal Sentinel's* PBA Energy Corner, electric vehicles have exploded in popularity in the market during the past few years.

"The increase in popularity is partly due to the improved capabilities of the technology manufacturers are putting in the EVs, like new sensors, multimedia systems and even autonomous driving," read the column. "EV purchases are also fueled by the desire of drivers to decrease their current impact on the environment."

The energy column also provided a safety tip to EV drivers. "EV's use electric motors so they tend to be much quieter than vehicles with traditional combustion engines. As EVs become

"The increase in popularity is partly due to the improved capabilities of the technology manufacturers are putting in the EVs, like new sensors, multimedia systems and even autonomous driving,. EV purchases are also fueled by the desire of drivers to decrease their current impact on the environment."

more prevalent at the Arsenal, it is important anyone operating them or on the road with them be more aware of their surroundings," it read. "This will help protect themselves, other drivers and pedestrians."

Primarily, the introduction of EV's on the installation, helps the Arsenal move towards new Army requirements, said Brant Collins, DPW's Energy Manager.

"It began with an Executive Order 14057 – Catalyzing Clean Energy Industries and Jobs Through Federal Sustainability - by President Joe Biden at the end of 2021. This order outlined instructions for all federal agencies decarbonizing operations. The order also set the goals for transitioning to a zero-emission fleet – including all hybrids and EVs – by 2035," said Collins. "The Army's plan is more aggressive. They want a zero-emission fleet by 2030."

Brust said this includes all the vehicles used on PBA, even the transport trucks. "The issue we ran into was with the type of vehicle we tried to order," she said. "This is the Tesla. The kick back from GSA was because there is no support in the area for this vehicle. Support mechanisms in the area is part of the problem."

Local support for the vehicles is key. "Right now, we can't even get mini vans this year," said Brust. "We ordered those as hybrids because we just couldn't get them. Davis and I were on a call a few weeks ago, and some installations have already received medium and heavy-duty vehicles. The main barrier is local support."

Right now, Brust said we are only getting the Bolts, and two Chevy Lightnings have been ordered for DPW. "The Lightnings



Pine Bluff Arsenal received their first electric vehicle planned for deployment on the installation at the end of calendar year 2022. Nine Chevy Bolts are currently in use. Photo below, the inner workings of one of the Chevy Bolts looks very different than a gas-consuming vehicle.

U.S. ARMY PHOTOS BY RACHEL SELBY



are the F-150 trucks," she said. "I'm not sure when we will get them because as of now, production on these trucks has been halted by Chevy."

Brust said when individuals come down to check out a car, the EV's are not their first choice. "They want the gas ones, but when I tell them all we have available are the EV's, they are ok with it," she said. "They are doing pretty well with them and are good about bringing them back down to us at the end of the week for charging over the weekend."

It is always an uphill task in changing the mindset, said Collins. "When you do something different it can be a challenge," he said. "Electric vehi-

cles have been out there for a while but not real mainstream. They haven't been truly affordable, and the technology still has a way to go. People's reservations are completely understandable."



Please join VFW & VFW Aux. Post 4455, SE Arkansas Area on Aging and Jefferson County in honoring ALL Veterans at VFW's National "Day of Service".

Saturday, May 6, 2023 11 am to 3 pm

Elga Lee Roberts Jefferson County Veterans Service Center

114 S. State Street Pine Bluff, Arkansas 71601

EAP Corner

What's a Mental Health Day? And how can they help?

Courtesy of Pine Bluff Arsenal Employee Assistance Program Office

Each year millions of Americans face the reality of living with a mental illness. During May, the National Alliance on Mental Illness or NAMI, joins the national movement to raise awareness about mental health.

Each year, NAIM fights stigma, provides support, educates the public, and advocates for policies that support people with mental illness and their families.

Workplace stress can contribute to mental and physical health problems. Taking an occasional mental health day gives you time and space to focus on your wellness and seek professional support if needed.

Depending on where you work, you may have the legal right to take time off to deal with a mental health condition.

Taking a mental health day can help us deal with challenging situations whether at work or not. Some examples are getting out in nature or doing something creative.

A mental health day is a limited time away from your usual responsibilities with the intention of recharging and rejuvenating your mental health. It is an intentional act to alleviate distress and poor mood and motivation, while improving attitude, morale, functioning, efficiency, and overall well-being. Here's how mental health days could help.

When you're feeling sick, you know it's probably best to take the day off from work to recover and feel better. We may know how important it is to take care of our physical health, do we know how to take the day off, when it comes to our mental health? Many of us may still hesitate to take time off work to do this.

There may be any number of reasons why you may feel you need to take a mental health day.

- Personal problems,
- Poor working relationships,
- Overworked,
- Feeling burnt out,
- Overwhelmed and stressed.

Left unchecked, these factors may eventually lead to stress, unhappiness, and even mental illness.

Tackling mental health problems early is important for preventing them from getting worse. This is why taking a mental health day to care for yourself, de-stress and re-group can be useful.

So, if you've been feeling more tired than usual, are having trouble sleeping (or not getting good quality sleep), experience changes in appetite or even feeling more impatient than normal, it may be a sign that you need to take a day off work to look after your mental health.

A mental health day can help the person,

- Get recentered,
- Experience gratitude,
- Improve mood and attitude by focusing on things that bring joy,
 - Resiliency is the ability to recover quickly from stress or changes without being overwhelmed or acting in harmful ways.

A word of caution here though. Spending your mental health

NAME _____ OFF SYM _____

WHAT'S A MENTAL HEALTH DAY?

C T U Z D C F P F V S R E E P X V C K P
 V O D R M J Y L L A N O I T O M E W I Y
 Z P E M U O L J X X N K Q I R L V O S I
 B H P G T M K I N S L F Y U Q A I C Q T
 U N R L Y I R M E N P Q D X W T Z F R G
 J C E K L G N I S S E R T S O N B C U M
 M P S A L T O Q A N W G U K Q E C B Z Q
 W S I G A K M V B A L A N C E M T F T J
 D X O S C X C L E M G N I T N E V E R P
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 X E Z B C C Z X X H A B R Z X E J N Y B
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 P J Q W P X P S S E N L L I U G Z O L I
 K U W E Q E Y L E S Y Z G P P A G W C G

MENTAL CHALLENGING ILLNESS PSYCHOLOGICALLY DEPRESSION	HEALTH CREATIVE PREVENTING BALANCE MOOD	STRESSING OVERWHELMED EMOTIONALLY EXERCISE
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day ruminating on your woes, thinking about the things that are stressing you out, or simply doing nothing at all is unlikely to have any benefit to you.

Making the most of your mental health day

The best way to spend your mental health day is likely to be linked to the reason you took it in the first place.

If you're overwhelmed with your workload and have been very busy, then spending time thinking about how you can improve your work/life balance or getting organized might be most useful in helping you to feel better.

If you're miserable with your job, then spending the day looking or applying for other jobs might be a good call.

But, if you're feeling emotionally or psychologically drained, here are a few other things you can do to improve things:

Get creative. We know that creativity is good for us, even if you aren't very good at what you're doing. Whether it's painting, singing, crafting or writing in a journal, spending time being creative helps release tension and boost energy levels.

It's a bit like how you worked through issues and learned by playing as a child. Creativity works much in the same way. It can help us relieve stress and indirectly helps us work through the things that were bothering us to begin with.

Get physical. Exercise is shown to be as effective as medication in treating many mental health issues. In fact, exercise can be so good for mental health that it's often used as a first-line treatment for people with moderate depression.

It doesn't matter what kind of exercise you do. Wheth-

er you like running, walking, weightlifting, yoga, any exercise is good for managing stress and lifting mood, thanks, in part, to the feel good chemicals that our body naturally releases during exercise, (*Walker, Sandra, © 2022*).

Seek help: If you feel, stress, tired, or overwhelmed and self-help isn't helping, the Employee Assistance Office staff are here to help. The EAP staff can help you learn how to manage your stress effectively and help you identify situations or behaviors that contribute to your stress.

We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life.

Our office is located in Bldg. 13-040, and our phone number is 870-540-3094. The Care line number is (870) 556-0116.

Child Abuse Prevention Rally

“These Hands Don’t Hit



Tiffany Penister, Pine Bluff Arsenal’s Army Community Service Director, attended the Child Advocacy Center’s Child Abuse Prevention Rally at the Donald Reynolds Center in Pine Bluff April 21. She provided an information booth, sharing information about PBA’s Family Advocacy Program, and how it helps military families by providing resources that strengthen family relationships and improve quality of life. Penister also shared information on prevention, education, reporting procedures, and intervention methods that help families to navigate challenges that stem from child abuse and neglect. U.S. ARMY PHOTO BY HUGH MORGAN



From left, Brigit Smith, Child and Youth Services Supervisory Program Specialist; Cheri Sullivan, CYS Training Specialist; Marcus Griffin, CYS Outreach Services Director; Tiffany Penister, PBA Family Advocacy Program Manager; Josh Scott, CYS Facility Director; and April Parker, CYS Coordinator, pose with a banner April 18. The banner created by the CYS staff hands was done in recognition of Child Abuse Awareness Month and read “These Hands Don’t Hit.” Penister also held a Child Abuse Awareness Month scavenger hunt for the children with color pinwheels, which are symbols during for Child Abuse Awareness. Pinwheels were hidden around the CYS playground for the children to find.

U.S. ARMY PHOTO BY HUGH MORGAN

Cool Breezes / call 540-3777

<p>Salads</p> <p>Either start with a blend of iceberg or our Spring Mix. Add in some diced tomatoes, shredded cheese, top with carrots, 3 slices of egg, bacon bits, diced cucumbers and two pepperoncini peppers.</p> <p>Garden Salad (No Meat) \$4.50 Chef Salad (Ham or Turkey) \$6.00 Chicken Strip Salad (Crispy or Grilled) \$7.50 Philly Steak Salad (Philly Meat) \$8.50</p> <p>All salads are served with crackers, croutons, and one dressing: Ranch, Thousand Island, Balsamic Vinaigrette, or Lite Italian.</p> <p>Personal 7” Pizza</p> <p>Cheese \$5.50 Additional Toppings (Each) \$0.25 Onions Jalapenos Pineapples Additional Meat Toppings \$0.75 Pepperoni, Ham, Turkey, Bacon pieces</p> <p>Appetizers and More</p> <p>Frito Pie \$3.75 Nachos \$3.50 Fried Pickles or Green Beans \$3.25</p> <p>Extras</p> <p>Bacon (2 slices) \$1.75 Nacho Cheese \$1.00 Chili \$1.00 Slice Cheese \$0.50</p>	<p>Quarter Pound Burgers</p> <p>Hamburger \$4.25 Combo (with fries) \$6.25 Cheeseburger \$4.50 Combo (with fries) \$6.50 Double Cheeseburger \$6.25 Combo (with fries) \$8.25</p> <p><i>Comes with lettuce, tomato, onions, pickles and your choice of American or Swiss Cheese</i></p> <p>Other Items</p> <p>Country Fried Steak Sandwich (with fries) \$5.25 Philly Cheesesteak (with fries) \$7.25 Polish (with fries) \$6.50 Polish (with fries) \$8.50 Polish (with fries) \$3.50 Polish (with fries) \$5.50</p> <p>Seasoned Potato Wedges (JoJo’s) \$2.25 Steak Fries \$2.25 Tater Tots \$2.25 Fried Okra \$2.25 Onion Rings \$2.50</p> <p>*New Items*</p> <p>Hot Ham & Cheese \$4.25 Combo (with fries) \$6.25 Grilled Cheese \$2.50 Combo (with fries) \$4.50 Cold Cut (Ham, Turkey) \$6.50 Combo (with fries) \$8.50 <i>6 slices of meat, lettuce, tomato and cheese</i></p> <p>Don’t forget about making any sandwich a wrap. It is the same as the menu price.</p> <p>* Ask about our DAILY specials *</p>	<p>Chicken</p> <p>Chicken Strips (3) \$5.85 Combo (with fries) \$7.85 Crispy Chicken Sandwich \$5.25 Combo (with fries) \$7.25</p> <p><i>Comes with 1 dipping sauce per order, Buffalo, Ranch, Honey Mustard, or BBQ Extra sauce is \$0.50 each</i></p> <p>Treats</p> <p>Ice Cream Bowl \$2.25 Slushies \$1.50 Candy Bars \$1.25 Cookies \$0.85 Chips \$0.75 Breakfast Snacks \$1.25</p> <p>Drinks</p> <p>Sweet/Unsweet Tea \$2.25 Bottle Sodas \$2.00 Poweraid/Lemonade \$1.60 Flavor Water \$1.60 Water \$1.10 Can Sodas \$1.50 Monsters \$3.25</p> <div data-bbox="1101 1696 1463 1900" style="text-align: center;"> </div> <p>Actual Bacon Cheeseburger Made By: Stephen</p>
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SHARP Color Run



(Photos above and right) Pine Bluff Arsenal's SHARP (Sexual Harrassment/Assault Response and Prevention Program), partnered with PBA's Family Advocacy Program, Employee Assistance Program Office, the Jefferson Regional Medical Center Wellness Center and the Univeristy of Arkansas at Pine Bluff Army ROTC to host a 5K Color Fun Run/Walk April 22 at the JRMC Wellness Center Track. This event provided the opportunity for the Arsenal to bring programs directly to the community. Approximately 60 individuals participated in the Color Run.

April is Sexual Assult Awareness and Prevention Month. This year's theme is Culture of Trust: There is US in Trust. Build trUST Together! Building trust to prevent sexual assault along with reporting the assault and advocating for those who have been assaulted, aid in shaping a culture of trust. We cultivate trust by identifying situations that pose a risk for sexual harassment and sexual assault and demonstrate the personal and social courage to safely correct harmful behavior. One major aspect of raising awareness and striving for prevention is knowing what sexual assault and harassment are, what it looks like and ways to stop it. Tolerating toxic behaviors in the work environment impedes the Arsenal's ability to maintain mission readiness. It's a team effort! Creating a culture that not only condemns the assault, but also intervening to prevent it can help prevent future incidents. Sexual assault awareness and prevention is not just during the month of April but all year long. U.S. ARMY PHOTOS BY HUGH MORGAN



Pine Bluff Arsenal's Deputy to the Commander Roch Byrne (center) cuts a cake with Tiffany Penister, PBA's Army Community Service Manager (left), and Sharon Anderson, PBA's Sexual Harrassment/Assault Response and Prevention Program Manager, to commemorate April as Sexual Assault Awareness Prevention Month and Child Abuse Prevention Month. Other staff members looked on and enjoyed in the festivities. The cake cutting and proclamation signings were held April 5 in the Arsenal's headquarters building.

U.S. ARMY PHOTO BY HUGH MORGAN




Pine Bluff Arsenal

PROCLAMATION by the COMMANDER'S REPRESENTATIVE,

April 2023, our Pine Bluff Arsenal will observe Sexual Assault Awareness and Prevention Month with the theme of "Culture of Trust: There is US in Trust. Build trUST Together!" Building trUST requires PBA and its employees to be committed in creating a culture and upholding the Army's & Civilian Core Values.

Building trUST to prevent sexual assault along with reporting the assault and advocating for those who have been assaulted, aid in shaping a culture of trust. To combat sexual assault, we must work together as a team. We cultivate trust by identifying situations that pose a risk for sexual harassment and sexual assault and demonstrate the personal and social courage to safely correct harmful behavior. Sexual Assault Awareness and Prevention Month offers an opportunity to focus your attention on your individual roles in preventing sexual harassment and sexual assault. It's also an opportunity to revisit our existing procedures, including how to contact a Sexual Assault Response Coordinator, how to make an unrestricted report as well as know about available community resources.

Pine Bluff's preventive approach engages Leaders, and Civilians at all levels, to make a personal commitment to treat every person with respect, take responsibility for their actions and intervene when necessary. We must work together to educate ourselves about what can be done to prevent sexual assault and harassment. "We Are A Team", everyone is encouraged to intervene, to protect the Pine Bluff Arsenal family from situations that lead to sexual assault and sexual harassment.

Let's promote responsibility for self, peers, and co-workers in addressing harmful behaviors at all levels of the continuum of harm when it comes to sexual harassment and sexual assault. Remember, each of us play a role in preventing sexual assault and harassment. "We Are A Team", you matter, your words matter, your relationships matter, and your actions matter. So, have the personal courage to step forward, prevent, report and advocate. Join me in making this year's SAAPM the beginning of a year-round campaign to eradicate sexual assault and sexual harassment.

NOW, THEREFORE, I, ROCHJJ. BYRNE, PBA Commander's Representative, do hereby proclaim that April 2023 shall be declared Sexual Assault Awareness and Prevention month and call upon Pine Bluff Arsenal personnel and their families to increase their participation in our efforts to prevent sexual assault, thereby strengthening the PBA community.

GIVEN UNDER MY HAND,


 ROCHJJ. BYRNE
 Commander's Representative
 5th day of April 2023

DPW Spotlight



Top left photo, Justin Smallwood and Travis Clark, with Pine Bluff Arsenal's Directorate of Public Works, Carpenter Shop, replace the roof on a production building.

Top right photo, Joseph Musgrove and Robert Morrison, with Pine Bluff Arsenal's Directorate of Public Works, Operations and Maintenance Division, attend crane operations training with instructor, Ira Rice.

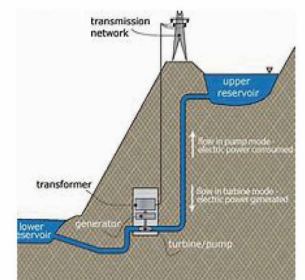
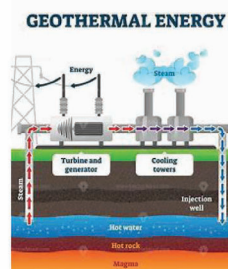
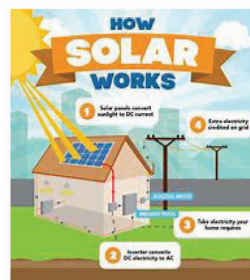
Photo above, right, Richard Colburn with Pine Bluff Arsenal's Directorate of Public Works, Engineering Plans and Services Division, along with Eddie Betts, Clayton Camber and BJ Walker with Lindsey Osborne, conduct train track inspections.

U.S. ARMY PHOTOS BY TRACEE MILLS, BOID



PBA Energy Corner

Renewable energy is a very popular topic in many sectors. Factors such as environmental impact, reduced reserves of fossil fuels, and versatile generation all contribute to their rapid growth. Whether it be public, private, industrial, or consumer, renewables are typically seen as the future for energy generation. At the end of 2021, President Joe Biden signed Executive Order 14057 – *Catalyzing Clean Energy Industries and Jobs Through Federal Sustainability*. This EO set forth many new goals for the federal government to reduce environmental impact and supporting the clean energy sector. Section 203 of the EO covers the federal government's goals to transition to 100% carbon pollution-free electricity. It requires that each federal agency increase its use of carbon pollution-free electricity such that it constitutes 100% of facility electrical energy use on an annual basis by fiscal year 2030. For Pine Bluff Arsenal (and the Army as a whole) the requirements of EO 14057 mean that renewables will become a part of our future, helping introduce new opportunities for a more versatile and resilient energy posture.



When most people think of renewables, they immediately think of the popular technologies like solar panels and wind turbines. These technologies are tested and proven, but renewable energy has come a long way. There are many innovative methods of producing clean energy that could be pursued by PBA, the Army, and the rest of the federal government. There are methods of using geothermal energy deep in the ground to heat water into steam that turns a turbine and produces electricity. There are also interesting energy storage methods, such as pumped hydro, which uses electricity from solar panels or windmills to pump water up hills that can be released through water turbines to produce electricity during times when the sun isn't shining, or the wind isn't blowing. Renewable energy, although not perfect, is an exciting move for our future at PBA, the Army, and our communities.

If you have any energy-related questions or additional tips, please contact ext. 2824

Drug Take Back



Members of Pine Bluff Arsenal's Employee Assistance Program along with the Jefferson County Sherriff's Office hosted a Prescription Drug Takeback Event April 20. Top photo, employees were encouraged to bring expired and unneeded medication to the event. According to Kevin Bradley with EAP, 10.5 pounds of medication was collected. U.S. ARMY PHOTO BY HUGH MORGAN



Johnetta Ford with Pine Bluff Arsenal's Directorate of Information Management, gives blood during a drive April. 13. The blood drive with Arkansas Blood Institute was held at the Arsenal's Recreation Center. A total of 10 pints of blood was donated, which can save up to 30 lives. Sixteen complete procedures were done, which can save up to 48 lives. U.S. ARMY PHOTO BY HUGH MORGAN



Reading to children at Arsenal's CYS

Pine Bluff Arsenal's Deputy to the Commander Roch Byrne reads to children at the Arsenal's Child and Youth Services Center in April 19. U.S. ARMY PHOTO BY HUGH MORGAN

Driving Safely in the Rain

Check your vehicle is ready for the wet.
E.g. Wipers are in good condition, tyres are properly inflated and have at least 1.5mm tread. Consider anti-fogging products for all inside windows. Also, **turn off Cruise Control** in case you slide or aquaplane, and **turn on Stability and Traction Controls**.

Allow more time to travel...
so you don't get stressed with delays or detours.

Turn on your headlights... even during the day. If there is a heavy fog use low beam to avoid glare.

Turn off all distractions...
and keep both hands on the steering wheel.

Turn on the airconditioning... and adjust vents to help keep all windows clear of fogging.

Slow down to adjust to the conditions.
The signed speed limit is only for ideal conditions.

Double the distance between you and the vehicle in front.
This will allow room to brake or manoeuvre without sudden braking or swerving. In a car allow 4 seconds between you and the vehicle in front. In a heavy vehicle double the stopping distance to about 8 seconds. If towing a trailer or caravan, add 2 seconds for each 3 metres of what you are towing.

Drive in the tracks of the car ahead...
so there is less water for your tyres to displace.

Be EXTRA Alert... especially for pedestrians and cyclists who will be less able to see you, and for hazards caused by the rain or storm.

Avoid large puddles if practicable. You can't see what's hidden such as potholes, and driving through large puddles can splash water into your engine electrics and affect your brakes. If you do drive through deep water, press your brakes lightly to dry them out.

Do not pass trucks and buses unless you have to. They can spray up large amounts of water on your windscreen to obscure your vision.

Be Patient. Everyone is in the same boat, and not everyone is confident or prepared for driving in the wet.

If the rain is too heavy to drive safely... pull over where you aren't obstructing traffic or being a hazard to other drivers, and turn on your hazard lights.

www.promotesafety.com.au

Though this information is from reliable sources, it is general in nature, so you should ensure it is suitable for your individual driving situation, and complies with the Health & Safety standards, training and procedures of your workplace, and the requirements of the Driving and VHS laws of your State or Territory.



GET IT NOW!

The GSA store carries the supplies you need. Stop by building 23-330 or call 540-3416/17 today!

