



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

PBA Safety Glance



**Safety Element for fiscal
year 2023
Lost Day Case Rate: 0.74
Award Goal: 0.57**

***Lost time injuries for fiscal year 2023 is three. There is zero lost time injuries for June 2023.**

***Recordable injuries for fiscal year 2023 is five. Recordable injuries is zero for June 2023.**

***Pine Bluff Arsenal days without a lost time injury is 44.**

***Pine Bluff Arsenal days without a recordable injury is 44.**

***Estimated hours worked without a lost time injury: 142,133.**



State of the Arsenal, Morale Day held at PBA

By Rachel Selby

Pine Bluff Arsenal's Workforce gathered at the White Hall Community Center June 1, to listen to the new Commander's Philosophy/Expectations, and summer State of the Arsenal briefings by Arsenal Commander Col. Collin K. Keenan and Deputy to the Commander Roch Byrne.

The morning gathering also included presentations on leadership by Jon Harrison, a former executive of Caterpillar, Inc., an Active Shooter/Stop the Bleed presentation by the Jefferson County (Ark.) Sheriff's Office, and a Sexual

Harassment/Assault Response and Prevention training from Chris Sinde with Joint Munitions Command.

Keenan delivered his presentation via pre-recorded video due to mandatory travel for JMC's Change of Command.

"Morning Team Pine Bluff! It is an honor to be the 41st commander of this installation," said Keenan. "We have nearly 600 employees who carry on the legacy of this installation for almost 82 years."

The commander apologized for not being at the

event. "There is nothing I would rather do than be there with you. This video was the next best thing I could do," he said. "Today's video will cover who I am, my values, our new Arsenal mission statement, the Warfighter – who we support as an organization, and my leadership philosophy and expectations."

He said he has been in the Army for 33 years, starting out in the Army Reserves at 17 while still in high school. "I am originally from Milwaukee, Wisc., a big cheesehead, and lover of Wisconsin sports," said Keenan. "Before

coming to the Arsenal, I served as a CBRNE Officer and Protection Chief, and prior to that job I spent a year at the National War College in Washington, D.C. I was also an Army Recruiting Battalion Commander in Milwaukee, Wisc. It was great being able to command in my hometown."

Keenan was also a professor of Military Science for the ROTC Program at the University of Minnesota Twin Cities in Minneapolis, Minn.

See ARSENAL Page 4

Radford Change of Command Humphreys takes helm of ammo plant

By Rachel Selby

A cool, breezy but sunny morning greeted distinguished guests, family and friends of Radford Army Ammunition Plant June 8 as Lt. Col. Russell A. Jones relinquished command of Radford Army Ammunition Plant to Lt. Col. Adrien G. Humphreys. Jones had been commander of Radford since June 3, 2021.

The ceremony was held at the Radford Fire and Emergency Services Building and broadcasted live on the Radford Facebook page. "We welcome all friends, family, past commanders of Radford Army Ammunition Plant, co-workers and distinguished guests," said Len Diiioia, Risk Management Team Chief for Radford, and the narrator for the ceremony.

Brooke Jones, Project Management Engineer for Radford, gave the invocation after the entrance of the official party.

"Heavenly Father, we thank you for this day, for this ceremony that brings us together, which reminds us not only of the strength of our Armed Forces but the freedom of our nation. We thank you for this great country and your provincial care over us," she said. "We pray for this ceremony today and that your

See RADFORD Page 3

Lt. Col. Adrien G. Humphreys takes the Radford guidon from Col. Collin K. Keenan during a Change of Command ceremony June 8 at Radford Army Ammunition Plant in Virginia, as Joint Munition Command Command Sgt. Maj. Christopher J. Reaves and Lt. Col. Russell A. Jones stand at attention during the ceremony. U.S. ARMY PHOTO BY LAURA DICKERSON-RFAAP



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

Team Pine Bluff,

It is truly an honor being your commander. This team is working hard to ensure Pine Bluff Arsenal focuses its efforts to support and sustain CBRN, munition, and textile readiness for America's Joint Warfighter.

I'm glad to hear the Arsenal's Morale Day was a success! I've been out on military travel a lot this past month. I wish I didn't have to miss the presentations and activities. I hope you enjoyed my video and understand my expectations as your new leader. I also hope everyone took the opportunity to converse with your fellow co-workers and get to know each a little more. I really wish I could have attended but military duty called me to participate in the Joint Munitions Command Change of Command June 1 at Rock Island Arsenal in Moline, Ill. We welcomed Col. Ronnie Anderson, Jr., as the new JMC Commander, and bid farewell to Col. Landis C. Maddox as he transitions to his next assignment at Redstone Arsenal in Huntsville, Ala.

The following week included my first visit to the Radford Army Ammunition Plant, in Virginia, where I presided over the Change of Command from Lt. Col. Russell A. Jones to Lt. Col. Adrien G. Humphreys June 8. Lt. Col. Jones completed his two-year tour and is slated to attend the Naval War College in Newport, R.I., beginning in July. Lt. Col. Humphreys has completed various command level, and operational chemical/biological assignments since commissioning a Chemical Officer. Radford's mission is to provide America's Warfighter with superior performing propellants, energetics, and munitions. She is the perfect person to take on command in southwest Virginia. I also got to tour the production facility and gained a first-hand appreciation of the organization's vital importance to our nation's defense.

My travels continued June 12-16, as Roch Byrne and I attended the Organic Industrial Base Wargame at Army Material Command Headquarters in Alabama. Mr. Byrne and I highlighted the necessity of



Col. Collin K. Keenan

resources required for modernization efforts at PBA. We communicated the Arsenal's project needs through Fiscal Year 2030. I am hopeful we will receive resources which better prepare the installation to complete organizational workload requirements for many years to come.

My family is really enjoying Arkansas! My wife, Grace, will be here throughout the majority of July, and my children, Kylan, Collin, and Cohen, are busy hitting all the hot spots of the Arsenal. We are already spending most of our free time at the Fitness Center, Cool Breeze's, and in the outdoors for soccer and trying our hand at fishing. We will certainly accept any pointers on some of the Arsenal's best fishing holes.

I am continuously reminding my kids to drink plenty of fluids because this place gets hot! We've also realized Arkansas bugs are nearly the size of wildlife found in various other states. I also ask each of you to drink plenty of water, be aware of the heat categories, and look out for each other while completing your daily duties and responsibilities.

Summer is definitely here. Arsenal work plans for deal-

ing with the heat should now be in place and in practice. By staying hydrated and mindful of heat-related injuries, we can all have a safe and fun summer.

This installation is a true gem, just like the great people that work here on our installation. Thank you for being part of the PBA team. The work you do here is important. Remember the key to daily success is a positive attitude. Maintain a positive approach to co-workers and supervisors, take care of yourself by eating right and maintaining a proper fitness routine, and never forget the power of a friendly smile!

The 41st Commander

Hails and Farewells

Hails

Drew B. Austin, Production Equipment Mechanic, has joined the Directorate of Public Works.

William G. Davies, Engineering Technician, has joined the Directorate of Chemical and Biological Defense Operations.

Logan C. Reichard-Hurt, Engineering Technician, has joined the Directorate of Risk Management and Regulatory Affairs.

James M. Moore, Maintenance Mechanic, has joined the Directorate of Public Works.

Retirement

William O. Dean, Electrician, has retired from the Directorate of Public Works. Dean retires with five years of government service.

Farewell

Sharon L. Anderson, Sexual Assault Response Coordinator (SHARP), has left the Office of the Commander for an appointment with the U.S. Air Force.

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 tol-

erate 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."

Important numbers

Army Benefits Center (ABC): 1-877-276-9287.

Thrift Savings Plan (TSP): 1-877-968-3778.

Social Security (3511 Market Street, Pine Bluff): 1-866-563-9693.

Office of Personnel Management (OPM): 1-202-606-1800.

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

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RADFORD from Page 1

presence be with us. We want to thank you for the diligent and faithful leadership of Lt. Col. Russell Jones as he hands over command today. Bless the new commander, Lt. Col. Adrien Humphreys as she executes her new responsibilities, she does so with wisdom, courage, and strength."

During the ceremony, flowers were presented to Jones' wife, Stephanie, in appreciation for her support during his command, and her devotion and support to the Radford Army Ammunition Plant Civilians and their Families. Flowers and gifts were presented to Jones' children, Reese, Harper, Noah, and Braxton, in appreciation for their support to their dad and the Army Family.

Gifts were presented to Humphreys' brothers, Chester and Leroy Humphreys, and her nephew, Trevon Humphreys, in appreciation for their support.

"Known as the 'Heart of the Ammunition Enterprise', Radford Army Ammunition Plant has a long and distinguished history in support of our nation's warfighters. Team Radford provides America's Warfighters with superior performing propellants, energetics, and munitions to enable engagement and destruction of targets with total confidence," said Diioia. "For the past 80 years, Radford's dedication to service and the warfighter has continued with products supporting the nation's men and women in uniform during every military conflict since World War II."

Col. Collin K. Keenan, Commander of Pine Bluff Arsenal, served as the presiding officer during the change of command ceremony. U.S. Army Joint Munitions Command Sgt. Maj. Christopher J. Reaves, the color bearer, led the ceremony as Radford's colors were moved from Jones, the outgoing commander, to Keenan, then to Humphreys.

"Good morning. What a wonderful day it is to be in the great State of Virginia! It has been a few years since I've been out here," said Keenan. "It is indeed an honor to be at the Radford Army Ammunition Plant for today's Change of Command ceremony. Thank you for being with us today on this beautiful morning."



Radford Army Ammunition Plant Commander Lt. Col. Adrien G. Humphreys speaks to the audience during a Change of Command ceremony June 8. U.S. ARMY PHOTOS BY LAURA DICKERSON-RFAAP

Acknowledging Jones' wife and his four children, Keenan said it was great to have this family here today. "I know the swelling of pride you must feel today as we passed the colors and celebrated your family's place in Radford's rich history," he said.

PBA's commander recognized Jones' outstanding leadership to the Radford workforce during his remarks.

"The plant continued its mission as the leader in the manufacture of propellants, explosives, and energetics. Russ is a highly effective strategic communicator and developed and delivered messages clearly communicating Radford's critical importance to our nation's readiness," said Keenan. "He ensured an environment of making people his top priority. He reinvigorated the staff recognition process. Well done Russell and Team Radford!"

Welcoming Humphreys to the Radford team, Keenan said he looked forward to getting to know her in the coming years. "You have an important mission ahead of you. By diligently focusing on established pri-

orities, empowering your new team, and fostering a positive and winning mindset among the workforce, I'm confident you will build upon the incredible reputation Radford enjoys in this community," he said. "Lt. Col. Humphreys, it is great to have you on board here in southwest Virginia."

Emotional during his remarks, Jones said it was amazing how fast two years can fly by.

"It seems like yesterday when I was taking the guidon, and now I'm passing it on to another great leader," he said. "Today I stand before you with a great sense of pride as the 41st Commander of Radford Army Ammunition Plant. It has truly been a great two years. I'm so proud of what the team here has accomplished, and I'm humbly grateful for the opportunity to have commanded such an amazing organization."

Jones reflected on all the projects completed during his tenure.

"We have accomplished so much over the past two years. When I first arrived, the new NC (Nitrocellulose) facility

seemed like an impossible milestone to complete. Now in conjunctions with BAE, we will be hitting the final steps to getting this state-of-the-art facility into production," he said. "We also continued our commitment to the community by reducing waste burned in the open burning grounds. Our new Energetic Incinerator Waste Project will break ground in August and be operational in 2025. This facility will reduce our burn waste to almost nothing."

He thanked his family for all their support. "I know that no matter how much I achieve in the military, my biggest mark on this planet will be you," he said, speaking of his four children. "Always know how deeply you are loved. You and your mom are my life."

Jones said he envied Humphreys because she is inheriting a wonderful staff.

"I could not be prouder to turn the reins of command over to you. The Army got it right," he said. "I know you will continue the strong tradition of teamwork and success that makes up this wonderful installation. If you ever need anything, I'm just a phone call away. I will miss this job and this area."

Thanking everyone for their support and warm welcome, Humphreys said the presence and sacrifices of Team Radford are truly appreciated.

"I acknowledge my Heavenly Father for his mercy and grace, and for his unconditional blessings for ordering my steps to align with this incredi-

ble, unique command opportunity," she said. "Never in my wildest dreams would I have thought I would be promoted to O5 (Lt. Col.) and command at the field grade level."

Humphreys touched on the warm welcome she has received from every Civilian and contractor on the installation. "This speaks volumes of the excellent job Lt. Col. Jones and his wife, Stephanie, have done in fostering a team of teams' leadership approach and in sustaining a positive command climate and productive working environment," she said. "I wish you all the best in your personal and professional endeavors."

Acknowledging Team Radford in her remarks, Humphreys said she knew each team member had worked hard to enable a seamless and pleasant transition.

"I have not met or interacted with a team of professionals who portray such infectious passion, overwhelming pride, unwavering confidence, steadfast commitment and exceptional professionalism and expertise," she said.

"You can count on me to be present and fully engaged, genuinely caring, consistently transparent, and ready to go to bat for each and every one of you on any given day. I am proud to be the 42nd Commander."

The ceremony ended with the playing of the Army Song. A reception for Humphreys was held following the ceremony.



From left, Lt. Col. Russell A. Jones, outgoing Radford Commander; Col. Collin K. Keenan, Pine Bluff Arsenal Commander; and Lt. Col. Adrien G. Humphreys, incoming Radford Commander, stand at attention during the beginning of the Radford Army Ammunition Plant Change of Command. Former Radford Army Ammunition Plant Commander Lt. Col. Anthony J. Kazor is also pictured at left in the photo.



Top photo, Brandi Parks, with Pine Bluff Arsenal's Employee Assistance Program, greets employees at the Health and Wellness Fair June 1 at Creasy Auditorium.

Middle photo, Tina Cranford, with the Arsenal's Commander's Office, gets a neck massage at the Arsenal's Health and Wellness Fair.

Bottom photo, employees visit various booths at the Arsenal's Health and Wellness Fair. Information booths included the Arkansas Department of Health, the Army Advocacy Program, QualChoice, Southeast Arkansas Behavioral Healthcare System, GEHA, and more were represented. Several health screenings were also offered as well as a blood drive by the Arkansas Blood Institute.

U.S. ARMY PHOTOS BY HUGH MORGAN AND RACHEL SELBY

ARSENAL from Page 1

"As I get in to telling you about my values, I want to talk about faith," he said, showing a canteen. "This is a canteen I had when I got hit with an improvised explosive device in Iraq. I realized now this canteen took a lot of the shrapnel for me. Ever since that moment, I'm blessed to be alive and have the family I have. Each day we have is a gift."

The commander presented the Arsenal's new mission statement during his remarks.

"Pine Bluff Arsenal exists to support and sustain CBRN, Munition, and Textile readiness for America's Joint warfighter," he said.

"The Warfighter is you and your family. It is America's finest asset. It is our people, and America's sons and daughters who serve. What we do every single day helps us bring loved ones back home and provide them with the resources they need when they are deployed in harm's way. Our people help the Warfighter be successful."

Keenan said one of his expectations was keeping people first.

"We must take care of each other. We are a family. We spend a lot of hours here at work. Our Workforce and families are vital to PBA's success," he said. "We will achieve our mission. It is important we support and sustain our Warfighter."

He said he expects everyone to treat each other with dignity and respect.

"I believe the strongest muscle in our body is our tongue. The tongue has the power to cut someone way down or lift someone up," said Keenan. "Think about

that every time you speak with your co-workers. I also expect everyone to be accessible and approachable. I'm going to be relying on you a lot. This is my first time working in the Organic Industrial Base, so I will be asking you lots of questions so I can learn how best to represent PBA."

Byrne said it was an honor to stand before the gathered PBA Workforce as the deputy to the commander.

"We have a great commander and I'm really looking forward to working for him and with him for the next two years," he said. "I normally reserve judgement for about 90 days, but he is going to be fantastic. I think you can tell from his comments he really wanted to be here today."

Topics of discussion for Byrne centered around Arsenal business, safety, execution, and priorities for the remainder of the fiscal year.

"We have four business sectors here at the Arsenal. What we do everyday for the Warfighter is important," he said. "We started with conventional ammunition and later moved into the area of chemical biological defense. Now, we also do textile manufacturing and surety lab testing."

In the area of safety for fiscal year 2023, Byrne said little things about safety aren't being done.

"It is these things we aren't paying attention to regarding safety which are hurting you. You heard the commander. Our number one priority is safety," he said.

"We have tough and dangerous jobs. We are heading

in the wrong direction. When you don't follow the small stuff, people start getting hurt. I don't want anyone hurt. Our biggest issue is slips, trips and falls. We need to turn this around and start doing the right things."

PBA's business results are another important factor, said Byrne.

"Safety and our business results determine how much money we receive individually at the end of the fiscal year. This is the worst kept secret out here," he said. "We have lost a lot of hours due to supply chain issues. This is something that is basically out of our control, but it hurts everyone in this room."

Some of the top priorities for the Directorate of Ammunition Operations during FY 2023 are the M14 incendiary grenades, M18/M83 smoke grenades, M819 81mm red phosphorus smoke mortars and the M106 smoke grenade. Top priorities in the Directorate of Chemical and Biological Defense Operations are the Dismounted Reconnaissance Sets, Kits and Outfits, Marine Corps kitting, large filter production operations, and various textile products.

The morning events rolled into several events throughout the afternoon on the Arsenal including a Health and Wellness Fair at Creasy Auditorium; Blood Mobile; lunch on the ball fields; and various games including kickball, horseshoes, basketball, spades, dominoes, pool and Baggo. Winning teams and individuals were recognized with a 59-minute award.



Dee Kindrick faces an opponent at the pool table during Pine Bluff Arsenal's Morale Day June 1.

All winners of events during Pine Bluff Arsenal's Morale Day are pictured on Page 6

Anderson takes over as JMC Commander

By Matthew Wheaton
Joint Munitions Command,
Public and Congressional
Affairs

At the beginning of June, Col. Ronnie Anderson Jr. became the latest commander of the Joint Munitions Command.

The Franklin, Ind., native assumed control from Col. Landis Maddox in a change of command ceremony held at Memorial Park on the Rock Island Arsenal.

Gen. Charles Hamilton, the commanding general of the Army Materiel Command (JMC's higher headquarters), officiated the event, and he praised Anderson, who was commissioned as an Ordnance officer from Purdue University in 1996, for his dedication to our nation for the last 31 years.

"Col. Ronnie Anderson brings a wealth of experience and dedication," Hamilton said. "Ronnie's distinguished career has prepared him well for this moment. He has served in several key command and staff assignments including deploying in every level of command. He served a combined 56 months in Iraq, Afghanistan, and Kuwait — over four and a half years.

"I've known Ronnie since 1998 when I was a major and



Welcome to #TeamJMC! Col. Ronnie Anderson Jr., became the latest commander of the Joint Munitions Command June 1. Army Materiel Command's Gen. Charles Hamilton, officiated the event, and praised Anderson, for his dedication to our nation for the last 31 years. U.S. ARMY PHOTOS BY MATTHEW WHEATON-JMC

support operations officer with the 561st Corps Support Battalion. I knew back then Ronnie had leadership potential, and the last 25 years has proven that," Hamilton added. "His commitment to excellence and unwavering dedication to the mission, and his deep experience in the sustainment enter-

prise make him an ideal choice to lead JMC. I look forward to the positive impact I know he will make."

Anderson, the 14th commander of JMC, thanked his friends, mentors, and loved ones for their support throughout his life.

"For each of you here and

supporting online, thank you all for the love, support and camaraderie you have invested in me," Anderson said. "My commitment is to be a positive return on your investment and to give JMC everything you've taught me."

Anderson also mentioned he is honored to serve the people who make up JMC.

"As I look toward the future as the leader of JMC, I am humbled by the extraordinary talent across the command and the accomplishments from the entire organization," Anderson said. "You should know that today's change of command is not a final destination. Similar to a long military movement, we normally pause at way points along the route to make sure we're on the right azimuth.

"That's what today is," Anderson added. "Today is an azimuth check to make sure we're on track moving forward. We must stay focused on the priorities of people, readiness, and modernization. We already know that JMC is the recognized expert for munitions and logistics readiness, and that's not going to change."

Like Anderson, Hamilton also paid tribute to those who make up JMC's workforce.

"Their tireless dedication

and unwavering commitment enable us to provide critical munitions to the entire joint force, our allies, and our partners. Their work is the lifeblood that fuse the might of our nation's defense. We are immensely grateful for all that they do," Hamilton said. "The Army understands the critical nature of work that you do here. You are literally indispensable. The dedication and professionalism displayed are unmatched.

"The munitions you provide serve as the cornerstone of our military, and they ensure the safety of our great nation and security for much of the world," Hamilton added. "Please know that your efforts are truly invaluable and deeply appreciated by everyone that wears a uniform."

JMC is a tenant organization headquartered on RIA. JMC provides the joint forces with ready, reliable, and lethal munitions at the speed of war, sustaining global readiness.

JMC is the logistics integrator for life-cycle management of ammunition and provides a global presence of technical support to combat units wherever they are stationed or deployed.

JMC welcomes new CSM

By Matthew Wheaton,
Joint Munitions Command,
Public and Congressional
Affairs

When Christopher J. Reaves enlisted in the Army, he admittedly didn't have a plan in place. However, he has lived the Army's motto: "Be All You Can Be."

Reaves' 25-year career has included assignments as a Light Wheeled Vehicle Mechanic and Senior Light Wheel Vehicle Mechanic, HHC 1st Battalion, 12th Cavalry Regiment, 1st Cavalry Division, Fort Hood (known as Fort Cavazos since 2023), Texas; Senior Light Wheeled Vehicle Mechanic and Shop Foreman, HSC 84th Engineer Battalion (Combat Heavy), Schofield Barracks, Hawaii; Company Motor Sergeant, B Compa-

ny, 84th Engineer Battalion (Combat Heavy), Schofield Barracks, Hawaii; Senior Auto Repairman, Motor Sergeant, Senior Maintenance Supervisor, Operations Sergeant, First Sergeant, Maintenance Troop Sergeant Major, General Support Troop Sergeant Major, and Operations Sergeant Major, U.S. Army Special Operations Command (Airborne), Fort Bragg (known as Fort Liberty since 2023), North Carolina; and Command Sergeant Major, 16th Ordnance Battalion, Fort Lee (known as Fort Gregg-Adams since 2023), Virginia.

For the past 27 months, Reaves, whose father was a Military police officer for the Army during the Vietnam War, served as the Command Sgt. Major of the 403rd Army

Field Support Brigade at Camp Walker in South Korea. On May 24, at Rock Island, Ill., he assumed responsibility as the 11th CSM of the Joint Munitions Command.

"I do not take this opportunity for granted. I will always put the welfare of the team first," Reaves said. "Today's ceremony represents more than an assumption of responsibility. It highlights a new pinnacle in my career.

"I believe I'm right where I was destined to be," he added. "I commit to you that I will offer my full devotion to every member of this team, and I will give my best every day and in all things. However, I'm not as powerful as a locomotive, and I'm unable to leap over tall buildings in a single bound."

Reaves, who has eight de-



Joint Munitions Commander Col. Landis C. Maddox, right, passes the JMC guidon to new Command Sgt. Maj. Christopher J. Reaves during a Change of Responsibility ceremony May 24.

ployments — one in support of OJF and seven in support of OIF and OND, thanked his family for their continued love and support throughout his Army career. He also ex-

pressed gratitude to the staff at JMC's headquarters for the behind-the-scenes work during his transition and to make the ceremony a success.

Morale Day June 2023 Winners



3 on 3 Basketball-Rodney Rutledge, Tevon Jones, Michael Armstrong and Brandon Harris



All winners are pictured with Roch Byrne, PBA Deputy to the Commander

Baggo-John Burkhead and Tim Cannon



Kickball-Brandy Aaron, Kawana Taylor, Jason Fullen, James (Randy) Johnson, Eddie Nickelson, Michael Baugh, Molly Moore, Bridgett Walker, Carol Morris and Ty Hudson.



Ping Pong-Charles Whyde



Pool-Dee Kindrick



Spades-Kathy Berry and Carol Morris. Berry also won the Dominoes Competition



Horseshoes- James (Randy) Johnson and Molly Moore

EAP Corner

What is wellness?

Courtesy of Pine Bluff Arsenal Employee Assistance Program

Wellness is the conscious development of the whole self. Embarking on a wellness journey is a process of searching for the appropriate “tools” to make you a healthier and happier human being, plus discovering your own effective methods to use these “tools” for continued growth and development. As there is a great variety on all aspects of life, there are also countless ways to cultivate yourself on an ever-changing path of wellness.

According to several studies, the most common health problem in the world is depression. This problem is often manifested in the form of insomnia, stress, poor nutrition, physical inactivity, obesity, and heart disease, etc.

Irrespective of a person’s age, size, shape, or perceived attractiveness, it is wellness that is the cornerstone of quality of life. It determines how we ultimately look, feel, interact with others, and thrive in life and work.

It is important to see that all the various concepts of wellness should include at least the following precepts:

Holism – Your health and well-being are the outcomes of the constant interaction between the several natural dimensions of life and wellness. Each dimension is interrelated with the others. The aim is to be conscious of yourself as a whole and complete person, living life as fully as possible.

Balance – While acknowledging the constantly changing nature of your life, you look to balance it by giving significant attention to each of the dimensions. Lack of sufficient attention to any one dimension will result in less-than-optimal development as a person and may possibly lead to chronic unhappiness.

Self-Responsibility – A well person owns up to his or her responsibility for health and happiness and does not allow others to take control over decisions he/she needs to make for him/herself. Self-responsibility presupposes self-awareness, including the process by which one becomes increasingly more aware of both the causes and consequences of his/her behavior.

Positive and proactive – Wellness requires primarily positive perspectives and values by which to live. It also requires a strong sense of purpose and conscious, deliberate action. These are our starting assumptions, and they have stood well through time. However, they provide merely a simple framework. What you put inside that framework is totally up to you (*Global Wellness Day, 2022*).

The PBA Employee Assistance Office staff are here to help. Our office is located at Building 13-040 and our phone number is 870-540-3094. The Care line number is 870-556-0116.

NAME _____ OFF SYM _____

What is Wellness?

T M X L L C O K G F W J G N R K Q E O T
M V F S N O I S N E M I D T C O Q F V N
E Q Q X E A P T U T I K M V N F V L Z J
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K E H A S M F H D I A L L C F B E X T L
L I W M G Q F Z O N L H F D S E D O C L
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G K N M G L M H Q P R O A C T I V E I A
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- | | | |
|----------------|------------|------------|
| WELLNESS | HOLISM | BALANCE |
| RESPONSIBILITY | POSITIVE | PROACTIVE |
| HAPPINESS | INACTIVITY | NUTRITION |
| STRESS | DEPRESSION | DIMENSIONS |
| HEALTHY | | |

10 HEALTH & SAFETY TIPS FOR THE WORKPLACE

- Pay Attention to Your Surroundings**
Refer to safety communication and training to remain aware of possible risks or hazards in the workplace.
- Use Machines, Tools & Other Equipment Properly**
Always use the right tool for the right job to reduce risk of injury. Never use machinery, tools, or equipment you have not been trained to properly operate.
- Practice Good Posture**
Research shows good posture actually increases productivity, allowing the body to work more efficiently with less muscle fatigue.
- Take Regular Breaks**
Not only are breaks regulated by law for non-exempt workers, but they actually increase productivity and reduce workplace injury.
- Use Proper Safety Gear**
Protective gear, like earplugs, safety goggles and gloves should never be overlooked if required to safely execute a task.
- Use Mechanical Aids When Possible**
If required to move heavy objects, use proper mechanical aids such as a dolly, wheelbarrow, or forklift.
- Keep Emergency Exits Clear**
Unobstructed exit ways could mean life or death in a disaster requiring quick evacuation such as a fire, earthquake or active shooter.
- Stay Sober While Working**
Drug and alcohol use on the job contributes to higher rates of workplace injury. Workplace safety is instantly increased by requiring all employees to stay sober at work.
- Reduce Work-Related Stress**
Workplace safety issues are often exacerbated by work-related risk factors like bullying, job insecurity and long working hours.
- Report Safety Issues to Your Supervisor**
Employees should never fear negative consequences for reporting safety issues or feel pressured to overlook safety concerns.

4th of July Safety Tips & Facts

The importance of safety on a dangerous holiday

Firework Safety

- Abide by the laws in your state
- Keep a bucket of water or hose nearby
- After lighting, step back a safe distance

Burn Safety

- Make sure the scene is safe. Wear protective gear. Get the first aid kit.
- Rinse the burn in cool water. Apply antibiotic or burn cream.
- Cover with clean nonstick dry dressing. Follow up with healthcare provider.

First Aid Kit

- Sterile Saline Solution for cleaning eyes and debris out of wounds
- Dressing to cover burns on the way to the hospital
- Scissors with a blunt tip for cutting off clothing
- Pain meds
- Fire Blanket to smother someone if caught on fire

- Alcohol and fireworks don't mix. Make sure the person in charge is sober
- Pace your drinking. Americans drink more on July 4th than any other holiday.
- Drunk boating is as dangerous as drunk driving. Nearly 1/3 of boating deaths are tied to alcohol
- Make plans for a sober ride home before the day's festivities start.





Photo above, Rex Morton (left) and Ed Moreno (right), plant operators, with Pine Bluff Arsenal's Directorate of Public Works, Waste Management and Reclamation Division, working 155mm projectile demilitarization for recycling operations.

DPW Spotlight



Eddie Bradford, with Pine Bluff Arsenal's Directorate of Public Works, Accountability Division, takes inventory of tools that are now being transferred to the ATICTS system (Automated Tool Information Control and Tracking System). U.S. ARMY PHOTOS BY TRACEE MILLS-DPW



James (Steven) Smith, Lineman, with Pine Bluff Arsenal's Directorate of Public Works, Electric Shop, repairs spans of wire that caused a recent power outage.



PBA Energy Corner

Summer is now in full swing in Arkansas, which means we can expect high temperatures and high humidity for the foreseeable future. White Hall expects multiple days this week of 100°F or higher. This means we will be heavily dependent upon our air conditioning equipment, both at PBA and at home.

Air conditioning is one of the largest energy requirements for homes in the United States and for Pine Bluff Arsenal. Our energy usage tends to spike considerably in the summer as we try to maintain comfortable spaces. According to the Department of Energy, approximately 6% of the nation's electricity is used for residential air conditioning. While we cannot get away from using air conditioning during this level of heat, we can implement some steps to ensure the equipment we use runs efficiently and that we do not tax our systems unnecessarily. Here are some tips that we can apply both at home and at PBA to reduce the energy usage of our air conditioning equipment:

- When possible, utilize fans to cool yourself a little more rather than lowering the thermostat.
- Turn the temperature up in rooms or homes when they are not occupied. Changing the thermostat from 68°F to 76°F when you are away could potentially save hundreds of dollars in electricity over the course of a month!
- Have your air conditioning unit serviced to ensure it is running at peak efficiency. Replace your filters, recharge your systems, and clean the fins of your condensing (outside) unit. An HVAC technician can provide service at your home. If you feel that the AC unit at your office is not keeping up, put in a work order request to have it looked at. Your system could be using more energy than is necessary to keep your space cool.
- Keep spaces dry to eliminate humidity. Much of the discomfort of a hot room can be mitigated just by reducing the relative humidity.
- Install more energy efficient equipment. If it is time for you to replace your HVAC system, look into installing more efficient equipment such as a heat pump. This is something we strive to do here at PBA, and it can have a significant cost savings benefit over the long term.

These tips are a great place to start in limiting the energy required to run our air conditioning. However, there are more many small things that each of us can do to further in save energy, save money, and extend the life our expensive HVAC systems. If you would like more information, the Department of Energy has many great tips and tricks on their website. Also, remember that the heat has the potential to be dangerous, so please be careful and comfortable this summer!

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

Command Cyber Readiness Inspection set

Courtesy of RNECC-Redstone

Cybersecurity is everyone's responsibility. Central Region (Redstone Arsenal, Detroit Arsenal, Rock Island Arsenal, Anniston Army Depot, and Pine Bluff Arsenal) will undergo the "first" regionally consolidated Command Cyber Readiness Inspection (CCRI) on the Non-classified Internet Protocol Router Network (NIPRNet) and Secure Internet Protocol Router Network (SIPR-Net) environments within the 7th Signal Command area of responsibility from July 24 through August 11, 2023.

CCRIs are an intensive snapshot in time. The inspection will take a comprehensive review of the overall cybersecurity technology and vulnerability posture of the Central Region's networks; a thorough assessment of the network's compliance with Computer Network Defense Directives and finally; but MOST important, the security posture of work areas will be assessed to identify weaknesses from external as well as insider threat vectors through physical inspections and technical control validations throughout each of the installations. This inspection is conducted by Defense Information System Agency (DISA) who is responsible for the Department of Defense Information Network (DoDIN), while the Joint Forces Headquarters (JFHQ) provides the inspection team.

Since the CCRI is an assessment that impacts all users within the Central Region, the assistance, collaboration, and dedicated support between the Region and Local Network Enterprise Centers (NECs), Directors of Information Management (DOIMs) and their respective mission partners and tenants are crucial elements to achieve success.

The CCRI will be a boots on ground inspection. There will be inspectors visiting the tenant organizations to conduct traditional security inspections. Please cooperate with the inspectors and avoid disagreeing with their findings on the spot. A dedicated team of subject matter experts will revisit and validate any findings prior to final scores.

Please don't GET ready, BE ready at all times. This is a state of "readiness" inspection, therefore the practices under review should ALWAYS be taking place; however below are just a few of the common pitfalls often found in the final results.

Common DON'TS:

- Don't leave unattended computers unlocked (not even for a minute)
- Don't leave unattended Common Access Card (CAC) or SIPR-Net tokens.
- Don't leave uncovered cameras on government-furnished laptops when they are not in use (simple sticky note will do!)
- Don't place trash, like candy wrappers, in the shredding recycle bin.
- Don't place Personally Identifiable Information in the recycle bin.
- Don't leave unlabeled media, like disc, in the open.
- Don't allow people to "piggyback" (follow) into restricted areas.

This is a partnership between the Central Region and our users. We will be prepping for success by sending out various information to educate as well as conducting site assessments to identify any weaknesses and provide suggested guidance on mitigations. We will ensure this information is passed out to the Information Management Officer's for you to distribute to your organization.

If you suspect a threat to your system, disconnect your system from the network immediately. Contact your dedicated security manager, cybersecurity manager or information management staff directly. Don't shut down or reboot your computer and never attempt to investigate the cause of suspicious activity yourself. Please contact the Central Region Incident Response (IR) Team for more details or support. Redstone Arsenal IR Team: (256) 876-7697 or (256) 876-8505; Detroit Arsenal IR Team: (586) 306-4149; Rock Island Arsenal IR Team: (309) 702-1820; Anniston Army Depot (SIPRNet Only): Please contact Redstone Arsenal; Pine Bluff Arsenal (SIPRNet Only): Please contact Redstone Arsenal

To report a "unclassified" incident please email: usarmy.redstone.106-sig-bde.mbx.mec-central-cybersecurity-irt@army.mil

To report a "classified" incident please email: usarmy.redstone.106-sig-bde.mbx.mec-central-cybersecurity-irt@mail.smil.mil (SIPRNet)



Anthony Henderson, Locomotive Engineer, with Pine Bluff Arsenal's Directorate of Public Works, Mobile Equipment Division, changes out a battery on a 4K pound electric forklift. U.S. ARMY PHOTO BY TRACEE MILLS-DPW

10 TWISTER TIPS

You never know when or where the next tornado could touch down, which is why preparing now is so important. Follow these ten tips so that when a twister rolls in, you can hold out.

- 1 Be sure to store at least 3 days worth of food and water per person in your family.
- 2 The safest place to hide during a twister is in a basement or other underground shelter. Decide beforehand where your family will hide.
- 3 During a tornado, the safest place in a room is in the very middle. Corners attract debris, and doors and windows can blow open.
- 4 If you're in your car, and can't find shelter quickly; pull over, keep your seatbelt on, stay low, and cover your head with your hands or a blanket.
- 5 Stay tuned in to TV, radio, and NOAA weather radio broadcasts. They can give important updates and instructions.
- 6 Avoid hiding under bridges or overpasses. Protection is minimal, and traffic problems could ensue.
- 7 If indoors, find a large desk or table to hide under.
- 8 If you're stuck outside, find a low, flat area away from trees and buildings. Lie down and cover your head with your hands.
- 9 Avoid hiding in buildings such as shopping malls or stadiums. Their large roofs are more likely to collapse during a tornado.
- 10 After a tornado, be sure to take pictures of any damage to your property. Photos will be helpful when filing insurance claims.



GET IT NOW!

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

