

Vol. 5, Issue 2

JROTC Competition



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

PBA Safety Glance



Safety Element for fiscal year 2024 Lost Day Case Rate: 0.00 Award Goal: 0.95

*Lost time injuries for fiscal year 2024 is zero. There is zero lost time injuries for February 2024.

*Recordable injuries for fiscal year 2024 is four. Recordable injuries is zero for February 2024.

*Pine Bluff Arsenal days without a lost time injury is 281.

*Pine Bluff Arsenal days without a recordable injury is 40.

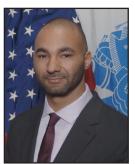
*Estimated hours worked without a lost time injury: 831,463.





The White Hall JROTC hosted a JROTC Competition at Pine Bluff Arsenal Feb. 3. Despite the rainy conditions, the students competed in a wide variety of events including a Team Run, Foot March, Tire Flip, and Litter Carry. Nine school competed in the competition: Brookland, Conway, Harrisburg, North Little Rock, Northside (Fort Smith), Russellville, Sheridan, Watson Chapel and White Hall. This is the third year the competition has been held at the Arsenal. Security assistance and concessions from MWR were provided by PBA. Additional photos from the day are located on Page 6. U.S. ARMY PHOTO BY HUGH MORGAN

February 22, 2024



Joshua Scott

Scott takes new role at CYS By Rachel Selby

Joshua Scott has taken the position of Child and Youth Services Coordinator for Pine Bluff Arsenal's Directorate of Family Morale, Welfare and Recreation. Scott replaces April Parker, who took another position with PBA's MWR.

"I'm originally from Germany. I have been on the Arsenal since early 2023, and worked as the facility director for CYS," said Scott. "I came to Arkansas from Fort Carson in Colorado Springs, Colo., where I worked as a CYS assistant director."

As the facility director, Scott's main job was facilitating the CYS staff, and providing excellent customer service. "As coordinator, I do a lot of the same thing but there are different aspects of the job. There is more re-See SCOTT Page 3

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 The Heart of PBA Over the past two months duction in commutes each pay

I have gained an increased knowledge of the heart. Did you know the human heart pumps approximately five quarts of blood every minute, beats 100,000 times each day, and provides approximately 35 million beats each year? The heart is the engine of the cardiovascular system which circulates oxygenated blood throughout our bodies to provide us with the precious gift of life.

As I thought about this, I decided to do a bit of quick math and multiply 35 million times approximately 570 employees working at Pine Bluff Arsenal. Most calculators provide the answer of 1.995e10 as the answer. I am by no means a math genius, but I can tell you that number is huge and has a lot of zeros!

I say all of this to remind everyone there are a lot of heartbeats that go into making PBA a truly first-class organization. Ultimately, these heartbeats ensure PBA can achieve its mission to support and sustain Munition, Chemical/Biological, and Textile Readiness of America's Joint Warfighter.

We all play a roll in maintaining healthy hearts. A few of the most common heart problems in the United States involve plaque buildup or obstructions within the walls of the heart, decreased blood flow to the body, problems with the speed of the heartbeat - either too fast or too slow, blocked arteries, turbulent blood flow, heart attack, and strokes. The risks of these conditions can be minimized through healthy lifestyle choices and preventative checkups on a regular hasis

Like the heart, the morale and welfare of our fellow workers requires routine checkups and preventive maintenance for PBA to operate at peak performance. I am excited to see many of our employees have opted into the new 4/10 schedule which aims to bolster employee morale. Most personnel are enjoying the extra day off and the reduction in commutes each pay period. Naturally, the new schedule requires some daily routine adjustments with earlier start times and departures each workday. Overall, the transition to 4/10's has been perceived as a big win for our employees!

MWR has supported the workforce transition to 4/10s by keeping program hours conducive to the hours being worked. MWR has also kept programs available every other Friday for employees who are not on the 4/10 schedule. MWR will continue to put the Workforce and Families first! I'd also like to acknowledge Tonda Burnett who proved to be a great advocate for the change to 4/10's. She continues to make great strides in improving communication amongst PBA management and the Union.

Communication, just like the heart, requires oxygen and consistent flow. I've learned a great deal about the Arsenal while out delivering birthday cards, meeting with employees on the production line, engaging with people in the break rooms, and receiving updates at our weekly management meetings. I'm even running into employees at Simmons Bank Arena, the Big Buck Classic, and out shopping in White Hall! I value your communication, feedback, and recommendations for improvements.

I'm excited to announce we will be hosting another PBA Employee Appreciation Day April 18. In addition to EAD, I plan to host a semi-annual town hall beginning this fall. Improving communications is one of my primary focus areas during the remainder of the time I serve as your commander. I will be asking for your inputs on surveys and expect to receive well thought, factual, and engaging feedback from each of you.

Last, I ask each of you to take time to discuss your strengths and weaknesses with first line supervisors. This past year we dedicated numerous



Col. Collin K. Keenan

work hours to leadership training. In May and October of 2023, we brought in John Harrison to lead VIP Supervisor Training which highlighted the importance of organizational values and pride, operational excellence, making sound decisions, embracing coaching and mentorship, communicating with excellence, valuing diverse people and perspectives, embracing personal development, exhibiting a positive attitude, maintaining individual health, wellness and safety, and legacy.

I expect our first line supervisors to get to know the individuals they are charged to lead. Leadership is an honor, and we must continue to invest in our employees and leaders. My expectation is all supervisors will complete all required Supervisory Development Course training and allocate appropriate time for personal and professional development.

Our Workforce is a vital organ, just like the heart is to the body. We all play an important role in maintaining morale and it starts with knowing your individual strengths, weaknesses, communication, and being a **POSITIVE** example to those around you. Ask for feedback/checkups from your leaders and be the best possible version of you in every activity! Thank you again for all you do!

Be All You Can Be 41st Commander PBA

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.

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

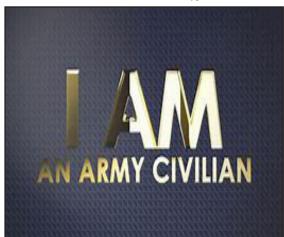
Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold ourselves and others accountable.

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."



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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Hails and Farewells

Farewell

Tamara Battles, Antiterrorism Officer, with the Directorate of Emergency Services has departed for a position with Radford Army Ammunition Plant in Virginia.

30 years of service



Donald Edwards, a material handler leader with Pine Bluff Arsenal's Directorate of Material Managment, Storage Division, received his 30-year certificate from Commander Col. Collin K. Keenan during a recent staff meeting. U.S. ARMY PHOTO BY HUGH MORGAN



Pine Bluff Arsenal Commander Col. Collin K. Keenan presents Spc. Anna Brown with a Commander's Challenge Coin during a staff meeting late last year. Brown, from Fort Sill, arrived at the Arsenal Nov. 10 on short notice to backfill a mission critical position at PBA's Occupational Health Clinic. She rapidly integrated with the clinic team, learned the SOPs and understood the mission. In addition to daily EMT duties, she improved the clinic's electronic medial records protocols and trained clinic staff in more efficient ways to use the program. She proactively took ownership of the flu vaccine drive, and sought other opportunties throughout the clinic. U.S. ARMY PHOTO BY HUGH MORGAN

SCOTT from Page 1

sponsibility with managing all the managers as well as oversite of the entire program," he said. "It is a much bigger task."

A big part of being coordinator is making sure the facility is in compliance with all Army regulations. The facility goes through rounds of inspections yearly. "We went through the MDTI (Multi-Disciplinary Team Inspection) in November," said Scott. "We went through the Army Higher Headquarters Inspection (AHHI) earlier this month. This is an unannounced inspection where they just show up and we must be ready."

Inspections can be challenging, said Scott. "Even for seasoned CYS staff, the inspections always bring something different," he said.

Infants to school-age children are enrolled at the Arsenal facility.

"We still do before and after school care. Summer camp, which will be coming up soon, as well as any school breaks such as Spring Break," said Scott. "We offer exciting programs during those times. Field trips are planned, and we plan to expand some of the activities."

When Scott stepped into the role of CYS Coordinator, Marcus Griffin took his place as facility director. "Marcus was our outreach director," he

said.

As far as care facilities for children, the Army's standards are much higher than any commercial facility, said Scott. "Our requirements are above standard, so we go above and beyond," he said.

Scott said job opportunities brought him to the United States.

"CYS is a broad field. There are jobs all over," he said. "I have been all over and started working for CYS in Europe. I have also worked in Washington State for the Navy. It was all good experiences. You can take the good, bad, and different ideas and try them where you are and see if they work."



Our donors are head and shoulders above the rest!

Pine Bluff Arsenal Blood Drive

Thursday, April 11 9 a.m. - 2 p.m. Look for the Bloodmobile at Plainview Complex!



DES holds defensive tactics certifcation class

By Rachel Selby

During early February, Pine Bluff Arsenal's Directorate of Emergency Services conducted a defensive tactics training for four individuals. The class, conducted by Mike Caruso with PPCT Management Systems, was held Feb.5-9 in the Arsenal's Creasy Auditorium.

PPCT Management Systems is a law enforcement training and publishing company providing training and contract services to emergency rescue, law enforcement, military, and counter-terrorism personnel.

The training culminates in a written exam at the end of the week. An 80 percent is necessary to pass the exam for certification. The examination also includes a practical, which include different scenarios using handcuffs, baton, etc.

"We need a certain set of people to be certified in order to teach this class using the systems in place," said Travis White, DES Training Specialist. "The certified individuals will then teach it to the people on their shift. My personal goal is to have two individuals on every shift certified as instructors and keep rotating them every three years for recertification. Taking people away from their regular duties and shifts to do training for a week is hard."

Caruso said the four individuals he is teaching will be an instructional staff. "This is very similar to a train-the-trainer situation. This is a very pro-active step because you have a small inventory of instructors in case someone goes out on leave," he said. "You are building up your inventory."

Human factors research is where the training begins, he said.

"This is studying how the body reacts to certain things in certain environments. We talk about personal experiences and any weaknesses," said Caruso. "We then go into the research PPCT has done to back up the reason why what we teach is valuable. Our curriculum is based on passive resistance in various areas such as the handcuffing and escorting positions. A lot of data upfront."

Bruce Siddle, CEO and managing partner of PPCT Management System, started his career in early 1980s. Siddle is credited with pioneering the study of survival stress and how it impacts the performance of law enforcement officers, military personnel, and combat aviators, according to the PPCT website.

Caruso said in 2000, Siddle really got into research, and since that time has focused specifically on the study of pre-attentive processing during high-risk environments and time-compressed response times.

"In 2020, he got intrigued with the LEOKA study, which tracks data on officers killed in the line of duty, specifically officers who lost their lives within a 10-foot range," Caruso said. "PPCT has taken a pro-active step in training officers using this study, and working with how the body reacts in moments of stress."

White said DES always wants to be prepared just in case something happens. "That is our number one goal. Be prepared just in case," he said.

The things being taught in the class focus on gross motor skills, which are easily remembered in high-stress situations, said Caruso.

"We try to follow the stimulus response training method where everything is automatic and the response is quicker," he said. "They can physically do an arrest in less time, which lessens the time of injury for both the officer and subject. This shows professionalism and ethics in training."

The week-long training is an intense hands-on for these individuals, said White. "What Mike does is teach different things and tell the students what, where, why and how. Then he shows them how to apply these different things and how to evaluate themselves along the way," he said. "He has them physically showing the things they learned and how they think they can improve. He helps the person who is becoming the instructor evaluate others."

Caruso said he was even able to provide instruction in some areas the students had never done before. "There were no bad habits, so I was able to teach them something very quickly," he said. "These guys are very good at what they do."





In both photos, Mike Caruso with PPCT Management Systems instructs four Pine Bluff Arsenal Directorate of Emergency Services security guards on various defensive tactics during the practical portion of the training. The week-long class, held Feb. 5-9 at the Arsenal's Creasy Auditorium, included both intensive written instruction as well as physical instruction. All the students had to pass both a written as well as practical exam for full certification. These four guards will in turn take the skills they learned and teach others on their individual shifts. U.S. ARMY PHOTOS BY HUGH MORGAN

EAP Corner Eat right: Your way, every day by creating healthy habits

Courtesy of Pine Bluff Arsenal Employee Assistance Program National Nutrition Month is celebrated every March and is sponsored by the Academy of Nutrition and Dietetics in the United States. National Nutrition Month focuses on helping people to make correct food choices as well as developing good eating and exercising habits.

In 1973, the launch of Nutrition Week by presidential proclamation (from Richard Nixon), and by 1980 it had been transformed to cover the entire month of March. Federal and state governments as well as the American Dietetic Association (as the Academy of Nutrition and Dietetics was known) enthusiastically embraced National Nutrition Month as an excellent vehicle to promote healthy eating and educate the public.

Food can be an exciting adventure and National Nutrition Month serves to help people discover this by focusing on healthy cooking and eating during this month.

<u>How to celebrate National Nutrition Month:</u> Eat more fresh foods

This is a great month to begin finding fresh fruits, veggies, and other foods at a local grocery store. Visit a farmers' market if the weather permits in the area. Don't be afraid to ask the vegetable seller to share ideas for ways certain foods should be prepared or look up some recipe ideas online.

Avoid fast food

One way many people can make an easy change is by cutting out fast food during National Nutrition Month. If it's a matter of convenience, either take a few minutes to pack a lunch in the morning or choose a quick meal at a place that serves a healthy salad or soup option.

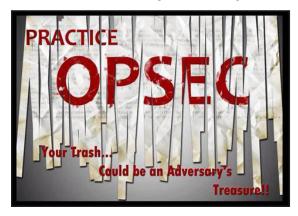
Plant a garden

March is a great time to start thinking forward into the coming year. If it's still cold out, that's okay. Seedlings can be begun inside and then moved outside when the weather gets warmer. Some easy to grow and healthy plants include lettuces, beans, radishes, peas, carrots, cucumbers, and kale.

Start during National Nutrition Month and then have a whole summer full of healthy and delicious vegetables to help carry things further on throughout the year. Try planting different vegetables from every color of the rainbow!

Choose whole grains

One simple but super healthy substitute that doesn't require much effort is trading out the empty calories of white rice, white bread and plain pasta for whole-grain versions. Brown rice and whole wheat or oat bread don't spike the blood sugar as much



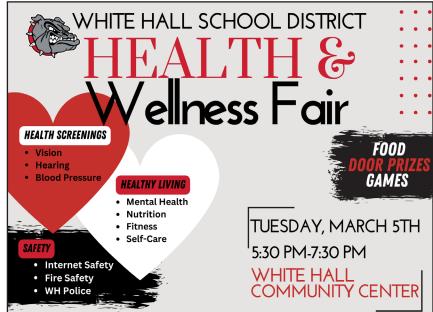
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and take longer for the digestive system to break down. A great way to sneak a serving of vegetables into a meal is by serving healthy spaghetti squash instead of pasta.

PBA's Army Substance

Abuse Program/Employee Assistance Program, Walk for Life Program can assist you in getting the help you need.

The EAP/ASAP staff is here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. We are in Building 13-040 and can be reached at 870-540-3094. The Care line number is (870) 556-0116.



Pine Bluff Arsenal's Army Substance Abuse Program Employee Assistance Program office will be in attendance.

A Day of Muddy Competition





Photo left, students crawl through a river of mud during part of the competition that also included a team run, foot march, tire flip, and log carry (below).



From left, Cadet Maj. Alyssa Corp, Cadet Lt. Col. Ajaiah Harris, Cadet Cpl. Sara Gwin, Cadet Lucille Roberts, Cadet 1st Lt. Megan Golden and Cadet Command Sgt. Maj. DaNaja Gillard pose for a picture outside the Pine Bluff Arsenal's Headquarters Building following opening cermonies for the White Hall High School JROTC Competition Feb. 3. Harris, Roberts and Gillard were instrumental in helping plan and organize the event, attending several meetings with Arsenal staff. U.S. ARMY PHOTOS BY HUGH MORGAN



Photo above, students compete at the chin up station and, photo right, the litter carry. First place in the competition went to Brookland; second place went to North Little Rock and third place went to Northside (Fort Smith). Nine schools competed: Brookland, Conway, Harrisburg, North Little Rock, Northside (Fort Smith), Russellville, Sheridan, Watson Chapel and White Hall. This is the third year the competition has been held at the Arsenal.





DPW **Spotlight**

Todd Snyder and Rusty Hudson do some modernization work in a building by venting new gas heaters and replacing old steam systems. U.S. ARMY PHOTO BY DPW



Chips

Breakfast Snacks





Cool Breezes /Call 540-3777

Salads

Quarter Pound Burgers

Start off with chopped iceberg le our Spring Mix of baby lettuc Add in some diced tomatoes, sh cheese, carrots, eggs, bacon bit:	Hamburger Combo (w Cheeseburger Combo (w	
cucumbers, sliced red onion, pepperoncini peppers.		Double Cheeseb Combo (w
Garden Salad (No Meat) Chef Salad (Ham or Turkey) Chicken Strip Salad	\$4.50 \$6.00 \$7.50	Comes with lettuce your choice of Am
(Crispy or Grilled)	φ/.00	Oti
Philly Steak Salad (Philly Meat)	\$8.50	Country Fried Ste
All salads are served with crackers, and one dressing: Ranch, Thousar		(with fries)
Balsamic Vinaigrette, or Lite Ite		Philly Cheesestee
		(with fries) Polish
Additional Dressing	<u>\$0.50</u>	(with fries)
<u>Appetizers/Starters</u>		Hot Ham & Chee
Frito Pie	\$3.75	Combo (wit
Nachos	\$3.50	Grilled Cheese
Fried Mozzarella Sticks (6 pc)	\$3.25	Combo (wi
Mac n Jap Bites(6 pc)	\$3.25	Cold Cut (Ham, 1
Extras		Combo (w 6 slices of meat,
Bacon (2 slices)	\$1.75	tomato and chees
Nacho Cheese	\$1.00	Don't forget abo
Chili	\$1.00	wrap. It is the
Slice Cheese	\$0.50	
<u>Treats</u>	25	Seasoned Potato
Ice Cream Bowl	\$2.25	Steak Fries
Slushies (12 fl. Oz.)	\$1.50	Tater Tots
Candy Bars	\$1.25	Fried Okra
Chins	\$0.75	Corp Nuggets

\$0.75

\$1.25

Onion Rings

	<u>dounder rooma porgois</u>	
	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
)	Comes with lettuce, tomato, onions, pic your choice of American or Swiss Chees	
	Other Sandwiches	<u>s</u>
	Country Fried Steak Sandwich	\$5.25

Country Fried Steak Sandwich	\$5.25				
(with fries)	\$7.25				
Philly Cheesesteak	\$6.50				
(with fries)	\$8.50				
Polish	\$3.50				
(with fries)	\$5.50				
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				
6 slices of meat, 2 strips of bacon, let	tuce,				
tomato and cheese.					
Don't forget about making any sandwich a					
wrap. It is the same as the menu price!					
<u>Sides</u>					
Seasoned Potato Wedges (JoJo's)	\$2.25				
Steak Fries	\$2.25				
Tater Tots	\$2.25				
Fried Okra	\$2.25				
Corn Nuggets	\$2.50				
	to 50				

\$2.50

Chicken

Chicken Strips (3)	\$5.85		
Combo (with fries)	\$7.85		
Crispy Chicken Sandwich	\$5.25		
Combo (with fries)	\$7.25		
Comes with 1 dipping sauce per order, Buffo Ranch, Honey Mustard, or BBQ			

Extra sauce is \$0.50 each

Bottled Drinks

\$1.60								
\$1.60								
\$1.50								
\$3.25								
\$2.00								
Fountain Drinks								
Including Cool Breeze's daily fresh								
t tea								
\$2.00								
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\$0.75								



eck out our Breakfast men

AR Guard General visit





Maj. Gen. Jonathan Stubbs, the Adjunct General for the Arkansas National Guard, visited Pine Bluff Arsenal Jan. 24. The general got the opportunity to hear about PBA and its various missions, as well as tour some production lines. Top photo, Joey Milburn, production operator on the M1121 155mm Extended Range WP line, shows the general one of the rounds after it is stenciled, as Allen Huff, Chief of the Directorate of Ammunition Operations Production Division, looks on. Bottom photo, Gen. Stubbs also visited PBA's Individual Protective Clothing Facility-Textiles during the visit. He is pictured holding an IFS (Integrated Footwear System) sock, as PBA Commander Col. Collin K. Keenan and Jason Fullen, with PBA's Directorate of Chemical and Biological Defense Operations, look on. U.S. ARMY PHOTOS BY HUGH MORGAN

We celebrate Engineers at #AmericasArsenal





Army Emergency Relief (AER) is the Army's own emergency financial assistance application organization dedicated to "Helping the Army take care of its own." This is a private nonprofit organization with the sole mission to help Soldiers, retired military, and their Family members. AER is reliant on campaign contributions, given by local military members, affiliates, and Civilians during the Annual Army Emergency Relief Campaign, to continue its mission of assisting the Army community during the times of unanticipated financial stress.

Pine Bluff Arsenal's AER Campaign Kickoff will be held at 2 p.m., Thursday, Feb. 29, in the lobby of 10-020, with a cake cutting. The campaign season is from March 1 to May 15, 2024. Last year our total donations for our installation were \$29,060. The Pine Bluff Arsenal AER Section would like to meet (and exceed) this year's goal of \$30,513.00.

For more information on who can donate, how you can donate, who's eligible for financial assistance, what kind of assistance we can provide and how we can provide it, please contact Tiffany Penister at 870-540-3588 or send an email to tiffany.a.penister.civ@army.mil. You can also contact Laura Brown at 870-540-3030 or by email at laura.w.brown5.civ@army.mil.

Job Well Done DPW!







The following individuals with Pine Bluff Arsenal's Directorate of Public Works were recognized by Commander Col. Collin K. Keenan recently for their dedication and hard work during a period of extreme cold, snow and ice in January. Their preparation, reaction and repair of facilities during single-digit temperatures greatly limited the amount of damage, allowing the Arsenal to seamlessly resume normal operations in support of the Joint Warfighter. Photo above, the individuals were Mark Brown, Darren Edwards, Patrick Frazier, Zachary Harbison, Brad Kennedy, Ryan Saunders, Spencer Silvey, Lucus Dickson, Robert Morrison, William Nelson, Clayton Smith, Keith Stanley, Johnny Beckwith, Joseph Musgrove, David Snyder, Barrett Hollinger, Shawn Eversole, Kenneth Freeman, Michael Hancock, Frank Hoffman, Donald Miller, Gerald Pumphrey, Brad Rauls, Jesus Rodriguez, Brad Sanders, James Smith, James Moore, Doug Reed, Rusty Robinson, Justin Smallwood, Drew Spakes, Danny Tuggle, Dillon Voss, Jason Schreiner, Tyler Cox, Jonathan Coldiron, and Todd Dobbins. U.S. ARMY PHOTOS BY HUGH MORGAN





Mark Throneberry, Chief of the Operations and Maintenance Division, Directorate of Public Works, received a certificate from Pine Bluff Arsenal Commander Col. Collin K. Keenan, in recognition of his dedication, hard work and leadership during a period of extreme cold, snow and ice in January. He guided his team towards efficient preparation, and repair of facilities, allowing for the Arsenal to return seamlessly to normal operations following the storm.

