



Vol. 3, Issue 3

March 31, 2022



**I.A.M.SM
STRONGSM**
INTERVENE * ACT * MOTIVATE

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

PBA Safety Glance



Safety Element for fiscal year 2022

**Lost Day Case Rate: 0.29
Award Goal: 0.57**

***Lost time injuries for fiscal year 2022 is one. There is zero lost time injuries for March 2022.**

***Recordable injuries for fiscal year 2021 is two. Recordable injuries is one for March 2022.**

***Pine Bluff Arsenal days without a lost time injury is 85.**

***Pine Bluff Arsenal days without a recordable injury is 27.**

***Estimated hours worked without a lost time injury: 346,003.**



Spring is Here



Spring has finally made it to Pine Bluff Arsenal with the flowering of the pear trees. The trees can be seen in several spots around the installation. U.S. ARMY PHOTO BY RACHEL SELBY

PBA's Cool Breezes sees success, growth

By Rachel Selby

From a snack shack to compliment the installation's swimming complex, to a full-size concession kitchen serving lunch Monday through Thursday, Pine Bluff Arsenal's Cool Breezes has come a long way from its humble beginnings.

"Cool Breezes opened in 2010. This was when they expanded the pool area. The menu was simple and the building was much smaller,"

said Billy Ray Ashcraft, Recreation Services chief with the Directorate of Family Morale, Welfare and Recreation.

Cool Breezes, when it opened, had one ledge in a space the size of a little trailer, said Stephen Kelly, a recreation aid with MWR. "We had two little mini fryers and one area with a little heat lamp, and a heavy-duty microwave to cook hamburgers in," he said. "The main focus then was selling to the kids and

others who came to the pool during the summers."

When the splash pad was built around 2011, the Cool Breezes building was renovated and expanded. The menu has evolved over the years. At one point, a summer/winter menu was in place with soups and ice cream. Breakfast was even served at one point. Two staples that have always been on the menu are burgers and salads.

In 2020, like most MWR

programs on PBA, COVID shut everything down. When MWR was able to reopen Cool Breezes, Kelley became the cook. "It was the process of elimination," he said, laughing. "I drew the shortest straw."

Cassie Scholes moved from PBA's Child and Youth Services over to Recreation Services in April 2021, and began working the ordering window for Cool Breezes.

See COOL page 2

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.

COOL from Page 1

"People will ask who is cooking on a daily basis," she said. "When Stephen started cooking, people really started ordering all the time, and really liked the food. He has thrived in the position and is doing amazing."

Now with the addition of Brent Webber, an operations clerk with Recreation Services, the customer service and menu at Cool Breezes has changed even further—and has brought a lot of success to the lunch spot. Webber joined the team in January.

Every morning Webber sends out a post-wide email with the special for the day. These have been everything from a plate lunch to a sandwich or special burger with choice of fries and drink for a price comparable to food offered outside the gate.

"Brent brings a wealth of cooking experience. Having him and Stephen both in there has been great. Stephen is thriving and Brent just adds onto that," said Ashcraft.

On the day of the interview with the Cool Breezes team, Ashcraft said they had ap-

proximately 60 customers in an hour and a half span. "No one really had to wait because they got it going on," he said. "Most call in their orders but we still get a lot of window orders. The daily specials have been a big hit."

Ashcraft said the method of payment with a new credit card machine has also made a big difference. "It is faster than our old one. This had been a problem in the past," he said.

The addition of new ingredients has been a game changer for the lunch spot. "We brought in real bacon for bacon cheeseburgers. We took a leap of faith and it has paid off," said Webber. "Any leftovers we have get chopped up and added to the salads."

Other items that have been a hit are the hot ham and cheese sandwiches, Philly cheese steak sandwiches, burgers, wraps and grilled cheese. "Real butter is the key to the grilled cheese," said Kelley.

Having someone to take the time and research the product has made all the difference, said Ashcraft. "Brent has taken on this task and he is great!

He finds the best product at the best price and this has made a huge difference," he said. "The team also has fun while there are working and it shows."

Another member of the team is "the salad maker" Branson Lockhart. "Scholes said he tries to make them the prettiest salads anyone has ever seen. "He about had a heart attack one time when I bumped one and knocked some of the items loose," she said laughing. "We all support each other and the business is showing this. The willingness everyone has to take suggestions and run with them is just awesome."

"Branson takes his time and does it right," said Ashcraft. "The entire team is dedicated to doing their best—giving the best customer service—and it definitely shows in the final product as well as the support from the Workforce."

MWR Director Missy Brodnax said she is very proud of the Cool Breezes team.

"It started as a small concession area and just expanded. During the winter months



Stephen Kelley cooks up some Philly cheesesteak sandwiches on the grill at Cool Breezes. Pine Bluff Arsenal's lunch concession spot has seen lots of success lately due to the addition of several team members and the improved customer service provided by the Cool Breezes team.

U.S. ARMY PHOTO BY RACHEL SELBY

we normally see lower usage, however, the consistency, quality product and excellent customer service has seen sales double this season," she said. "We have also added weather curtains to protect our

customers from cold, wind and rain. Future projects include an upgrade of the HVAC system as preparation for another Cool Breezes expansion. We thank everyone for their support!"

Cool Breezes menu

SALADS!

All salads are served with crackers, croutons, and one dressing: Ranch, Thousand Island, or Lite Italian. Additional Dressing \$0.50

All Salads start with a blend of iceberg and romaine lettuces. Add in some diced tomatoes and shredded cheese, top with carrots, cabbage, 3 slices of egg, bacon bits, and two pepperoncini peppers.

Garden Salad (No Meat) \$3.50

Chef Salad (Ham Chunks) \$5.50

Crispy Chicken Strip Salad (2 Chicken Strips) \$6.50

Philly Steak Salad (Philly Meat) \$7.00

Additional Toppings \$0.25

Onions
Jalapenos
Pineapples
Pepperoni

QUARTER POUND BURGERS!

Hamburger	\$4.25
Combo (with fries)	\$5.60
Cheeseburger	\$4.50
Combo (with fries)	\$5.80

Ask for American or Swiss Cheese!

OTHER ITEMS!

Country Fried Steak Sandwich (with fries)	\$4.75
Philly Cheesesteak (with fries)	\$6.10
Polish (with fries)	\$5.90
	\$7.60
	\$3.00
	\$4.50

Seasoned Fries	\$1.85
Waffle Fries	\$1.85
Onion Rings	\$2.25
Frito Pie	\$3.50
Nachos	\$3.00
Fried Pickles	\$3.25
Fried Green Bean	\$3.25
Pizza Stick	\$2.25

EXTRAS!

Extra Meat	\$1.75
Slice Cheese	\$0.25
Nacho Cheese	\$1.00
Chili	\$1.00

*Call in orders welcomed from 0930-1230!
(870) 540 - 3777
Monday - Thursday*

Ask about our WEEKLY specials!

CHICKEN!

Chicken Strips (3)	\$4.60
Combo (with fries)	\$5.85
Crispy Chicken Sandwich	\$4.50
Combo (with fries)	\$5.65

Ask for Buffalo Sauce on your chicken!

TREATS

Ice Cream Bowl	\$1.75
Slushies	\$1.50
Candy Bars	\$0.85
Chips	\$0.60

DRINKS!

Bottle Sodas	\$1.85
Minute Maid	\$1.85
Powerades	\$1.60
Water	\$1.50
Can Sodas	\$1.10



Actual Double Cheeseburger
Made By: Stephen!



Commander's Column

Team Pine Bluff,

We are already at the end of the second quarter of the fiscal year. Time is passing quickly. Later this summer, I will be relinquishing command, and turning over the reins to another commander. The Arsenal has become family and I'm grateful for my time here. The Arsenal's resiliency as we continue forward with our mission's has been top notch, and I couldn't be prouder of all of our accomplishments. Our Workforce has navigated many challenges the past few years.

As new COVID variants come to light, we are continuing to monitor the situation locally and statewide. Our path is the same and I see no changes to our current posture. Masks do not have to be worn indoors here at PBA by personnel if they are vaccinated. Be aware and protect yourself by social distancing, washing your hands and staying home if you are sick. Remember to do your self-assessments before you come through the gate. The health and well-being of the Workforce is a priority for me. I need everyone here and healthy so we can complete our mission safely and effectively.

The mission requirements during March have been production of red, yellow and green M18 smoke grenades, Chemically Protected Patient Wraps, M929 white phosphorus smoke cartridges, M333



Col. Patrick S. Daulton

decontaminant and filters. PBA continues to support Joint Chiefs of Staff's war plans with critical chemical and biological defense items; and pyrotechnic ammunition directly tied to specific Warfighter mission requirements.

March is recognized as Women's History Month. We celebrate the vital role women have had not only in American history but in our future. Throughout history, women have broken barriers, through legitimate channels and otherwise, to serve in the military and defend our nation. However, women were not integrated into the military until 1948, when President Harry Truman signed the Women's Armed Services Integration Act.

On March 10, 2016, the Department of Defense gave the final approval to integrate women across all military jobs. One of the lesser-known roles women played in World War II was provided by the

Women's Air Force Service Pilots (WASPs) who were the first women to fly American military aircraft. More than 1,000 WASPs served, and 38 of them lost their lives during the war. This month, we pay tribute to the women who redefined the United States military.

We are past the time change, Spring Break for our local schools is over and it seems as if warmer weather is here, however, clashing weather systems have come with it all. This time of year the weather can be unpredictable. Please be aware of daily changing weather conditions. Animals are also out and about with the warmer temps so be on the lookout during your morning and evening commutes.

We are a team here at Pine Bluff Arsenal. I'm so proud to be part of this incredible Workforce. I'm proud to be your commander. We must continue to remain flexible. The Arsenal's future depends on us continuing to engage and strengthen our customer and community relationships, and deliver quality products on schedule and within cost.

Thank you for what you do every day to support the Arsenal, our Nation, and our service members. Thank you for being a part of PBA. We are America's Arsenal!

The 39th Commander

Hails and Farewells

Hails

Charles E. Cook, Environmental Protection Specialist, has joined the Directorate of Risk Management and Regulatory Affairs.

Tristan Paul Cherry, Information Technology Specialist (Customer Support), has joined the Directorate of Information Technology.

Chihiro Gleghorn, Environmental Property Specialist, has joined the Directorate of Risk Management and Regulatory Affairs.

Frank W. Hoffman, High Voltage Electrician, has joined the Directorate of Public Works.

Retirement

Gerald G. Warthen, Database Administrator, has retired from the Directorate of Information Management. Warthen retires with 24 years of government service.

Farewells

James B. Erwin, Chemical Equipment Repairer, has left the Directorate of Chemical and Biological Defense Operations.

Sharon J. Lavergne, Freight Rate Specialist, has left the Directorate of Material Management.

Charles A. Proctor, Sr., Industrial Worker, has left the Directorate of Ammunition Operations.

Army Regulation 360-1

AR 360-1 is the regulation that governs the release of public information.

This includes what to release and how to release it to the public, non-releaseable subjects, and items that need to be cleared through public affairs channels prior to release.

The Public Affairs Program is the overall responsibility of the Arsenal commander.

Only the commander and his designated representatives are authorized to speak for the

Pine Bluff Arsenal. The PAO acts as the liaison between the media and the installation.

However, employees are encouraged to speak to civilian professional groups on matter in which the individual has personal knowledge and expertise.

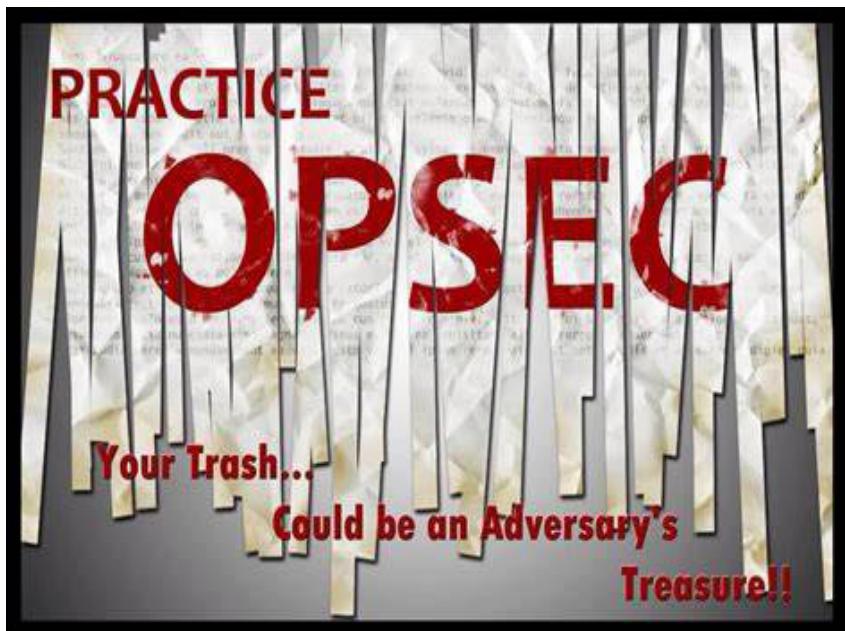
This should be coordinated with PAO. They shouldn't comment on military matters that are beyond their knowledge. Classified information won't be discussed.

Arsenal Sentinel



Col. Patrick S. Daulton, Commander
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Pine Bluff Arsenal's Army Emergency Relief currently has a table set up in the Headquarters Building (Bldg. 10-020) with information about the program. Please feel free to come by and learn all about AER. For further information, contact Tiffany Penister, Army Community Service Director, at 540-3588 or Laura Brown at 540-3192. U.S. ARMY PHOTO BY CHERYL AVERY

Army Emergency Relief (AER) Fundraising Campaign 2022



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 and affiliates during the Annual Army Emergency Relief Campaign, to continue its mission of assisting the Army community during the times of unanticipated financial stress. Four million Soldiers have received \$2 billion in assistance since our founding in 1942 and over \$1 billion of that has been provided since 9/11. On average, AER provides assistance to over 40,000 Soldiers with approximately \$70 million in funds. AER is 100% funded through donations. In 2021 the donation breakdown was: Active Duty-\$2.5 million, Retired Soldiers-\$3.6 million, and Civilian, Foundations and Corporations-\$3.7 million.

Campaign FAQs:

AER primarily gives out loans, why do you need donations?

Yes, AER primarily gives out loans, but grants make up a growing percentage of assistance given each year. In fact, AER gives out significantly more than it takes in. Because we are not funded by the government, AER needs donations to sustain its current level of grant assistance.

Why does AER ask Active Duty Soldiers for money and not seek funds from others?

AER's Campaign is first and foremost about informing Soldiers so they know where to go for financial assistance. Its second purpose is to give Soldiers a chance to support each other in times of financial need, a core Army Value. AER is also supported by Retired Soldiers, corporations, foundations, and individuals seeking to support their Army. In fact, last year less than 15% of our donations came from Active Duty Soldiers.

The Campaign is not about how much you give, it is about how many of you give. Giving up one \$5 coffee every month supports the funds needed to aid Soldiers today and tomorrow. Army Emergency Relief exists to ensure the Soldier next to you is focused on their mission, not on their financial issues. Most Soldiers will never need AER, but we are responsible for the ones that do.

The campaign season is from March 1-May 15, 2022.

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 by email tiffany.a.penister.civ@army.mil or Laura Brown at 870-540-3030 or by email laura.w.brown5.civ@army.mil.

SPRING into ACTION

ENROLL TODAY “WALK FOR LIFE” PROGRAM

TO ENROLL, EMAIL KEVIN.L.BRADLEY25.CIV@ARMY.MIL, CALL EXT 3078, OR STOP BY THE EAP BUILDING 13-040.

FILL OUT THE “WALK FOR LIFE” MONTHLY REPORTING LOG.

RECEIVE MONTHLY TOKENS BASED ON YOUR PARTICIPATION.

How walking affects the body

3 minutes	Blood pressure decreases	5 minutes	outside	Mood improves
5-10 minutes	Creative thinking improves	15 minutes	after meals	Blood sugar level decreases
30 minutes	after meals	Helps to lose weight (depending on walking speed)	40 minutes	Reduces the risk of developing coronary heart disease in the elderly
90 minutes	outside	Reduces the number of depressive thoughts		

“Someone busier than you is working out right now.”



EAP Corner

Sugar is a “drug” and here’s how we are hooked

Courtesy of Pine Bluff
Arsenal's Employee
Assistance Program

National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association (ADA). The March campaign is designed to focus attention on making informed food choices and developing sound eating and exercise habits. The health guidelines for National Nutrition Month help the public make better choices, which could help reduce the risk for some chronic diseases, including cancer.

Research says our brains are hardwired for pleasure and sugar works like many addictive drugs. Are we sugar fiends? The next time you’re craving something sweet, it could be more than just a sweet tooth. It could be an addictive itch begging to be scratched. Brain scans have confirmed intermittent sugar consumption affects the brain in ways similar to certain drugs.

A highly-cited study in

This may seem exaggerated and far-fetched, but sugar is the most dangerous drug of this time and can still be easily acquired everywhere.

the journal Neuroscience & Biobehavioral Reviews found sugar as pervasive as it is meets the criteria for a substance of abuse and may be addictive to those who binge on it. It does this by affecting the chemistry of the limbic system.

This is the part of the brain associated with emotional control. The study found “intermittent access to sugar can lead to behavioral and neurochemical changes that resemble the effects of substance abuse.”

These findings spurred Paul van der Velpen, head of Amsterdam’s health services, to warn people that sugar is a drug, “just like alcohol and tobacco.”

He wrote a column on the city’s public health website recently calling for stronger government action regarding sugar. Actions he proposed included regulating the amount

allowed in foods, and banning soft drinks in schools.

“This may seem exaggerated and far-fetched, but sugar is the most dangerous drug of this time and can still be easily acquired everywhere,” he wrote.

The negative effects of sugar

Eating sugary foods makes people hungry and tired, and causes them to gain weight. Refined sugar is void of minerals needed for enzymes, can cause mineral deficiencies, interferes with the action of calcium and magnesium, increases inflammation, increases erratic brain cell firing, and has been implicated in aggression.

Additionally, sugar consumption has been associated with depression, ADHD and hyperactivity, increased triglycerides, lower High-Density lipoprotein (HDL), sometimes called the “good” cholesterol, and higher Lower-Density lipoprotein (LDL), sometimes called the “bad” cholesterol. It also feeds cancer cell. Brain imaging studies showed sugar cause increased

slow brain waves, and study at UCLA showed sugar alters learning and memory.

Did you know that the average American eats about 140 pounds of sugar a year?

Sugar is often disguised behind the label of “organic,” “cane,” “raw”, or “unprocessed”. This doesn’t change the insulin response in your body when you eat it. Whether it comes from a beehive, a maple tree, or any other natural sources, sugar is sugar.

When you eat sugar, your blood sugar spikes, insulin is released, then blood sugar drops, and you crave it again and again. When your blood sugar drops, your body sees it as a state of emergency, causing you to crave food as a way to fix the situation. This is why when you eat sugar, you crave it more similar to how a drug addict craves his/her drug of

NAME _____

SYMBOL _____

Sugar is a drug

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

SUGAR
COCAINE
BRAIN
NUTRITIONAL
CHOICES
CONSUMPTION
HUNGER
FOCUS
FRUITS
ADDICTIVE
DRUGS
CRAVING
TRIGGER
FOODS

choice.

Too much sugar causes diabetes, heart disease, fatty liver disease and tooth decay. When consumed in excess, it’s a toxin, and it’s addictive just like alcohol. That’s why children are getting the diseases of alcohol, Type-2 diabetes, and fatty liver disease without consuming alcohol.

Drug dealers” in the food industry

In the 1970s, Howard Moskowitz, a mathematician, discovered the perfect combination of sugar, salt, and fat would optimize the human brain’s pleasure experience. He coined it the “bliss point”.

Fast-forward a few decades and we now know triggering the bliss point not only increases sensory experiences like taste and texture, but also activates an area deep in the brain, called the nucleus accumbens, which is associated with motivation and pleasure.

The nucleus accumbens is the same part of the brain activated by certain drugs such as cocaine, methamphetamines, nicotine, and morphine. In other words, the job of food designers is to create foods that hook your brain, just like addictive drugs.

New research published in the British Journal of Sports

Medicine backs that up by demonstrating sugar has a similar effect on the brain. Furthermore, cutting out sugar can cause cravings, binges, and withdrawal symptoms just like a drug addict going cold turkey.

Once you let go of sugar, your craving will subside. Within a short time (usually several days) of eliminating sugar, many amazing things begin to happen in your body. Your hormones begin to regulate. Your hunger/satiation signals normalize. You begin to enjoy the taste of real (unprocessed) foods. Fruit tastes sweeter and vegetables more flavorful. By eliminating sugar, which contributes to lack of focus and inattention, you have greater ability to focus on making the healthiest eating choices.

“The truth is not everyone exposed to high-sugar foods is going to become addicted and seek it out regularly. The same is true with drugs like cocaine or alcohol. “The difference is that we don’t sell alcohol to anyone under the age of 21, but you can buy high-sugar content foods at any age.” (Health Media, 2021).

If you think, you have a sugar-craving stop by the EAP office and we will help and guide you on your nutri-

tional journey. The Arsenal’s Employee Assistance Office (EAP) staff are here to help you when you need us.

We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. Our office is located at Building 13-040 and our phone number is 870-540-3094.

Correction

Adam Gibson who works for the Directorate of Information Management was recognized by JMC Commander Brig. Gen. Gavin J. Gardner and Command Sgt. Maj. Petra M. Casarez during a ceremony Feb. 2. Gibson’s name was omitted from a cutline in the February Arsenal Sentinel.





George Abshere, Shelia Bishop, Thomas Duncan, Scott Ellinton, Amanda Heird, Javier Holst, David Hughes, Wayne Lainhart, Neil Orillion, Carla Poyner, Roderick Rembert, Gertie Scott, Brad Socia, Arey Surrat, Linda Wallace and Anita Williams (not pictured) were presented with coins and certificates during a recent staff meeting for their involvement with an audit covering operations of the Army Working Capital Fund. The audit involved many personnel across the Arsenal including ones from Ammunition Operations, Chemical and Biological Defense Operations, Material Management and Resource Management. Over a two-day period, multiple manufacturing and shipping events were reviewed from initiation to closure, and were focused on the financial and accountability impacts to the Arsenal's business. This was a significant PBA event, where leads in each directorate conducted process overview discussions, presentation on initial samples, answered detailed questions and provided requested backup data to the auditors. Representatives from Joint Munitions Command, Army Materiel Command and the Department of Defense also supported the event. U.S. ARMY PHOTO BY HUGH MORGAN

JROTC Event



White Hall High School's JROTC hosted a team building event at Pine Bluff Arsenal March 5. Students from Arkadelphia, Brookland, Lake Hamilton, Malvern, Northside, Russellville, Watson Chapel and White Hall competed. Events such as the ball toss, foot march, mud crawl (pictured), rope bridge, knots, number line, pipe carry, tire flip and water can push were held. JROTC Senior Army Instructor and Capt. (Retired) Brian Hutchinson said this type of events builds cohesion, fitness, technical, mental toughness and camaraderie with the school groups. "The event would not have been possible without the support of PBA and Commander Col. Patrick S. Daulton," he said. He added it took 80 White Hall cadets to grade and support the event. U.S. ARMY PHOTO BY HUGH MORGAN

CPAC offers information on retirement procedures

*Courtesy of Pine Bluff
Arsenal CPAC*

The purpose of this message is to ask personnel to help us manage expectations and messaging about retirement actions during this unprecedented time.

Though the Civilian Human Resource Agency has an important role in the processing of retirement actions, it is important that your employees know the Defense Finance Accounting Service and the United States Office of Personnel Management have an equally important role in processing retirements. Like CHRA, DFAS and OPM are challenged by the surge in actions.

CHRA is committed to ensuring our retirees are provided with the outstanding service which is the hallmark of our mission.

The Army Benefits Center have managed an extraordinary level of retirements during calendar year 2021. The Army Benefits Center continues to take proactive steps toward overcoming the workload surge. They are continuing to see larger than

normal numbers of actions in Calendar Year 2022 to date.

Your employees will always receive feedback from ABC. It is important to remember auto-generated emails are sent to the retiring employee at multiple times in the process. The first email is sent when the packet is received at the ABC. The second is sent when it is assigned to a specialist to work.

A third is sent when the ABC process is completed. Once completed, an ABC specialist will reach out to your employee (via email or phone – whichever works best for the retiree) to provide a copy of their estimate and to describe the ongoing process after the packet leaves ABC to go to DFAS and OPM.

Once the packet is complete, the packet is sent to DFAS. DFAS puts it into their queue to process and generate the Individual Retirement Record and at that time, pays out any unused annual leave.

This is normally within about 30 days. However, it is important to point out that with the retirement surge, it can

take as long as 45 days.

Once DFAS completes their part of the process, it is sent to OPM. OPM assigns a legal specialist and the packet goes through their review process. A Civil Service Annuitant number is assigned and mailed to the retiree. They then put them into an interim status pending final adjudication. The normal process takes about 72 days for finalizing,

however as a direct result of the retirement surge, it is not uncommon for it to take approximately 90 days to finalize the packet and put the retiree into a full pay status.

Contact numbers are:

* Army Benefits Center (ABC)
- 877-276-9287 (The ABC will be able to assist you in the requirements for your retirement application.)

* Thrift Savings Plan (TSP) -

877-968-3778

* Social Security (3511 Market Street, Pine Bluff) - 866-563-9693

* Office of Personnel Management (OPM) - 202-606-1800

For further questions, contact Sheri Harrison at 870-540-3445 or via email at sheri.a.harrison.civ@us.army.mil



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.





Kevin Bradley, right, and Brandi Parks, left, with Pine Bluff Arsenal's Employee Assistance Program Office, were invited to read March 3 to a fifth grade class at James Matthew Elementary School in Pine Bluff, as part of Read Across America Week 2022. The book chosen was titled, "Everyone Matters", which taught the students the importance of respect and the meaning of respect. It also taught the students how to treat everyone with equality and respect by keeping promises, being honest in what they say and do and being polite to everyone. U.S. ARMY PHOTO BY EAP



Tiffany Pennister, Army Community Service Director/Family Advocacy Program Manager reads to the children at Pine Bluff Arsenal's Child and Youth Services Center, as part of the Read to Kids program for Reading Across America/Dr. Seuss Birthday Week in February. U.S. ARMY PHOTO

AMBIT ENERGY®

HOW TO PREPARE FOR SPRING STORMS

Organize an Emergency Plan

- Be prepared for all types of severe weather, such as thunderstorms, floods and tornadoes. Prepare an emergency shelter and evacuation plan, including a map of your home and routes to safety.

Go Inside When You Hear Thunder

- According to the American Red Cross, lightning kills more people each year than tornadoes or hurricanes.
- When you hear thunder, go inside! Every lightning flash, which is followed by thunder, is a potential killer.

Protect Your Electronics

- Plug your electronics into surge protectors to avoid damage during a storm.
- If your electronics are not safeguarded by surge protectors, unplug all devices before a storm to prevent damage.

Keep an Emergency Kit

- Put together your emergency kit now, because you never know when severe weather will come your way.
- Include a first aid kit, a three- to five-day supply of bottled water, nonperishable food, personal hygiene items, blankets or sleeping bags, battery-operated flashlights or lanterns, a battery-operated weather radio and extra batteries.
- Make a list of important information to have on hand, like phone numbers of your utility companies.
- Keep an additional emergency kit in your car in case you're stuck in severe weather on the road.

Seek Shelter

- If there is a severe weather alert in your area, seek shelter as quickly as possible.
- If you're indoors, seek shelter in the lowest level of the building, such as a basement or storm cellar. If you don't have a basement, go by an inner hallway, an inner room or a closet.
- Keep away from all windows and glass doorways.
- You can cushion yourself with a mattress, but don't cover yourself with one. Cover your head and eyes with a blanket or jacket to protect against flying debris and broken glass.
- Keep pets on a leash or in a crate or carrier.
- Stay inside until you're certain the storm has passed.

Stay Away from Downed Power Lines

- Conditions after a storm can be hazardous. Stay away from downed power lines, as electricity could still be flowing.
- If you see downed power lines, immediately call your local utility company or 911.

Sources:

- <http://www.redcross.org/prepare/disasters/thunderstorms> | <http://www.lightningafety.unis.edu/home.htm>
- <http://www.redcross.org/prepare/disasters/thunderstorms> | <http://www.americanredcross.org/2022/03/10/08-Prep-for-Spring-Storms.aspx>
- <https://www.fema.gov/understanding-disasters/spring-storms> | <https://www.fema.gov/understanding-disasters/power-outages>
- <https://www.weather.gov/safety/power-downs> | <https://www.fema.gov/understanding-disasters/power-outages>
- <https://www.fema.gov/understanding-disasters/power-downs> | <https://www.fema.gov/understanding-disasters/power-outages>

JMC Command Sergeant Major: From Finland to a Army Soldier

By Lori A. McFate
JMC Public and
Congressional Affairs

ROCK ISLAND ARSENAL, Ill. – When JMC's Command Sergeant Major Petra Casarez graduated from high school in 1988, her mom gave her a Finnish penny stamped 1907 and told her "you can be anything you want to be."

The year 1907 is a significant year in Finland; parliamentary elections were held in the autonomous Grand Duchy of Finland, March 1907, the first through which members were elected to the new Parliament of Finland by universal suffrage, and the first in the world in which female members were elected.

"All I really wanted to do was be a Soldier and join the Finnish Army, but I wasn't allowed," said Casarez. Her father and grandfather had been soldiers, and her male peers were able to join the Finnish Army, but it wasn't until 1995, after she left the country, that Finland's military introduced voluntary service for women.

Instead, Casarez went on to chase her love of languages. While studying in Germany, she met her husband Tom. Together they moved to the United States, where they married in 1991.

"It was here, in the United States, I could fulfil my dream by joining the Army," said Casarez. "My mom was right, I could be anything I wanted to be." In 1994, she enlisted in the United States Army as a Wheeled Vehicle Mechanic.

Casarez credits her Finland roots for building a strong foundation of hard work, dedication, and passion for learning many different languages. She credits Finnish women in history, like Tarja Kaarina Halonen, a politician who served as the 11th president of Finland, and the first woman to hold the position, for showing



JMC Command Sgt. Maj. Petra Casarez



Picture of the actual Finnish penny given to CSM Casarez by her mom in 1988. U.S. ARMY PHOTO

her "grit" in pursuing a dream.

Casarez is making history as a U.S. Army Soldier. In a predominantly male field, she was the first female Command Sergeant Major for the Ordnance Corps. She served under Brig. Gen. Heidi J. Hoyle and Brig. Gen. Michelle M.T. Letcher, Fort Lee, VA., for two

"It's not about being the first female, It's about working hard, successfully serving the Army and its people, and moving through many varying assignments, that made me the Soldier I am today... I have heart and soul and passion for my adopted country, and he saw that in me."

years.

"It's not about being the first female," said Casarez. "It's about working hard, successfully serving the Army and its people, and moving through many varying assignments, that made me the Soldier I am today." Casarez remembers receiving recognition from the Chief of Ordnance, Major General Robert D. Shadley



Command Sgt. Maj. Petra Casarez, right, accepts the Joint Munitions Command colors from Brig. Gen. Gavin Gardner, center, JMC Commander, as outgoing Command Sgt. Maj. Brian Morrison, left, look on at a change of responsibility ceremony April 24, 2021. U.S. ARMY PHOTO BY JMC

early on in her career. "I have heart and soul and passion for my adopted country, and he saw that in me."

"CSM Casarez is one of the most empathetic, genuine, and inclusive leaders that I have ever had the honor of calling a teammate. Her care of others, her ability to under-

stand the environment, and be the voice of the Soldier, of the Family Member, and of the workforce, is absolutely inspiring," said Brig. Gen. Letcher, current Chief of Staff, Army Futures Command.

Casarez often references a quote from General Creighton Abrams, saying people are not in the Army, people are the Army.

the ever-changing munitions requirements in support of the Joint Warfighter and our allied partners."

As the senior enlisted leader at JMC, Casarez serves as an advisor to the Commander, is an extension of the Commander's intent, vision, and execution of mission, and is responsible for the health, morale, and discipline of the ammunition enterprise. JMC and its 17 subordinate arsenals, depots, and ammunition plants produce, store, distribute, and demilitarize all conventional munitions for the U.S. Department of Defense. The enterprise is accountable for \$64 billion of munitions and missiles.

In honor of Women's History Month, JMC honors CSM Casarez and all the women who serve as Army Soldiers, Civilians, and Veterans, significantly benefiting our Army and our Nation. Women like Casarez show others what it truly means to turn a dream into reality, to be anything you want to be!

DPW Spotlight



Photo right, Mike Hancock, left, J. Keith Stanley and Terry Coffman, right, all from PBA's Directorate of Public Works Instrument Shop work on an air compressor that supports the white phosphorus plant and other associated buildings.



Photo above, Jason Tomboli from Pine Bluff Arsenal's Directorate of Public Works Carpenter Shop builds engine crate boxes for the Directorate of Chemical and Biological Defense Operations.

Photo left, DPW's K. Todd Snyder makes a reducer for an exhaust pipe on a mission critical project for Pine Bluff Arsenal.

U.S. ARMY PHOTOS
BY TRACEE MILLS

APRIL IS
**CHILD ABUSE
PREVENTION
MONTH**

A collage of three photographs. The top left photo shows two military personnel in uniform holding a young child. The top right photo shows a smiling family of four. The bottom photo shows a woman hugging a young boy. The background is a teal color with a white triangular shape containing the text.



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