

Vol. 1, Issue 3

Fiscal 22-4

# GARRISON AT A GLANCE

Published in the interest of the U.S. Army Garrison-Fort Knox team

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Photo by Eric Pilgrim, Fort Knox News

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## Medical experts say PTSD affecting more than combat Soldiers but 'is very treatable'

Post-traumatic stress disorder can affect all people differently. One Fort Knox spouse shares how she manages the daily challenges following a traumatic brain injury this PTSD Awareness Day. [\(Click on this link to view the full story\)](#)



## Unwarranted vehicle noises creating disruptions, hazards at installation gates

Directorate of Emergency Services officials ask motorists to have more consideration for the men and women working the access control points of the installation. [\(Click on this link to view the full story\)](#)



## Fort Knox community celebrates Independence Day with family fun, fireworks

Fort Knox celebrated the nation's 246 years of independence with a Fourth of July celebration, a Salute to the Nation ceremony and a fireworks spectacular on Brooks Parade Field. [\(Click on this link to view the full story\)](#)



## Fort Knox DPW Environmental Management Division chief receives top honors for numerous contributions to community

Dan Musel, Environmental Management Division chief, has been recognized as the Installation Management Command DPW Support Executive of the Year. [\(Click on this link to view the full story\)](#)



## Fort Knox Suicide Prevention lead earns TRADOC Ready, Resilient Guardian of Quarter

Shirley Johnson, who serves as the Fort Knox Suicide Prevention coordinator, was honored by a four-star level commander during an R2 Council video teleconference July 26 as one of the Guardians of the Quarter. [\(Click on this link to view the full story\)](#)



## Fort Knox FMWR named three-time national accreditation recipient – only agency in DoD

For 15 years running, Fort Knox has received a national accreditation for its parks and recreation programs, and is now the sole Department of Defense installation to earn the distinction three times in a row. [\(Click on this link to view the full story\)](#)



## Godman Army Airfield flips switch on new jet fuel cell

Officials at Godman Army Airfield commissioned a new fuel cell at Fort Knox Aug. 3 that provides greater efficiency and storage capacity. ([Click on this link to view the full story](#))



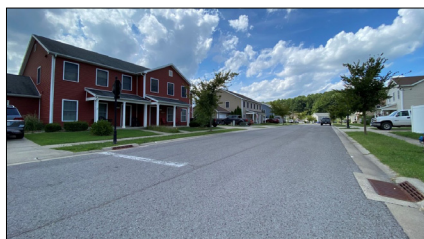
## New Ireland Clinic specialist offers individualized approach to combat negative sleep habits

Struggling to get a good night's sleep can have far reaching effects. Members of the Fort Knox community experiencing trouble sleeping now have a new place to turn to for help. ([Click on this link to view the full story](#))



## Fort Knox and surrounding communities honor 9/11 with somber 2022 Patriot Day ceremony

Members of the military and civilian communities at and near Fort Knox remembered the tragedy of 9/11 and the heroism of America's response during a somber Patriot Day ceremony Sept. 10. ([Click on this link to view the full video](#))



## 2022 Army Tenant Satisfaction Survey shows Knox Hills improving in almost every category

The results of the fiscal 2022 Army Tenant Satisfaction Survey shows that Fort Knox is one of the top 10 installations to live at in terms of quality housing. ([Click on this link to view the full story](#))



## 'Don't panic' — ACS financial adviser offers practical investment strategies during inflationary period

Many are researching ways to protect their money against rising prices and the higher cost of living. Now is the time to strategize your long-term finances. ([Click on this link to view the full story](#))



## Army Wellness Center offers Readiness Leadership Course to increase Soldier fitness

The Army Wellness Center is offering tours to unit leaders to demonstrate its capability in raising the mental and physical fitness of the force. ([Click on this link to view the full story](#))



# AWARDS & ACCOMPLISHMENTS

## QUARTERLY AWARDS 4.22

### Leader of the Quarter



**Tamara Evans**  
DFMWR

Tamara has overcome many unprecedented challenges and obstacles as supervisor and overseer of all CYS kitchens. Throughout the last quarter, she suffered from a 50% or more staffing shortage. She is known for her positive attitude and encouraging words. Even though she has numerous management responsibilities, she often goes into the kitchens to work alongside her staff. Tamara was nominated for her exceptional efforts and deep dedication.

### Team of the Quarter



**DPW Team Gas Shop**

The Gas Shop's work affects all aspects of Fort Knox's mission. The gas lines and components they maintain support 2,382 homes in post housing, and help provide hot meals, heat to barracks and offices, support emergency energy generators, as well as countless other contributions. The team consists of plumbers, certified welders and operators. The team's efficiency and proficiency have led to IMCOM stating it will never privatize this utility at Fort Knox because no one could do it better.

### Employee of the Quarter



**Christopher Harness**  
DFMWR

Chris is a major contributor to the MWR bowling program. He goes above and beyond to learn new skills to be able to step in wherever he is needed. On any given day, you may find him completing maintenance tasks, running the front counter, assigning lanes, assisting in the pro shop, making adjustments or supporting operations in the snack bar. His vast knowledge of multiple positions within the bowling program makes him an incredible asset.

Over the course of the past quarter, Byron was responsible for training nearly 200 new civilian employees on current drug & alcohol information, substance abuse resources, suicide prevention, and the Civilian Employee Assistance Program. He also improved the Reverse-Soldier Readiness Program and trainings for unit prevention leaders. Byron's efforts consistently receive positive feedback from trainees and show his commitment to the program.

### Service Culture Campaign Employee of the Quarter



**Byron Goode**  
DHR



# AWARDS & ACCOMPLISHMENTS

## MONTHLY SPOTLIGHT

JULY

The Central Issue Facility (CIF) manages the Organizational Clothing and Individual Equipment (OCIE) for all Soldiers assigned to Fort Knox to ensure they have the gear needed to perform their units' missions. They also provide Rapid Fielding Initiative (RFI) sizing, ordering and issuing of gear needed for deployments, and they receive equipment back into inventory upon return.



During Cadet Summer Training (CST) the CIF issues OCIE to all Basic and Advance Camp Army ROTC cadets, opposing forces (OPFOR) and certain second lieutenants, and they receive all their equipment back into inventory. CIF issued OCIE to more than 9,500 cadets in total this CST year.

AUGUST



After serving five years in the Army and working private-sector jobs in education, Rella Braxton started at the Fort Knox Education Center in October 2010, serving as a guidance counselor. In 2019, she was promoted to Education Services Specialist (ESS) and served in that role for a year before being promoted to ESO. Braxton later left to accept a policy program manager position with Army Credentialing and Continuing Services for Soldiers (ACCESS), but eventually returned to Fort Knox in July 2022 to once again serve as ESO.

Now serving as ACES chief, Braxton's goal is to consolidate the entire program into a single building and streamline customer flow and processes. She will also continue to work to increase manning and resources to match the program's growing utilization. Braxton said her ultimate goal is to leave the Education Center in a better place.

SEPTEMBER

The Fort Knox Automotive Skills and Service Center is comprised of a team of six professionals with over 100 years of combined industry experience. They provide virtually the full range of automotive repairs and services, with same-day turn-around 95% of the time. About 3,250 routine services and 1,650 vehicle repairs have been completed this year for service members, retirees, dependents and DOD civilians.

As part of helping keep members of the Fort Knox community safe over the holidays, the team will provide FREE Pre-trip Vehicle Safety Inspections from Nov. 14 to Dec. 22. Visit [knox.armymwr.com](http://knox.armymwr.com) or call 502-624-5338 for more information.



## GOLD STANDARD PREPAREDNESS



**Annual installation emergency exercise:** As National Preparedness Month came to a close, several Fort Knox agencies and organizations participated in a multiday annual full-scale installation emergency exercise that concluded Sept. 22, 2022. The exercise was designed to test reaction times to various catastrophic events and ways to reduce or prevent further disaster, while also simultaneously dealing with a range of second and third order effects.

Besides an active shooter incident, Fort Knox and area partner emergency services responded to a potential car bomb, a power outage and other scenarios throughout the exercise.

[Click on this link to view the full story and photos.](#)



## — GET TO KNOW ...



# Russell Henry

**Q:** When did you join the Fort Knox team?

**A:** I started my civil service career at Fort Knox in January 1993 as an instructor with the Sword Project, instructing foreign military students on the M1A2. In December 1995, I moved to DPTMS, working at the range.

**Q:** Where are you from originally?

**A:** I'm from Belle Center, Ohio.

**Q:** What aspect of your job do you enjoy the most?

**A:** The Soldiers and people I work with.

**Q:** Who has been your biggest influence and why?

**A:** My biggest influence has been my parents. They taught me to live my life day to day and I enjoy that.

**Q:** Do you have an office nickname? If so, what is it?

**A:** BERM 2 -- it's my radio call sign.

**Q:** What do you do on your off time?

**A:** I own a farm, so off time isn't really a thing for me.

**Q:** What would you do if you won the lottery?

**A:** I'll worry about that if it happens. I may consider retirement.

**Q:** What do you do for vacation?

**A:** I visit my family, which is spread all across the U.S.

**Q:** What is an ability you wish you had?

**A:** I wish I had the same physical abilities I had 50 years ago when I enlisted in the Army!

**Q:** If you had to do it all over agin, would you do the same thing?

**A:** Yes, it has been a journey with no regrets.



Russell Henry recently celebrated 50 years of service to the U.S. Army, having retired from active duty after 20 years and then beginning his time as a civilian employee.





# HAIL & FAREWELL

## WELCOME!

Trista Aultman + DFMWR  
Pvt. Cody Babb + RSO  
Alec Beiter + DPTMS  
Rella Braxton + DHR  
Brittney Brinson + DES  
Jason Bronkema + DHR  
Larry Cason + DES  
Chaplain (Maj.) David  
Chapman + RSO  
Sarah Chapman + DPTMS  
Winda Clay + DFMWR  
Charles Crawford + DES  
James Davis + USAG-HQ  
Randolf Goodness + DFMWR  
Jacob Guffee + DES  
Robert Harrison + DES

Erica Hester-Smith + DFMWR  
Austin Hickman + DES  
Julie Hoisington + DHR  
Jonae Hopkins + DPW  
Tamara Huber + DFMWR  
Ismael Iban Cordero + DES  
Rhonda Jung + DFMWR  
Mark Maier + DFMWR  
Yvonne Nixon + DPW  
Rashad Phinisee + DES  
Sheraine Plummer + DFMWR  
Brian Prokes + DFMWR  
Daniel Richardson + DES  
Matthew Rutkowski + EEO  
Jesse Smith + DES  
Nicholas Terranova + DHR  
Austin Williams + DPW

## THANK YOU!

Pamela Angel – DFMWR  
David Baker – DES  
Daniel Barrios – DPTMS  
James Boling – USAG-HQ  
Joshua Cable – DES  
Haley Campbell – DES  
Rebecca Cook – DFMWR  
William Davis – DHR  
Elizabeth Faber – DFMWR  
Elizabeth Fain – DPW  
Sahli Geeshausen – DFMWR  
Eric Hamilton – DPW  
April Hawkins – DFMWR  
Thomas Hildebrandt – DPTMS  
Yuri Hohman – DES  
Linda Irwin – DPW  
Eva Johnson – DFMWR  
Brenda Jones – DFMWR

Elizabeth Jones – DFMWR  
Chaplain (Lt. Col.) David  
Kazarovich – RSO  
Natalie Lamarque – DFMWR  
George Lawrence – DHR  
Peter Leason – DHR  
Lloyd Morgan – DFMWR  
Stephanie Peters – DFMWR  
Brittany Rivers – DFMWR  
Tia Robinson – DFMWR  
Stephen Rusch – DES  
Austin Seaborne – DES  
Charmaine Smith – DFMWR  
Burt Thompson – DPTMS  
Ginitra Valentin – DES  
Ruth Voight – DFMWR  
Thomas Williams – DFMWR  
Dawn Zdral – DFMWR

## LOOKING FORWARD

### OCTOBER

#### MONTHS

- Disability Employment Awareness Month
- Domestic Violence Awareness Month
- Army Cybersecurity Awareness Month
- National Energy Action Month

#### WEEKS

- 9-13 – Fire Prevention Week

#### DAYS

- 4 – Command Assessment Program Begins  
– Yom Kippur Begins
- 7 – Garrison Golf Scramble
- 10 – Columbus Day
- 12 – CYS Program Assistants Hiring Fair
- 14 – Retiree Appreciation Day
- 15 – Star Wars Reads Day & Kessel Run 5k  
– Hispanic Heritage Month Ends
- 18 – Community Information Exchange
- 21 – All-schools College Graduation  
– Halloween Monster Bash
- 22 – Pool Pumpkin Patch
- 28 – Right Arm Night  
– Ball-o-ween
- 31 – **Halloween**

### NOVEMBER

#### MONTHS

- National Native American Heritage Month
- Military Family Month

#### DAYS

- 6 – Daylight Saving Time Ends
- 8 – Election Day
- 11 – **Veterans Day**
- 18 – Right Arm Night
- 21 – Command Assessment Program Ends
- 23 – Cantigny Warrior Restaurant  
Thanksgiving Meal
- 24 – **Thanksgiving Day**

### DECEMBER

#### DAYS

- 1 – Tree Lighting & Trees for Troops
- 9 – Right Arm Night
- 18 – **Hanukkah Begins**
- 24 – Main Post Chapel Christmas Eve Worship
- 26 – **Christmas Day\***
- 26 – **Kwanzaa Begins**
- 31 – **New Year's Eve**

**NOTES:** Information/dates are subject to change, and other major Garrison-related activities may be scheduled later. Also, the federal holidays listed above are for the dates in which they are observed for leave and pay purposes.



For more of the latest updates, views and information from Central Kentucky's leader in military news, go to **Fort Knox News** at [www.army.mil/knox](http://www.army.mil/knox).