



JPEO A&A's Smith eyes enhancing partnerships



Throughout her Civilian career, Dr. Theresa “Tré” Smith has consistently ventured beyond her comfort zone, leading to her advancement to various positions within the Department of Defense.

Smith's journey is a testament to her unwavering dedication, and her willingness to embrace challenges head-on.

Smith is living her dream daily, and for just under a year, she's been serving as the Deputy Joint Program Executive Officer for Armaments & Ammunition.

Smith places particular emphasis on enhancing the partnership between JPEO A&A and diverse entities within Army Materiel Command. Those organizations include JMC, Army Sustainment Command, Tank-automotive and Armaments Command, and Surface Deployment and Distribution Command. By fostering stronger collaboration and synergy between these entities, the ammunition supply chain will remain strong.

The advancement of Soldiers' capabilities and readiness worldwide relies on such strategic foresight and an unwavering commitment to collaboration.

LEADERSHIP NOTE

Dear JMC alumni,

I trust that, throughout your tenure within the Department of Defense and in your subsequent endeavors, you've come to appreciate the paramount importance of partnerships.

I want to assure you that I share this understanding wholeheartedly, and I am dedicated to fortifying the bonds JMC shares with other organizations within DOD and industry. It is through these alliances that we can uphold a supply chain that is both robust and resilient.

Looking ahead, JMC is laser-focused on scaling up our distribution and production capabilities. However, this endeavor is only possible through maintaining an open and ongoing dialogue with those who support us day in and day out.

Our readiness, reliability, and efficacy are all deeply rooted in the spirit of teamwork and collaboration. I extend my sincerest gratitude for the contributions each of you made during your time with JMC.

Warm regards,

Ronnie Anderson Jr.
Colonel, LG
Commanding

RETIREE SPOTLIGHT

Norbert Herrera

After two different stints and 10 years with JMC, Herrera retired in February 2023, as the Director of G1 Human Resources at HQ. Overall, he was a Civilian employee for 35 years.

What does Herrera miss about being at JMC’s headquarters?

"I miss the daily interactions with people, and being in G1 we had something new every day," he said. "I miss the excitement of that."

In retirement, Herrera is living a more carefree lifestyle.

"I didn’t have a plan for retirement, which is unusual for me because I was a planner," he said. "Things are just formulating as it’s going."

Over the last year, Herrera and his husband have been busy traveling. Countries visited include Canada, Mexico (twice), and Portugal. They've also taken voyages to and in Arizona, Illinois, Michigan, Missouri, and Wisconsin.

"That took up a lot of time and the year went by fast," Herrera said. "It was really nice to be able to travel without having to worry about getting back to work and trying to cram in a bunch of sites to see. You can take a couple days to do that when you are retired."

"Travel became more enjoyable," Herrera added. "We were snowbirds in Arizona, and it was nice being away from the cold."

Besides living out of a suitcase, Herrera also enjoys reading, working out and yardwork. He plans to join a few community organizations soon, as well.



**Ten worst mistakes
federal retirees can make**

1. Moving before investigating
2. Not thoroughly reading email from OPM
3. Ignoring your change in insurance needs upon retirement
4. Not reading the annual federal benefits Open Season material
5. Changing FEHM coverage to Self Only when your spouse has his or her own nonfederal coverage
6. Choosing the wrong health care options for a federally employed family
7. Closing your old bank account too soon
8. Neglecting to elect a survivor benefit upon marriage or remarriage
9. Not checking your federal retirement benefits online
10. Not joining the [National Active and Retired Federal Employees Association](#)



CHAPLAIN’S CORNER *Chaplain (Capt.) Simon Jackson*

**A life worth living:
Responsibility and Community**

I once asked a Soldier, “how are you doing” and the response was, “I feel like I'm juggling, and I'm trying to figure out which balls are glass and which I can let bounce."

This captures the essence of our daily struggle to manage our responsibilities. From careers to family life, and the duties inherent to JMC, we often find ourselves navigating a complex web of obligations. This month, let’s reflect on a pivotal question: "To whom am I responsible?"

Responsibility extends beyond duty; it encompasses the commitments we owe to the communities we belong to. Belonging to something means sharing its responsibilities. Each day, we juggle these responsibilities, drawing strength and purpose from our connections with those around us.

To manifest a life worth living, we must seek meaningful communities, define our purpose, and shoulder our responsibilities with courage and integrity. This path, though challenging, leads to a life of significance and fulfillment, where individuals thrive, communities prosper, and societies flourish.

As we consider our roles within various communities, let’s strive to create an environment where everyone feels valued and supported. By understanding and embracing our responsibilities, we build a culture of mutual care and accountability.

Recognizing which responsibilities are "glass"— those critical and fragile — and which can "bounce" without immediate harm, is crucial in managing our lives effectively. Through this balance, we can achieve a life of purpose and resilience.

Contact Chaplain Jackson at Office: 309-782-3919 or Cell: 309-519-4243

Stay hydrated...

It is now the time of year when I receive questions about preventing heat-related injuries.

Many patients ask how to assess one's own personal hydration status, and how much fluid should they consume on average per day. The answer is that there is no one-size-fits-all solution.

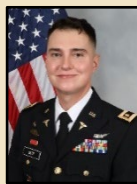
The "eight glasses of water per day" recommendation is more or less a myth (not evidenced-based), and so the answer will vary depending on what, if any, medical conditions an individual is managing, what the environmental heat stress is, and the individual's response to that heat stress in terms of water loss. That said, acclimatization, by gradually increasing exposure to heat stress, coupled with hydration, is one way to protect yourself from heat-related injuries.

There are exceptions, such as when the environment is too extreme or when there is no time to acclimatize gradually. It is important to remember that the acclimatization process is different for everyone, taking anywhere from a few days to weeks.

An easy way for most people to tell if they are properly hydrated is to assess the color of their urine. When urine is light-yellow to clear (clear being see-through, not necessarily colorless) this indicates adequate hydration status for most people. Thankfully, we have a thirst mechanism that will tell us when we need to drink, so more than likely you are consuming plenty of fluids if you listen to your body.

Lastly, it is also wise to check with your personal doctor or provider on what optimal hydration means for you, especially when managing complex medical conditions such as diabetes, congestive heart failure, and high blood pressure.

Lt. Col. Jeffrey Milch,
Command Surgeon



Brian Andrae
Dave Banian
Doug Bengtson
James Gahagan Jr.
Gerry Handy
Randall Kinney
Stoney Ross
Kenneth VanSickle



Kathy Doyle
Ray Edlund
William "Scot" Johnson
James Midgett Sr.
Lyle Williams
Donald Wolverton

GOOD TO KNOW

JUNE KEY DATES

1- Say Something Nice Day
5 - World Environment Day
14 - Flag Day
16 - Father's Day
19 - Juneteenth

Numbers to Know

Thrift Savings Plan

<https://www.tsp.gov/>

877-968-3778

Federal Employees

Retirement System

<https://www.opm.gov/retirement-center/fers-information/>

888-767-6738

Army Benefits Center – Civilian

<https://portal.chra.army.mil/abc/>

1-877-276-9287

Social Security Administration

<https://www.ssa.gov/>

1-800-772-1213

CAC Card Issues

309-782-0596

Please feel free to contact us with your contributions, suggestions, or questions.
Matthew Wheaton:
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Leisure essentials...

Here are eight activities and items retirees might find enjoyable, interesting, or useful:

- 1. Books:** Whether it's fiction, non-fiction, or self-help books, reading can be a great way to stay entertained and informed.
- 2. Puzzles and games:** Sudoku, crossword puzzles, jigsaw puzzles, and board games are excellent for keeping the mind sharp and providing hours of entertainment.
- 3. Arts and crafts:** Painting, drawing, knitting, or crafting are hobbies which allow one to be creative.
- 4. Gardening:** Gardening can be a therapeutic and rewarding activity, providing fresh air, exercise, and the satisfaction of nurturing plants.
- 5. Cooking and baking:** Try out new recipes or mastering favorite dishes.
- 6. Explore:** Buy walking shoes, hiking poles, or camping equipment. They can help you stay active safely and provide aide while exploring the outdoors.
- 7. Technology gadgets:** Tablets, e-readers, smartphones, or wearable fitness trackers can help retirees stay connected, informed, and engaged in the digital world.
- 8. Home comforts:** Cozy blankets, comfortable chairs, aroma diffusers, or relaxation aids like massage tools or meditation apps can help create a soothing and inviting environment.

Help us find new JMC teammates



Are you still eager to make an impact? JMC is actively recruiting, and we need your expertise and wisdom to help us find the best talent.

Your wealth of knowledge and years of experience are invaluable in guiding individuals who are entering the workforce or transitioning to new careers.

Here are four impactful ways you can contribute:

1. Share your story: Your journey from the JMC workforce to retirement is more than just a series of events — it's a powerful narrative that can inspire and mentor others. By sharing your experiences, challenges, and triumphs, you can provide invaluable insights to those who are navigating similar paths. Your story is not just about where you've been, but also about the lessons learned along the way.

2. Guide future talent: Many individuals contemplating returning to work or embarking on new career ventures may feel overwhelmed or uncertain about their next steps. Your advice and encouragement can make a significant difference in their decision-making process. By offering guidance based on your own experiences, you can help them navigate challenges, seize opportunities, and chart a course toward fulfilling careers with JMC or the Department of Defense as a whole.

3. Networking: Your network is a valuable asset that can open doors for others and foster meaningful connections. By connecting with other retirees, industry professionals, and potential candidates, you can help expand their professional circles and create opportunities for collaboration and growth. Whether it's through introductions, referrals, or participation in industry events, your efforts can have a lasting impact on the careers of those around you.

4. Resume reviews and interview tips: Leveraging your years of experience, you can offer valuable insights on resumes, cover letters, and interview strategies. Your feedback can help job seekers present themselves effectively and confidently, increasing their chances of success. By providing constructive criticism, sharing best practices, and offering encouragement, you can empower individuals to showcase their skills and experiences in the best possible light.

Together, we can make a positive impact on the lives of those seeking to build fulfilling and rewarding careers with JMC.