

The Miami Minute

The U.S. Army Garrison-Miami
Employee Newsletter



October 2022
Edition #32



Happy Fiscal Year 2023!

GARRISON INFORMATION

Yoga Heals the Soul

Jill Hauser, Community Recreation Officer

DORAL, FL (Sept. 16, 2022) For the last 4 years, Connected Warrior Certified Yoga Instructor and Gold Star family member Mary Keel has been providing Trauma-Conscious Yoga to the workforce at USAG-Miami, as a volunteer.



Recently, USAG-Miami hosted the Connected Warriors, Inc., and Israeli Heart 2 Heart, based out of Florida, for her class. About 20 Israeli Veterans, US

Veterans, Active Duty, SOUTHCOM/USAG-Miami Civilians and CW Personnel attended.

The Israeli Heart 2 Heart organization sent some of their military veterans to use the Sept. 16th class at USAG-Miami as a model to develop the CW yoga program in Israel.



EMPLOYEE RECOGNITIONS

FY 22 Garrison Employee of the Quarter (Q3)
Jonathan O'Reilly - Legal

FY 22 ICE Employee of the Quarter (Q3)
Jonathan O'Reilly - Legal

FY 22 ICE Team of the Quarter (Q3)
Visa/Passport Team

Around the World and Back Again: *EEO traveler back in Florida for the long term*



Juan Chiari

DORAL, FL (Sept. 21, 2022) – As we all journey through life, it's good to have someone in your sphere who knows what right looks like, and can get people together to solve problems. Karen Vickers has turned that skill into her profession for more than 19 years.

She comes to us straight from a successful stint at Army Sustainment Command – and is on board as the new Equal Employment Opportunity program manager for U.S. Army Garrison-Miami.

“I'm an EEO manager, but I can act as a counselor as well,” Vickers said. “I try my best to help employees and managers resolve conflicts,” she stated.

She prefers to find common ground at the lowest level; before things enter the formal EEO process.

“Besides saving taxpayer dollars,” Vickers said, “it helps to preserve the employee-management relationship.”

“The most difficult part is taking the issue home with me – I'm still thinking about the job – always trying to help someone resolve an issue.”

INSTALLATION EVENTS

- 5 Oct, Lunch and Learn (Domestic Violence and the Family Advocacy Program), 1200-1300, FMWR Classroom, POC Rhea Johnstone, x2645
- 12 Oct, Silent Witness, 1100-1300, Food Court, POC Rhea Johnstone, x2645
- 19 Oct, Lunch and Learn (Domestic Violence and the Family Advocacy Program), 1200-1300, TEAMS, POC Rhea Johnstone, x2645
- 20 Oct, Pop in with ACS, 1100-1200, Food Court, POC Alex White, x2409
- 25 Oct, Success Series, 0900-1000, TEAMS, POC Alex White, x2409
- 27 Oct, Florida Licensing on Wheels, Food Court, POC Tony Randall, x2726 (First 40 customers only)
- 29 Oct, Trunk or Treat Event, Parking Lot, POC Jill Hauser, x1682

Thoughts of the Day

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

— Albert Einstein

“A fact is information minus emotion; an opinion is information plus experience; ignorance is an opinion lacking information; and stupidity is an opinion that ignores a fact.”

— stolen Facebook quote

Have a submission for the Miami Minute?

Contact the editor, Arthur McQueen at x1284, or via E-mail at: arthur.m.mcqueen.civ@mail.mil

New person joining the USAG-Miami team?

Send them to the website with all the answers!

The Newcomers Website has got the goods.

<https://www.southcom.mil/Newcomers>

OBSERVANCES

October is Domestic Violence Awareness Month.

1 Oct Return of the Panama Canal to Panama

10 Oct Columbus Day

11 Oct Naval School in Annapolis opens (1845)

13 Oct Navy Birthday

14-28 Oct Cuban Missile Crisis (1962)

19 Oct Cornwallis' Surrender at Yorktown (1781)

20 Oct Go Purple Day

31 Oct Halloween

... EEO from page 1

“I was working directly for a three-star, and he suggested EO,” she said, preferring the challenge as an alternative to recruiting duty.

Following a military career that culminated as an Equal Opportunity counselor, Vickers decided to up her “E” count as a civilian.

“After retiring from the military, I became an HR Generalist for a little while, but really wanted to get back into my field of helping people resolve issues,” Vickers said.

With her master’s degree in HR, the transition from HR was a logical step.

EEO requires an extensive knowledge of the law and rules regarding the complaint process.

One gets the sense that helping those with less power is part of the equation, and her lifetime of familiarity with the Army is a source of knowledge.

Outside of work, her love of travel, comedy and comedy clubs helps her decompress from the serious business of EEO.

“My father was military as well, as a brat we travelled all over the place,” she said with a smile. “As a brat, my favorite was Livorno, Italy,” she said. “As a soldier, I enjoyed Izmir (Turkey) the best.”

Her travelling finally prompted her decision to apply here, back to the state she was born in.

“I have family in Florida, and always wanted to work for SOUTHCOM, I plan to stay.”

Honoring Gold Star Mothers and Families



(Sept. 16th Joe Pagan (10th from left), U.S. Army Garrison-Miami Survivor Outreach Support Service coordinator, poses with some of the many attendees of the Gold Star Mothers and Family Day Appreciation and Recognition, held Monday in the Garrison Food Court. Members of the U.S. Southern Command family and the Garrison honored Gold Star Family members and those who made the ultimate sacrifice for the United States.)