

September 4, 2012



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>



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ACC-RI Employees Perform Well on NCMA Certification Test: The Quad City Chapter of the National Contract Management Association announced that 83 percent of the Army Contracting Command-Rock Island employees who completed a 12-week training program and took the Certified Federal Contracts Management certification exam passed the test and are now Certified Federal Contract Managers. The CFCM certification validates contracting

professionals' education, training and experience in the Federal Acquisition Regulation, said Gerry Haan, president of the Quad City NCMA Chapter. "We're very happy that we had that high of a passing percentage on our first time doing the CFCM certification," said Haan. The CFCM certification test was held June 28, but preparation for the test began a few months prior. The Quad City Chapter held regular study groups for approximately three months in order

to familiarize themselves with the first 52 chapters of the FAR. "We studied five chapters of the FAR per week, read at home or outside of the group, and everyone brought a couple of questions on each FAR part," said Haan. "Then we would quiz each other for the rest of the hour. We did that for 10



weeks and after those 10 weeks, we had two weeks where we reviewed and took the test." ([More](#))

Joint Munitions Command Aide Wins Combatives Competition at Fort Hood:

Most Joint Munitions Command employees learned that the general's aide-de-camp was a combatives fighter after turning on their computers in the morning. Once the computer completed its loading, an Army Knowledge Online page would have displayed a photo with the following caption: "First Lt. Daniel Midgett of the 5th Special Forces Group, right, kicks Sgt. First Class Jeff Duncan of Fort Leonard Wood July 27 during the 2012 U.S. Army Combatives Tournament at Fort Hood, TX." ([More](#))



Message to the IMCOM Workforce From Lt. Gen. Mike Ferriter,

Command Sgt. Major Earl Rice: The Installation Management Command has the best workforce we have seen in each of our 30-plus years of service. At every installation, base and



depot we visit, we are impressed by the spirit, energy and teamwork exhibited by the IMCOM team. We are just as inspired by the dedicated professionals in the IMCOM and region headquarters, who oversee operations that stretch around the globe from Japan and Korea, across the continental United States, to Europe, and even into bases in Afghanistan. Simply said, no one touches our Soldiers, our Army Families and our civilian workforce and retirees like we do -- every day. ([More](#))

Health Premium Surprise: It's been so long since federal workers and retirees have had any good news that some have probably forgotten how to handle it. But there may be, as in maybe, some on the way. If you are standing, you may want to sit down. If you are already sitting, try to slump. First the bad news: Federal pay has been frozen for two years by order of the President. And while he's proposed a small raise, the current freeze extends 2013 unless and until Congress deals with budget for next fiscal year. But you knew that. ([More](#))



Upcoming Dates

- Sept. 1-7:** Child Injury Prevention Week
- Sept. 8:** Federal Lands Cleanup Day
- Sept. 8-14:** National Seat Check Saturday and Child Passenger Safety Week
- Sept. 9:** National Grandparents Day
- Sept. 9-15:** National Employer Support of the Guard and Reserve Week
- Sept. 9-15:** National Assisted Living Week
- Sept. 10-14:** National No Bully Week
- Sept. 10:** World Suicide Prevention Day
- Sept. 11:** Patriot Day
- Sept. 14:** National Anthem's 198th Anniversary
- Sept. 15:** Woodsy Owl's 41st. Birthday
- Sept. 16:** Mexico's Independence Day
- Sept. 16-22:** National Adult Immunization Awareness Week
- Sept. 16-22:** National Clean Hands Week
- Sept. 16-22:** National Unmarried and Single Americans Week [🏠](#)
- Sept. 17:** Citizenship & Constitution Day [🏠](#)
- Sept. 18:** U.S. Air Force, Air National Guard 65th Birthday
- Sept. 18:** World Water Monitoring Day
- Sept. 19:** National Talk Like a Pirate Day
- Sept. 21:** POW/MIA Recognition Day
- Sept. 22:** First Day of Autumn (Autumnal Equinox)
- Sept. 22:** National Hunting and Fishing Day
- Sept. 22:** National Public Lands Day
- Sept. 22:** International Observe the Moon Night
- Sept. 24:** Family Day - A Day to Eat Dinner With Your Children
- Sept. 24:** National Punctuation Day
- Sept. 23:** Gold Star Mother's Day
- Sept. 27:** Ancestor Appreciation Day
- Sept. 30:** Gold Star Family Remembrance Sunday
- Oct. 7:** 11th Anniversary of the Beginning of Operation Enduring Freedom in Afghanistan
- Oct. 8:** Columbus Day (*Federal Holiday*)
- Oct. 13:** U.S. Navy 237th Birthday



In Choice to Cut Jobs or Raises,

Obama Chose Raises: The hated two-year federal pay scale freeze isn't going to end anytime soon. And depending on how sluggish Congress is, and how this fall's election shapes up, the freeze could last through 2013 — or longer. President Obama earlier this year proposed lifting the pay freeze next year and granting federal employees a 0.5 percent pay-scale raise in 2013. But on Aug. 21, Obama called on Congress to extend the pay freeze until lawmakers pass a fiscal 2013 budget. Because Congress is expected to vote on a six-month continuing resolution sometime this month, that would mean no pay raise until at least next April. ([More](#))



Sequestration Could Spell \$39B in Cuts to Civilian Agency Budgets:

Civilian agencies may lose almost \$40 billion dollars in top-line funding if sequestration goes into effect on Jan. 2, according to a new analysis by the Professional Services Council. Using fiscal 2012



funding as a baseline, PSC calculated overall civilian discretionary spending would decline by \$39 billion and that individual agency budgets would decline by 7.8 percent. ([More](#))

Agencies Can Mandate Personal

Phones: Federal employees could one day be required to use their personal cellphones, tablet computers or other mobile devices for work. Guidance released last month advises agencies to consider whether participation in "bring your own device" (BYOD) programs should be mandatory — a step up from the voluntary programs agencies such as the Equal Employment Opportunity Commission, Merit Systems Protection Board and Nuclear Regulatory Commission have developed. ([More](#))



Democratic Platform Supports More

DoD Cuts: The Democratic Party's 2012 policy platform signals it would welcome additional Pentagon spending reductions, and targets for cuts "outdated Cold War-era systems" such as nuclear weapons. The set of policies



endorsed this week at the party's national convention in Charlotte, N.C., calls for "tough budgetary decisions," but it does not call for voiding \$500 billion in national defense spending cuts that would kick in Jan. 2 if lawmakers fail to enact a broader \$1.2 trillion deficit-reduction package. ([More](#))

Rock Island Arsenal Military Community 9-11 "Memorial Walk":

D. Scott Welker cordially invites you to take part in a 2.25 mile 9-11 "Memorial Walk" on **Tuesday, Sept. 11 at 6 a.m.** in memory of the more than 9,880 civilians, Soldiers, Marines, sailors, airmen, coast guardsmen, and Department of the Army civilians (as of Aug. 8, 2012) who made the ultimate sacrifice since Sept. 11, 2001. Participants will receive a bundle of 25 small U.S. Flags, each flag representing a life lost since 9-11, and asked to remember their deeds and sacrifices; we will carry their legacy into the future and forever honor their selfless sacrifices in the name of freedom. At the conclusion of the Memorial Walk, participants will humbly place their U.S. Flags in a Field of Honor, which will remain in place



until just after reveille on Friday, Sept. 14. It is our sincere desire that this Memorial Walk evokes a new sense of re-commitment to the task at hand. Tuesday, Sept. 11; assemble at 6 a.m., start at 6:30 a.m.; location: 9-11 Memorial (across from Memorial Field); Uniform: military personnel-duty uniform/patrol cap/assault pack (military backpack); civilian-casual/tennis shoes (walking attire).

Rock Island Arsenal Military Community 9-11 Remembrance Ceremony:

D. Scott Welker, Executive Director, US Army Sustainment Command, cordially invites you to attend a 9-11 Remembrance Ceremony on **Tuesday, Sept. 11, at 1 p.m.**, at the RIA Twin Towers Monument, in memory of the 9,880 Americans killed on Sept. 11, 2001, and the subsequent Overseas Contingency Operations. • World Trade Center: 2,606; • American Flight 11 (North Tower): 87; • United Flight 175 (South Tower): 60; • The Pentagon: 125; • American Flight 77 (The Pentagon): 59; • United Flight 93 (Shanksville, Pennsylvania): 40; • 6,530

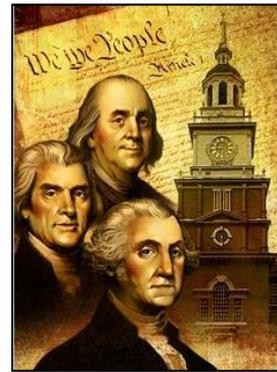


Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, and Department of Defense Civilians (as of 8 August 2012). Uniform: Military Personnel-ASU/Class A (sister service equivalent) / civilian-casual.

DoD to Observe Constitution Day, Citizenship Day: The Department of Defense will observe Constitution Day and Citizenship Day, **Sept. 17**, to

commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787.

Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447, requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept. 17**. To assist in celebrating this event, training and educational materials will be provided to all DoD employees to encourage them to hold ceremonies and



special programs. The [Web site](#) provides useful information and resources, including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." ([More](#))

National POW/MIA Recognition Day

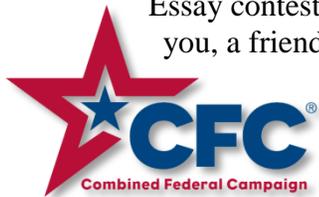
Ceremony: On Friday, **Sept. 21**, the Rock Island Arsenal will host a [POW/MIA Recognition Day Observance](#). "Until They Are Home" is the theme for this year's Recognition Day. The ceremony will be held at the POW/MIA Marker on Rodman Avenue, across from the War Remnants display, in Memorial



Field, beginning at 10 a.m. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([Defense Prisoner of War * Missing Personnel Office Site](#))

CFC Essay Contest -- Tell Us Your Story:

After numerous requests the CFC committee has decided to bring back the Essay contest. If you feel that you, a friend, or a family member has been helped by one of the thousands of agencies involved in the CFC, then this is a great opportunity to tell how one of these agencies has touched you, a friend or a family member. We will even assist you with putting your thoughts together. Please have your entries in by **Sept. 15**. I would encourage you to [see the attached flyer](#). Topic: "How CFC Has Helped Me" The essay should describe



how a CFC sponsored charity such as Boy or Girl Scouts, American Cancer Society, Diabetes Foundation, Humane Society, etc., has benefitted you or your family. ([More](#)) ([Illowa CFC](#)) ([Facebook](#))

National Preparedness Month:

National Preparedness Month (NPM) is a commemorative event recognized each year to emphasize the importance of preparedness. Soldiers, families, and civilians are encouraged to turn awareness into action by Being Informed, Making a Plan, Building a Kit, and Getting Involved. This year marks the ninth annual NPM campaign and the Army's focus remains steadfast: to educate, empower, and involve the Army community in preparedness activities that enhance the resiliency of the Army and increase our nation's readiness for all-hazards events. ([More](#))



VIOS Schedule for September:

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at the Arsenal **Sept. 11, 12 and 13**. Appointments may be scheduled online by submitting a

DA3903 Work Request using the [Visual Information Ordering Site](#) for these available times: • Tuesday, **Sept. 11**, 7:20 a.m. – 3:40 p.m.; • Wednesday, **Sept. 12**, 7:20 a.m. – 3:40 p.m.; • Thursday, **Sept. 13**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information work order, signed by the Passport Agent in block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.



Open Season Dates: The annual federal benefits open season will run **Nov. 12 – Dec. 10** this year. During that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures this year will have a separate section on deductibles, copayments, coinsurance, out-of-pocket limits and other costs; covered services, examples of covered services, and excluded services; and rights to continue coverage and grievance and appeal rights. OPM also is revamping its own brochure to make it more concise and easier to understand. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program.



Pet Vaccine Clinic: The Great Lakes Veterinary Treatment Facility will be hosting a pet vaccination clinic on

Thursday, **Sept. 6**, 1-6:30 p.m.; and Friday, **Sept. 7**, 8-11:30 a.m., at the Rock Island Arsenal Fire Station Fire Station. For more information [click here](#). POC: corinn.hardy@us.army.mil, (515) 450-2447

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Sept. 14, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Nov. 2**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Sept. 21**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Donation Has It's Rewards! With Memorial Day, 4th of July and Labor Day holidays, summer can be an especially challenging time in terms of keeping our blood supply stable. To create awareness of this need,

and to thank donors who take the time to donate during the summer season, the Mississippi Valley Regional Blood Center will be holding a daily drawing for a \$50 gas card starting Monday, May 21 and running through Saturday, **Sept. 8**. Any donor who gives at Arsenal Island Blood Drives May 25 - **Aug. 31** will automatically be entered into the daily drawing..

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

National Veterans TEE Tournament, Sept. 9-14, Iowa City, Iowa: This national event provides legally blind and eligible disabled Veterans an opportunity to develop new skills and strengthen their self-esteem through adaptive golf and bowling events. Each year, the TEE Tournament uses a therapeutic format to promote rehabilitation, fellowship and



camaraderie among participants. The event provides eligible Veterans with an opportunity to participate in therapeutic adaptive sporting activities which demonstrate that having a visual or physical disability need not be an obstacle to an active, rewarding life. Volunteers needed, **Sept. 9-14**, for the following positions: • Golf Buddies (no knowledge of golf needed) – help Veterans get meals, get on buses, and assure buses are loaded with equipment and supplies. • Shuttle Drivers – to transport Veterans from QC Airport to Iowa City and back as needed. • Runners and other Miscellaneous Assistance – Volunteers are needed in all areas of the event, and any days or times that can be volunteered will be greatly appreciated. If you would like to be a Golf Buddy, contact [Kirt Sickels](#), (319) 358-5963. If you would like to help shuttle or serve in any other capacity, assuring Vets are well cared for, contact [Todd Wendling](#), (319) 621-5957. ([More](#))

Rain Date for QC Phoenix Festival:

Sunday, **Sept. 23**, Noon – 6 p.m.; free music and arts festival to raise funds for QC domestic violence shelters. Event features silent auction, 50/50 raffle, vehicle auto start raffle, children and adult games, bounce house, martial art

and dance demonstrations, merchandise and food/drink vendors, t-shirt sales ... volunteers needed. POC: (309) 428-5012

"Bridging The Gap" – Stand Down for Homeless Veterans: Bridging The Gap-QCA will be holding a Stand Down for Homeless Veterans **Sept. 13, 14, & 15**, at the QCCA Expo Center in Rock Island. The



purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. 30+ Quad-Cities area agencies are expected to attend the event to offer services to homeless veterans. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect. They hope to inspire the hope, strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Registration is required for the event and will take place **Sept. 13**, 4-6 p.m., and **Sept. 14**, 7 a.m. – 12 p.m. Leading up to the event Iowa WORKS Eastern Iowa Veterans

Unit is collecting new winter weather boots, new men's and women's shoes in all sizes and monetary donations for their [17th annual "Shoes for Veterans" drive](#) thru **Sept. 7**. Donations can be dropped off at Iowa WORKS Eastern Iowa, 902 W. Kimberly Road Suite 51, Davenport (Village Shopping Mall) from 8:30-4:30 Monday-Friday. Donations will be distributed to homeless veterans at the Stand Down. In addition, [Dr. Stacey Willey, a local Chiropractor from Rock Island](#), is collecting men's socks and undergarments during the month of August, for the Stand Down. Every donator will receive a consultation, exam and X-rays for only \$39 with a donation. If the appointment is scheduled on a Wednesday during the month of August, the visit will be free with a donation. Dr. Willey's office is located at 3832 14th Ave., Rock Island. Quad-Cities Stand Down will also accept donations of socks, gloves, coats and other cold-weather items for distribution to area homeless veterans at the Veterans Appreciation Day Football Game at St. Ambrose University at Brady Street Stadium, **Sept. 15**, at 1 p.m.

Red Cross of the Quad Cities Annual Golf Outing at TPC Deere Run: Hit



the greens on one of the Quad Cities' premier golf courses on **Sept. 17**. Enjoy lunch and 18 holes of golf at TPC Deere Run while supporting Red Cross services in our community. Space is limited - sign up is required by Sept. 10. Contact Allison at (309) 277-4005 for more information.

Time: 11:30 a.m.

Birdies for the Brave: TPC Deere Run Presents -- Birdies for the Brave, Monday, **Oct.**

8, 1 p.m.

Shotgun start, at TPC Deere Run in Silvis, Ill. Birdies for the Brave



fundraising events benefit the military homefront groups that are part of the U.S. Department of Defense's America Supports You initiative. For information on each homefront group, please visit each group's individual website or go to www.BirdiesfortheBrave.com.

King's Harvest Golf Tournament:

King's Harvest, a non-profit, is looking for golfers to play in a tournament supporting our work with homeless and needy in the Quad Cities. Email golf-tournament@mediccombb.net for a registration form. Former Hawkeye

great and NFL player Tim Dwight will be a guest golfer, his foursome to be raffled.

Date: **Friday, Sept. 14**

Time: **7:45 a.m.**

2012 Cards for the Troops: 5th Annual Cards for the Troops, Arsenal Island Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP-mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP.

Date: **Tuesday, Sept. 25**

Time: **6:30 p.m. - 9 p.m.**

Arsenal Attic Thrift Shop &

Boutique: Visit the attic ... open every Tuesday and Thursday, 9 a.m. – 3 p.m.; and Saturday, **Sept. 15**. Check out the Arsenal Attic on Facebook, new pictures posted. Consignors can earn 70 percent on their sales, a great way to recycle and make extra money. Now accepting fall clothing and decorations. POC: (309) 782-6977

Make-A-Wish 5k Run/Walk for

Wishes: The 3rd Annual Walk/Run for Wishes is scheduled for **Oct. 13**, at Modern Woodmen Park. There will be a 5k fun run/walk and one-mile walk.

Walk for Wishes provides an opportunity to raise funds to improve the lives of our local children with life-threatening medical conditions by granting a wish.

Time: **10 a.m.**

Safe Driving Course for Teens: The Street Survival™ teen safe-driving program will be offered at Bettendorf High School Sunday, **Oct. 7**, for drivers ages 16-21. The program puts students behind the wheel of their own car with an instructor to learn about car control. Cost is \$75. Register at www.streetsurvival.org. Local info at qcssregistrar@gmail.com.

Time: **7:30 a.m. - 4:30 p.m.**



Arsenal Traffic/Construction



Moline Arsenal Bridge Closure -

Annual Roadway Sealing: The Directorate of Public Works is scheduling vehicular closure of the Arsenal Bridge on the following date/time for Annual "Roadway Sealing." Signs and barricades will be placed during the closure. Moline Arsenal Bridge: Closed for Sealing - **Saturday, Sept. 8, 6 a.m. - 6 p.m.**; with **Sunday, Sept. 9, 6 a.m. - 6 p.m.**, as an alternate date.



Closure of Sylvan Drive, Sept. 9 – Oct. 14:

The Directorate of Public Works plans to close Sylvan Drive to all thru traffic from **Sept. 9 – Oct. 14** to repair the railroad crossing. Parking lot 2H, located West of Bldg. 208 and on the West side of Sylvan Drive will remain open and will be accessible for parking from Rodman Avenue only. All employees who park in parking lot 2H are advised to use the Davenport gate to access the parking lot from Rodman Avenue. Barricades and signage will be positioned at appropriate locations to inform employees and visitors of the street closure and detour routes (see attached). Point of Contact is Randy Brockhouse, (309) 782-2153.

Building/Space Closures

Closure of North Entrance, West Side, Bldg. 102: Beginning **Aug. 29**, the Directorate of Public Works will close the North entrance on the West side of Bldg. 102. This closure is necessary for replacement of the exterior deteriorated steps and sidewalk. Repairs are scheduled to be completed by **Oct. 23**. Pedestrian traffic should walk on the West side of Gillespie when traveling between South and Rodman Avenues.

Signage and safety fence will be positioned at appropriate locations.

Active Duty/Reserve Zone

President Signs Executive Order to Improve Access to Mental Health Services for Military:

President Obama signed an Executive Order directing key federal departments to expand suicide prevention strategies and take steps to meet the current and future demand for mental health and substance abuse treatment services for veterans, service members, and their families. Ensuring that all veterans, Active, Guard, and Reserve service members and their families receive the support they deserve is a top priority. Since September 11, 2001, more than two million service members have deployed to Iraq or Afghanistan with unprecedented duration and frequency. ([More](#))

Voting Assistance Program Eases Registration, Ballot Process:

With Election Day about two months away, absentee military and overseas citizen voters can enjoy a streamlined process to register, obtain a ballot and exercise their right to vote, a Federal Voting Assistance Program official said in a

Pentagon news conference today. Pam Mitchell, the program's acting director, outlined new outreach initiatives designed to make voting assistance more innovative and user-friendly than ever before, with an emphasis on engaging junior military personnel, the largest segment of the Defense Department population. ([More](#))

St. Ambrose University Military Appreciation Day:

Please help St. Ambrose University celebrate the American military and its veterans on **Sept. 15**. First, we welcome you and your family to join us for a pancake breakfast with current SAU students at 9:30 a.m. in the Cosgrove Hall Cafeteria, 518 W. Locust St, Davenport. Parking will be available in our Gaines Street lots. Please RSVP for yourself and guests for the breakfast by Sept. 1 at GatesAndrewA@sau.edu. Then attend the 1 p.m. Fighting Bees football game at Brady Street Stadium in Davenport. Active military and veterans admitted free with Department of Defense or Department of Veterans Affairs ID. Thank you for your service. The family of U.S. Army Staff Sgt. Nathan Cox will conduct the pre-game coin flip in



recognition of Quad Cities area Gold Star families. Sgt. Cox was a St. Ambrose student prior to being killed in action in 2008. Maj. Gen. Yves Fontaine (ret.) and Command Sgt. Maj. Stephen Blake (ret.), former leaders of the U.S. Army Sustainment Command at the Rock Island Arsenal, will receive Fighting Bee Awards at halftime, presented by Sr. Joan Lescinski, President, and Andrew Gates, Coordinator of Veterans Recruitment and Services. Quad-Cities Stand Down will accept donations of socks, gloves, coats and other cold-weather items for distribution to area homeless veterans.

SMA Chandler: Army Must Do Better at Keeping Hazing in Check:

While hazing can be confused with a rite of passage into an organization, especially one as large as and with as much history as the military, it is something the Army does not tolerate, said Sgt. Maj. of the Army Raymond F. Chandler III, during a visit here. "We've had a policy about hazing since the mid-1980s," Chandler said, during a town hall meeting with Soldiers. "Hazing, it's things that you do that could be confused as a rite of passage that end up humiliating, injuring and intimidating a Soldier, and we've got a problem with this. It's unchecked behavior and we've

got to police it up. We owe it to the person sitting next to us, we owe it to the Army and we owe it to the American people." ([More](#))

Safety Spotlight

Nine Recalls: The never ending pursuit of safety brings a lot of products to the forefront that does not measure up to the safety standards set down to protect you and me. From the CPSC, nine products that may be used in our homes ... more importantly are the safety precautions on the use of generators. CO, Carbon Monoxide is a dangerous and odorless gas present in the use of fossil fuels. Heed the safety precautions and know the signs and symptoms of CO poisoning. ([More](#))

Baby Safety Month: While cribs, bassinets and play yards are the safest places to place your baby to sleep, more than 11 million cribs and numerous bassinets and play yards have been recalled since 2007. Babies spend much of their time sleeping; therefore, the nursery should be the safest room in the house. Check to see if your crib has been recalled. ([More](#))

Driver Distractions – They're

Everywhere: Driving requires your full attention to safely control your vehicle and respond to events happening on the roads around you. Driving involves constant and complex coordination between your mind and body. Events or things that prevent you from operating your car safely are distractions. The safe operation of your car or truck is your primary responsibility. Do not let these distractions prevent you from the safe operation of your vehicle. ([More](#))

Cell Phones and Other Dangerous

Distractions: Many of today's workplaces and households rely heavily on cellular telephones for quick and convenient communication. It seems that we want instantaneous contact. You hear it every day, "There's no way we can do business without cell phones." Chances are there is a cell phone in your life, used for communicating with the office while you are working in the field or with your children when they arrive home before you in the afternoon. ([More](#))

Bringing Leaders into Rider Training:

The process Soldiers use to get their required motorcycling and driving training will change with the coming of the new fiscal year. Since 2007, Soldiers



have used the AIRS, or the Army IMCOM Registration System, to sign up for the driving and motorcycle riding provided under the Army Traffic Safety Training Program. Performed under contract for the Army's Installation Management Command, AIRS allowed Soldiers to self-register by going to an online site, search for the training they wanted and then apply for it. The system allowed safety offices to plan riding and driving training, recognizing the needs of Soldiers at installations world-wide. However, when the contract supporting the AIRS ended, the Army needed to find another way to ensure Soldiers got the needed training. And the Army didn't have to look far for an effective solution that included the Soldiers' leadership into the process. ([More](#))



Equal Opportunity Focus

☉
RIA Observes Women's Equality Day With Satirical Performance: A member of The East Lynne Theatre Company of Cape May, N.J., performed "Someone Must Wash the Dishes: An Anti-Suffrage Satire" as part of the Women's Equality Day Observance at the Arsenal Island Clubhouse Aug. 24. Aug. 26 was the 92nd anniversary of the ratification of the 19th Amendment to

the U.S. Constitution, which gave women the right to vote and hold elective office. Michele LaRue, a Chicago native who now resides in New Jersey, delighted the audience with her satirical monologue as she portrayed herself as a female pro-suffragist in the early 1900s. ([More](#))

DoD Increases Hiring of People with Disabilities: Government Grows Disabled Worker Ranks, Struggles to Curb Disability Discrimination: The federal government is getting better at hiring individuals with disabilities, but based upon my experiences with clients, I believe there is definitely room for improvement when it comes to how it treats such employees. The Office of Personnel recently released a report showing that the ranks of disabled individuals employed by the Executive Branch rose over the year by 9 percent to 204,189 in fiscal year 2011. This growth was driven in part by President Barack Obama's Executive Order 13548, which was issued in July 2010 and set the goal of hiring 100,000 people with disabilities over five years. ([More](#))



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

US Army Soldier Show Nominations

Now Being Accepted: The IMCOM, U.S. Army Entertainment Division is accepting nominations for performers and technicians to participate in highly visible and prestigious US Army Soldier Show for the 2013 season. For more information please review the OPRD and its Annexes by visiting [this link on AKO](#).

Ghost Hunters' Dinners at Historic

Quarters One: The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **Oct. 1, Oct. 13, and Oct. 31.**



Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601 for more info and to reserve your spots. ([Flyer](#))

Oil Change Special at the Auto Shop:

The Auto Shop is offering an Oil Change Special in celebration of October being Car Care Month. Stop in anytime in October and receive standard oil and filter change (up to 5 quarts) for only \$20. Please call (309) 782-8631 to schedule an appointment.

Free Fall Vehicle Inspection:

Stop by the Auto Shop on **Oct. 27**, 9 a.m. – 2 p.m. for a free Fall vehicle inspection. This free inspection includes fluid levels, tires, suspension and more. Perfect opportunity to get your vehicle ready for the winter. Please call (309) 782-8631 for more information.

Oil Change Clinic: Let the pros of the Auto Shop teach you how to change the oil in your vehicle. There will be an Oil Change Clinic on **Oct. 24**, 5 p.m. – 6:30 p.m. Cost is only \$5. Please call (309) 782-8631 to sign up.

Arsenal Island Golf Course Is Celebrating 2 Years of Public Play: September marks the 2nd anniversary of the Arsenal Island Golf Course

becoming a public course. Come help the most historic golf course in the Quad Cities celebrate with some of the great deals we have going on. Head over to www.facebook.com/ArsenalIslandGolf or call (309) 793-1604 for more information.

Now Booking Holiday Parties at the Golf Clubhouse:

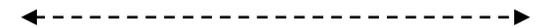
Although it's probably tough to think about holiday season with all this hot weather, it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

New MWR Website: Come check out our new and improved MWR website at www.riamwr.com for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the

MWR marketing office for assistance at (309) 782-4420.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

Outdoor Grill 350: The Grill in front of Bldg. 350 will be open on Mondays and Wednesdays, 10:30 a.m. to 12:30 p.m., weather permitting.



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Downtown Chicago Shopping Trip:

Let the Leisure Travel Office handle the transportation and you concentrate on the shopping. Cost is \$41 per person ... sign up now.



Date: **Saturday, Dec. 15**
Time: **6:30 a.m.**

Woodfield Mall Shopping Trip: Join us for a fun day of shopping at the Woodfield Mall in Schaumburg, Ill. More than 300 stores and restaurants to choose from. Get your seat soon because this bus trip is a sellout.

Date: **Saturday, Nov. 10**
Time: **6:30 a.m.**

Six Flags Fright Fest: Fright Fest at Six Flags Great America is one of the most terrifying Halloween events in the world! With numerous horrifyingly delightful haunted mazes, shows and rides, you and your friends will have the fright of your life. Fright Fest is every weekend in October. Tickets are on sale for \$38 at the LTO.

Adventureland Tickets Sold-Out at Leisure Travel: The Leisure Travel Office has sold the last of their supply of discount tickets for 2012. We still have plenty of Six Flags Great America and Six Flags St. Louis tickets though, so stop on by Bldg. 60 for your discount tickets today or call (309) 782-5890 for more info.

WDW and Universal Tickets: Leisure Travel cannot order tickets to Walt

Disney World or Universal Studios starting Wednesday, **Sept. 12** until Wednesday, **Sept. 26**.

Historical Quarters One: Did you know you can rent Historical Quarters One for all of your special events? Give Anna or Eric a call at Leisure Travel for more details (309) 782-5890.

Noah's Ark Waterpark: Wisconsin Dells America's largest water park, with 49 water slides and dozens of other various attractions. Leisure Travel has discounted one-day admission tickets for \$30.

Circa 21 Presents: Smokey Joes Café: The timeless songs of the golden age of rock 'n' roll come alive in this electrifying production. You will laugh, shout and sing along to more than 40 of the greatest songs ever recorded. Revisit the neighborhoods of the 1950s, 60s and 70s. Seats on sale until **Oct. 1** for \$43.50.

Date: **Saturday, Oct. 13**
Time: **5:45 p.m.**



Child, Youth & School Services



Army Begins Final Phase of Childcare

Fee Changes: To coincide with a Department of Defense policy to standardize the cost of childcare across the Services, the Army will institute new fees for Child and Youth Programs beginning **Oct. 1**. The change affects users of Child Development Centers, School Age Care, Family Child Care, Middle School & Teen Programs, Youth Sports & Fitness, and Army Community Based Programs. This year will mark the final phase of the Army's three-year transition to comply with the DoD Child and Youth Fee Policy. Depending on location, some Families may see an increase in their childcare fees, while others will see a reduction. In some cases, Families may not see changes. ([More](#))

Covenant Cottage Child Development

Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793.



We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Prescription Drug Take-Back Day:

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of old and expired medication going missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Sept. 11 and 12**, the ASAP and Law Enforcement will be collecting unused and expired prescription drugs at the following places and times: • **Sept. 11**, 5:30-8:30 a.m.; and 2:30-4:45 p.m. at Memorial Field Parking lot. • **Sept. 12**,

5:30-8:30 a.m.; and 2:30-4:45 p.m., in the Arsenal Fire Station Bay. Participants bringing in unused or expired prescription drugs for disposal will receive a free coffee mug or gel stress ball. For more information about the prescription drug take-back day call the EAP/ASAP at (309) 782-4357.

Out of the Darkness Walks to Prevent

Suicide: September is Suicide Prevention Month, and the Iowa City VA Health Care System is forming teams to participate in five "Out of the Darkness" walks in communities it serves. These walks occur annually in various cities across the United States, with proceeds benefitting the American Foundation for Suicide Prevention and local suicide prevention activities. This is a great opportunity to show support of veterans' wellness initiatives, and also for loved ones of veterans who have been lost to suicide. The communities hosting walks this year include the Quad Cities, which will take place **Sept. 15** at 10 a.m. at Lincoln Park, 11th Avenue & 38th Street, in Rock Island. RIA EAP POC: jennifer.a.kerr10.civ@mail.mil

Suicide Awareness Month –

September 2012: Would you know what to do if someone told you they didn't want to live anymore? Each year,



almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't deal with everything—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret can often lead to tragic results. Suicide is a fatal response to a treatable, and reversible, condition—that condition most often being depression. In observance of Suicide Prevention Month, the Rock Island Arsenal Employee Assistance Program would like to remind you of the free and confidential services offered to you and your immediate family members. Master-level counselors provide short-term counseling and referral services and are available to respond to any concerns you may have about yourself or others in your life. Warning signs of suicide (Call 9-1-1 or seek immediate help from a mental health provider when you notice the following): • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself; • Someone looking for ways to kill him/herself by seeking

access to firearms, available pills, or other means. Seek help by contacting an EAP counselor, a mental health professional or by calling 1-800-273-TALK for a referral should you notice anyone exhibiting any one or more of the following: • Hopelessness; • Rage, uncontrolled anger, seeking revenge; • Acting reckless or engaging in risky activities, seemingly without thinking; • Feeling trapped - like there's no way out; • Increased alcohol or drug use; • Withdrawing from friends, family and society; • Anxiety, agitation, inability to sleep or sleeping all the time; • Dramatic mood changes; • Excessive interest, talk or writings focused on death, dying or suicide; • No reason for living; no sense of purpose in life. ([Army Article](#)) ([StandTo!](#))

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Smoking Cessation Group: Start the fall season with a healthy plan to quit smoking. The Employee Assistance Program offers an ongoing educational

support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m. at the EAP office located in Bldg. 56, 1st floor, East.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Get Ready, Get Set, Go-Go-Go to School!: Seeking or pursuing a college degree? Have questions? The Army Education Center will be hosting on a monthly basis the following schools. • First Monday of each month, **Oct. 1, Nov. 5:** Upper Iowa University, (POC: Daniel Marvin (563) 359-7111, marvind@uiu.edu); • Third Monday of each month – **Sept. 17, Oct. 15, Nov. 19:** Trinity College of Nursing & Health Sciences (POC: Christiana Headley, (309) 779-7774 headleca@ihs.org); • Second Wednesday of each month – **Sept. 12, Oct. 10, Nov. 14:** Kaplan University (POC: Jason Wilebski (563) 441-2485, jwilebski@kaplan.edu); •



Third Wednesday of each month – **Sept. 19, Oct. 17, Nov. 21:** St. Ambrose University (POC: Bill Gleason, (563) 333-6354, gradprog@sau.edu); • First Thursday of each month – **Sept. 6, Oct. 4, Nov. 1:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, Iowa) (POC: Rebecca Geiken, (563) 441-4060, rgeiken@eicc.edu); • Second Thursday of each month – **Sept. 13, Oct. 11, Nov. 8:** Black Hawk College (POC: Susan McPeters, (309) 796-5027, mcpeterss@bhc.edu); • Third Thursday of each month – **Sept. 20, Oct. 18, Nov. 15:** Ashford University (POC: Derek Phillips, (800) 798-0584 ext 3077, derek.phillips@ashford.edu). Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary, unless specified. All scheduled times are 10 a.m. - 2 p.m., in Bldg. 56, 1st Floor, Room 120. Education Center POC: Stephanie Allers (309) 782-5895, stephanie.e.allers.civ@mail.mil

Achieving Results Through Customer Satisfaction and Loyalty: St. Ambrose University's College of Business is hosting an academic conference **Oct. 12** to teach, discuss, and exchange ideas on the best practices of developing and maintaining customer loyalty in organizations. The conference will

foster intellectual stimulation in the community and improve the knowledge of the participants on best practices in the workplace. The all day conference will be held in the Rogalski Center on the St. Ambrose campus. The 12 75-minute breakout sessions will be targeted to participants to meet their current needs regarding customer satisfaction and loyalty in their respective organizations. The target market will be high to mid-level employees from mid to large size organizations in the Eastern Iowa and Western Illinois region. ([More](#))

CCME Announces 2012 Scholarship Application: The Council of College and Military Educators offers \$1,000 scholarships each year to Service members (active duty and veterans) and their spouses working towards higher education degrees. Applicants must submit the [on-line CCME Scholarship Application](#) by **Oct. 1**. The three scholarships are: • CCME Joe King Scholarship (5 awards) applicant must be a uniformed service member (active, reserves, guard). • CCME Spouse Scholarship (5 awards) applicant must be the spouse of a uniformed service member (active, reserves, guard, veteran). • CCME Veteran Scholarship (5 awards) applicant must be a prior

uniformed service member (active, reserves, guard).

Defense Commissary Agency / PX

☪
The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

September Promotions Offer Cool Commissary Savings: As summer fades, commissary customers will see plenty of cool promotions such as the September worldwide case lot sale, giveaways and other money-saving deals, said the Defense Commissary Agency's director of sales. • Worldwide case lot sale. Customers should visit www.commissaries.com and click the "Case Lot Sales" link under the Shopping tab to find out the dates for their local commissary's case lot sale. Continuing through **Oct. 13**, case lot



events offer hundreds upon hundreds of items - back-to-school items, breakfast foods, pet food, paper goods, diapers, health and beauty care products, frozen foods - some at savings up to 50 percent or more off regular commissary prices. • Oktoberfest! From **Sept. 13 to Oct. 10**, commissary customers will find sales and coupons for imported items from Germany and Europe. A full line of German products will be available: chocolates, cookies, sauerkraut, mustard, red cabbage, pickles, noodles, coffee and more. • "We Are Family!" From **Aug. 23 to Sept. 26**, Quaker and Tropicana will offer bundled savings on their brands. Look for in-store displays for coupons and recipes, plus a chance to win a giveaway that includes prizes such as Sony camcorders, e-readers and a Sony tablet with accessories. • "Harvest of Values Sales Event." From **Aug. 23 to Sept. 26**, Acosta Military Sales will distribute 400,000 full-color coupon flyers to commissaries worldwide offering high-value coupons for commissary shoppers. This event is being offered exclusively at commissaries to honor the women in our military service and promote awareness of their contribution to U.S. military history. As part of the event, the vendor will provide donations to the [Women in Military Service for America Memorial](#)

located at the entrance to Arlington National Cemetery. The memorial includes an education center; a world-class archive of documents, artifacts and memorabilia; and hosts an education program for children and adults, a speaker's bureau and a variety of seminars, programs and activities. • Hershey and Overseas Service Corporation. Continuing through September, the Hershey Company will offer commissary patrons a chance to win a 14-foot-6-inch Old Town Saranac canoe (value \$549) and military-specific instant redeemable coupons. The following items are part of this promotion: Hershey's milk chocolate 6-packs (for s'mores), strawberry Twizzlers and Hershey's milk chocolate syrup.

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **Sept. 13**, Ron Deiss, Archeologist, Rock Island District, U.S. Army Corps of Engineers, will talk about "[Landscape Photography of the Upper Mississippi River Taken by Henry Bosse](#)." Content: One of the Mississippi River's greatest photographers, [Henry P. Bosse](#), created blue or cyanotype photographs that documented the U.S. Army Corps of



Engineers' early work on the Upper Mississippi River, the working boats on the river, railroad and wagon bridges, and cities and town. Together, these images comprise a rich essay on the evolution of one of the world's greatest rivers --The Mississippi. Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. **Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m.** As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: On **Oct. 11**, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." On **Nov. 8**, John Punkiewicz or Lou Ann McCracken, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The](#)

[Rock Island Civil War Prison: Andersonville of the North?](#)

This Week in Rock Island Arsenal History – Sept. 3-9: In September 1877, the sun dial located at the end of Gillespie Avenue near Quarters One was dedicated. On Sept. 4, 1918, Beatrice Campbell was hired as forelady of the fuze department in the ammunition loading plant (Shop L – Bldg. 250). In September 1910, a chemical laboratory was organized and equipped at RIA with a permanent full time chemist placed in charge of the operation. In September 1866, excavation began for Shop C (Bldg. 104). Congress established employee compensation for accidents that occurred on the job on Sept. 7, 1916. In September 1841, Congress asked for a thorough examination of potential sites for an armory in the west. Rock Island was included in the survey.

Healthbeat

Ending the Stigma of Seeking Help In the Army: "Stigma refers to a cluster of negative attitudes and beliefs that inadvertently motivate Soldiers and leaders to fear, reject, avoid, and discriminate against military and civilian personnel with mental illnesses,"

according to a U.S. Department of Health and Human Services (2003) fact sheet entitled "Discrimination & Stigma." Stigma is still widespread in the Army. Research about stigma indicates that it manifests itself in many ways and through various constructs. The roots of stigma are anchored in stereotypes--generalizations that are perceived to be accepted by the population at large--such as "Soldiers who seek behavioral health care are weak." A Mental Health Advisory Team report indicates that "among Soldiers who screened positive for depression, anxiety, or PTSD, many reported that their unit leadership might treat them differently, and reported that they would be seen as weak." Such evidence suggests that in spite of education and training, Army personnel continue to sanction the stigma of "help-seeking," which ultimately acts as a barrier for access to preventive and stabilizing care. Imagine the scenario that is written below. Do the problems sound familiar? They should, because they are based on common experiences. ([More](#))

Fruits, Veggies Month--More Matters: As the warm weather slowly fades away, we all think about how to keep the healthy feeling of summer a little longer. Cooler weather and shorter



days can take a toll on our immune system. Research shows that one way to stay strong is to continue to enjoy plenty of fresh fruits and vegetables. September is "National Fruits and Veggies--More Matters" month. This is a great time to make the transition from summer's fresh peaches and blueberries to the delicious pears, plums and grapes of the fall. Orange fruits and vegetables are a particularly tasty way to boost the immune system all year long. Delicious fall favorites include sweet potatoes, butternut squash or pumpkin. Orange foods contain the antioxidants beta-carotene, a precursor to vitamin A, as well as vitamin E. These vitamins work alongside vitamin C to improve the immune system's ability to protect against viral infections and to fight off colds and flu. ([More](#))

Dry Skin: Stop That Itching!: Do you have the sort of dry, itchy skin that makes you feel like you're infested with fleas, that keeps you awake at night and miserably raking your skin with a back scratcher? If the itching weren't bad enough, a dry skin problem can be more than just a superficial issue. You could be giving all sorts of bacteria a way in that can lead to more serious problems. Let's put down the back scratcher and figure out what's really causes dry skin.

Dry skin is a common condition that can be annoying, uncomfortable and sometimes painful when left untreated. It can result in itching and scratching or roughness and/or red patches, which can be unattractive and bothersome. In worse cases, dry skin can lead to skin diseases (for example, eczema), severe inflammations of the hair follicles (folliculitis) and skin tissues (cellulites), or even infections when the skin is broken by excessive scratching. ([More](#))

The Women's Health Task Force: The Women's Health Task Force (WHTF) is a team of 43 professionals focused on the gender specific health needs of women in the military. The Army's Surgeon General Lt. Gen. Patricia Horoho directed the establishment of a WHTF in December 2011. The team was born out of the Health Services Support Assessment Team (HSSA) that in 2011 spent three months in Afghanistan talking to female warriors from all of the services about their deployment health concerns. The white paper: The Concerns of Women Currently Serving in the Afghanistan Theater of Operations is a result of those discussions. ([More](#))

Health Clinic Announcement: Clinic closed Thursday, Staff Meeting/Training

Aug. 30 at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Order Calls for Interagency Cooperation on Veterans' Mental Health: President Obama signed an executive order Friday telling the Department of Veterans Affairs to add more personnel to respond to the mental health needs of veterans and telling other agencies to help, an effort to fight a rising tide of suicides in the military services. Among its many provisions, the order tells VA to boost the capacity of its veterans' crisis hotline by 50 percent and to ensure that a veteran who identifies him or herself as in emotional distress gets seen by a mental health professional within 24 hours. "I know you join me in saying to everyone who's worn the uniform, if you're hurting, it's not a sign of weakness to seek help. It's a sign of strength," Obama told soldiers at Fort Bliss, Texas, just after signing the order on Friday. "We're here to help you stay strong. That's the commitment I'm making to you." ([More](#))



Out of the Darkness Walks to Prevent

Suicide: September is Suicide Prevention Month, and the Iowa City VA Health Care System is forming teams to participate in five "Out of the Darkness" walks in communities it serves. These walks occur annually in various cities across the United States, with proceeds benefitting the American Foundation for Suicide Prevention and local suicide prevention activities. This is a great opportunity to show support of veterans' wellness initiatives, and also for loved ones of veterans who have been lost to suicide. The communities hosting walks this year include the Quad Cities, which will take place **Sept. 15** at 10 a.m. at Lincoln Park, 11th Avenue & 38th Street, in Rock Island. RIA EAP POC: jennifer.a.kerr10.civ@mail.mil



Car Pooling Announcements



Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Car Pool:

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.
- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2nd shift 2:15-10:30 p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period. [Email](#) or call (309) 782-5472.



Around the Q.C.



- Sept. 6:** [13th Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)
 - Sept. 6:** [911 Barbeque](#) (East Moline Nursing and Rehabilitation Center, 430 30th Ave, East Moline)
 - Sept. 7-16:** [East West Riverfest](#) (Quad Cities)
 - Sept. 8:** [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)
 - Sept. 8:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park)
 - Sept. 8-9:** [Beaux Arts Fair](#) (Downtown Davenport)
 - Sept. 11:** [Remembering 9/11 Candlelight Vigil](#) (United Neighbors, Davenport)
- Sept. 13-15:** ["Bridging The Gap" – Stand Down for Homeless Veterans](#) (QCCA, Rock Island)
- Sept. 15:** [Taming of the Slough](#) (Sylvan Island)
- Sept. 15:** [Brew Ha Ha](#) (LeClaire Park)
- Sept. 15:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
- Sept. 15:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- Sept. 15-16:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
- Sept. 19-21:** [Upper Mississippi River Conference](#) (TBD)
- Sept. 21:** POW/MIA Recognition Day Observance (Rock Island Arsenal POW/MIA Marker)
- Sept. 21-22:** [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)
- Sept. 22-23:** [Quad Cities Kite Festival](#) (Centennial Park, Davenport)
- Sept. 23:** [Quad Cities Marathon](#) (Downtown Moline)
- Sept. 27-29:** [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)
- Sept. 28-30:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
- Sept. 29:** [17th Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)
- Oct. 5-6:** [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)
- Oct. 6:** [Hilltop Campus Village 3rd Annual Fall Music Festival](#) (Hilltop Park, Davenport)
- Oct. 6:** [Light the Night Walk](#) (Modern Woodmen Park, Davenport)



Oct. 7: [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)

Oct. 13: [3rd Annual Walk/Run for Wishes](#) (Modern Woodmen Park)

Oct. 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Oct. 13-14: [Gun Show](#) (Mississippi Valley Fairgrounds)

Oct. 23-28: [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)

Oct. 25: [Fright Night](#) (The District)

Oct. 26: [Bucktown's Deadstock](#) (Bucktown)

Oct. 27: [Witches Walk](#) (Downtown LeClaire)

Oct. 27: [Daiquiri Factory's Boneyard Boogie](#) (The District)

Oct. 27-28: [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)

Nov. 11: [Doll Show](#) (Mississippi Valley Fairgrounds)

Nov. 16-25: [Quad City Arts Festival of Trees](#) (RiverCenter)

Nov. 17: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 17: [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)

Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 7: [Gallery Hop!](#) (The District)

Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)



Island Insight



Joel Himsl, Garrison Manager; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

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September 17th
CONSTITUTION DAY
 and **CITIZENSHIP DAY**

Department of Defense Constitution Website
<http://constitutionday.cpms.osd.mil>

September 17th has been proclaimed as Constitution Day and Citizenship Day.

To learn more about the U.S. Constitution, visit the DoD website at <http://constitutionday.cpms.osd.mil>



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