

September 10, 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](http://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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## **Rock Island Arsenal Breaks Food**

**Drive Record:** The Rock Island Arsenal community joined in support of the 2012 Feds Feed Families Food Drive, donating a record amount of nonperishable food items to support the nationwide campaign. The effort, headed by Army Sustainment Command, collected more than 4,499 pounds of nonperishable goods that went to the River Bend Foodbank in Moline, Ill., to help feed local families,

topping last year's total of 2,790 pounds. "This was a widespread effort throughout the island with civilians and military members alike coming together to assist those in need," said Sgt. Maj. Keith Jones, garrison sergeant major. "This effort extends beyond the Department of Defense or the Army, reaching out to the surrounding communities. This was an opportunity for the Army to give back to the Quad Cities area and our Soldiers really

stepped up to make this a great success." ASC Soldiers said they were glad to be able to help Quad Cities-area families in need. "It was very satisfying, very fulfilling to do my part," said Sgt. Guadalupe Tellez, Headquarters and Headquarters



Company, ASC. "One of the Army Values is 'Selfless Service' so it was meaningful for me to participate in the food drive. As a Soldier, it was nice to know we are helping people in our community." Officials from the River Bend Foodbank, that distributes provisions to 22 counties in Iowa and Illinois, were pleased with the results. [\(More\)](#)

## **11 Years Later: Honoring the Fallen -**

**Moving Forward:** For Americans, the date "September 11, 2001" evokes very distinct memories of that specific time in our lives when the world, as we knew it, changed forever. Our memories mark this day far more poignantly than any words ever will. We will forever honor the victims of those attacks and pay tribute to a generation that has borne the burden of our nation's security through their sacrifice and commitment to our American ideals. [\(More\)](#)



## **Who Is in the News? Brig. Gen.**

**Michael R. Smith:** Brig. Gen. Michael R. Smith and his family have been welcomed to the First Army Team at First Army's Rock Island Arsenal

Headquarters. As the deputy commanding general for support, Brig. Gen. Smith's duties will include assisting the First Army Commander and leadership with training, readiness and mobilization of United States Army Reserve and National Guard units. He also will serve as the commander for the First Army Reserve Support Command. Smith's 34 years of military service include three tours to Iraq. His most recent assignment was as the commander of the 800th Military Police Brigade, located in Farmingdale, N.Y. [\(More\)](#)

## **White House Misses Sequestration Deadline; DoD Will See 11% Cut:**

The Obama administration has missed a key deadline to submit a report on how it would implement \$109 billion in across-the-board budget cuts scheduled to take effect Jan. 2. The administration was supposed to send to Congress by Sept. 6 detailed information on every account that would be affected under sequestration, including how much money would be cut from every program, project and activity level. < All in all, sequestration could lead to 270,000 lost federal jobs throughout the



# Upcoming Dates

**Sept. 8-14:** National Seat Check Saturday and Child Passenger Safety Week

**Sept. 9-15:** National Employer Support of the Guard and Reserve Week

**Sept. 9-15:** National Assisted Living Week

**Sept. 9-15:** National Blood Collectors Week

**Sept. 10-14:** National No Bully Week

**Sept. 10:** World Suicide Prevention Day

**Sept. 11:** Patriot Day

**Sept. 14:** National Anthem's 198<sup>th</sup> Anniversary

**Sept. 15:** Woodsy Owl's 41<sup>st</sup> 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 65<sup>th</sup> 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. 22:** Worldwide Day of Play

**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. 29:** VFW 113<sup>th</sup> Birthday

**Sept. 30:** Gold Star Family Remembrance Sunday

**Oct. 7:** 11<sup>th</sup> Anniversary of the Beginning of Operation Enduring Freedom in Afghanistan

**Oct. 8:** Columbus Day (*Federal Holiday*)

**Oct. 13:** U.S. Navy 237<sup>th</sup> Birthday



government, and the furloughs of thousands more. “And that’s just the first installment,” said Doug Criscitello, a former chief financial officer at the Housing and Urban Development Department and current managing director at Grant Thornton. “There’s nine of them [years of cuts]. Imagine taking cuts of that magnitude for nine years [through 2021]. You’d essentially eliminate discretionary spending.” ([More](#))

**House Set to Extend Federal Pay Rate Freeze:** A temporary spending measure before the House would lift the threat of a partial government shutdown due to a budgetary stalemate, while keeping federal employee salary rates frozen at least until April. The “continuing resolution” would fund government programs, generally at about current levels, from the start of the new fiscal year Oct. 1 through March 27. It is to be considered on Wednesday in the House Rules Committee, and a full House vote is planned by week’s end, with the Senate most likely taking up the issue next week. ([More](#))



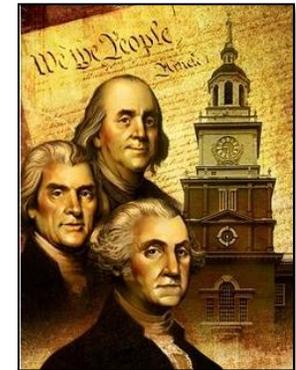
**Lawmaker Rolls Out Six-Month Continuing Resolution:** The chairman of the House Appropriations Committee on Sept. 10 introduced a temporary funding measure to prevent a government shutdown and fund federal programs until March 27, 2013. While the continuing resolution (H.J. Res 117) continues funding at the current rate of operations for federal agencies, programs and services, the bill contains a few provisions allowing funding increases and flexibilities. ([More](#)) ([What you need to know about the stopgap spending measure](#))

**Job Fairs Offer Opportunities for Transitioning Soldiers, Veterans, Family Members:** Are you a Soldier transitioning from active duty and looking for your next job? A veteran? Or a Family member wanting to continue your career? Garrison Army Career and Alumni Program and Army Community Service offices support hundreds of job fairs on or near our installations every year. Here is a list of events for transitioning Soldiers, veterans and Family members



coming up in the next three months. To find out about other events or all the services ACAP offers, visit the ACAP website at [www.acap.army.mil](http://www.acap.army.mil) or contact an ACAP center at [www.acap.army.mil/acap-centers.aspx.htm](http://www.acap.army.mil/acap-centers.aspx.htm). ([More](#))

**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](#))

## **No More Imposters: The Federal Social Media Registry is Here:**

Everyone loves a good fake Twitter account. Remember @LeBronsElbow (after LeBron James hurt his elbow in the 2010 NBA playoffs) and @BPGlobalPR (the not-so-friendly fake BP account that popped up after the 2010 oil spill in the Gulf of Mexico)? Twitter has taken steps to verify that the accounts of prominent people are authentic, and now the U.S. government has done the same. Initially, the government aims to validate social

media accounts from 22 different social networks. ([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

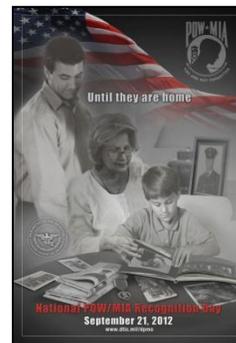
installations, ships at sea, state capitols,

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](#))

## **FY13 GSA Government Fare Program -- New Auto-Cancellation**

**Policy:** The General Services

Administration, which

manages the City Pair

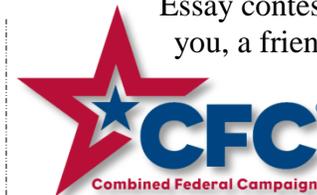
Program, in

association with the

participating airline

carriers is introducing

a significant change to the program



effective **Oct. 1**, with the FY13 award including a 72-hour advance purchase requirement. Reservations are subject to auto-cancellation by the airlines if not ticketed by the appropriate deadline. Reservations made 72 to 24 hours in advance of departure must be ticketed within 24 hours of creation. Reservations made 24 hours in advance of departure must be ticketed 6 hours prior to departure. It will be up to the traveler to cancel all hotel and car segments to avoid any “no-show” charges. In an effort to help our DoD partners understand and prepare for the advance purchase requirement, CWTSatoTravel has consolidated helpful information to reduce the impact to your travelers. If you are a traveler, travel arranger or travel approver, please contact your Travel Management Office, visit the Defense Travel Management Office website at [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) or contact your local travel helpdesk. For reservation assistance, contact your CWTSatoTravel reservations team.

### **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.

### **River Visitor Center to Have Limited Access:**

Access to the Mississippi River Visitor Center at Lock and Dam 15 on Arsenal Island will be limited as the center undergoes remodeling in the entryway from Monday through Friday. During this time, the upstairs observation and display area will remain open from 9 a.m. to 5 p.m. each day but there will be limited access using the side door entry. The side entry will not be handicapped-accessible but offers access via stairs to the main portion on the second floor of the visitor center. The restrooms inside the facility will also be closed, but temporary restroom facilities will be made available outside of the visitor center. The entire center is expected to reopen at 9 a.m. Sept. 15 for normal business operations from 9 a.m. to 5 p.m. seven days a week. ([More](#))



**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.

**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](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held



in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Nov. 2**. A **3<sup>rd</sup> 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 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



**Donation Has It's Rewards!**  
*With Memorial Day, 4<sup>th</sup> 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 [17<sup>th</sup> 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](http://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](mailto: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:** 5<sup>th</sup> 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](mailto: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 this Saturday,

**Sept. 15.** Also open every Tuesday and Thursday, 9 a.m. – 3 p.m. Check out the Arsenal Attic on Facebook, new pictures posted. Consignors don't forget to pick up your consignment checks on Tuesday, Sept. 11. Now accepting fall clothing. POC: (309) 782-6977

## **Make-A-Wish 5k Run/Walk for**

**Wishes:** The 3<sup>rd</sup> 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](http://www.streetsurvival.org). Local info at [qcssregistrar@gmail.com](mailto:qcssregistrar@gmail.com).

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

## **Arsenal Traffic/Construction**



## **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 Third Floors in Bldg. 61,**

**Bldg. 62:** The Directorate of Public Works plans to close Bldg. 61 3<sup>rd</sup> floor and Bldg. 62 3<sup>rd</sup> floor, East and South Wings, Sept. 10 - 3<sup>rd</sup> week in May 2013 to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so



employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

**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

☉ **Master Fitness Trainers Make Comeback:** The Army's Master Fitness Training Course, discontinued in 2001, will soon be back. The pilot course for the new Master Fitness Training Course, or MFTC, which began Aug. 27, is underway at Fort Jackson, S.C., and the class of about 30 Soldiers will graduate Sept. 21. The MFTC rebirth was announced at the same time U.S. Army Training and Doctrine Command,

known as TRADOC, decided to retain the three-event Army Physical Fitness Test. TRADOC also emphasized that Training Circular 3-22.20, published August 2010 to prepare troops for combat-specific tasks, will remain the physical readiness training program for the Army. ([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](mailto: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.

## Safety Spotlight

☉ **Parents Should Stress Safety at 9/11 Anniversary:** With the anniversary of 9/11 upon us, families may be considering how best to commemorate the terrorist attacks of 11 years ago. Many installations will have remembrance ceremonies, although they likely will be on a smaller scale than for the 10-year anniversary. Regardless of whether you attend such events, how you talk to children about 9/11 is important and especially for military families, according to Dr. Stephen Cozza, associate director of the Center for the Study of Traumatic Stress at the



Uniformed Services University of the Health Sciences in Bethesda, Md. “With military families, 9/11 is an opportunity to remind children about the meaning of deployments,” Cozza said. “I think we can get a little disconnected from the mission, and having your parent away is hard. Remembering 9/11 draws us back to understanding what we’re doing [in Afghanistan]. It’s helpful and can lend certain meaning to know the military is still involved.” And, he added, “There is certainly pride in knowing that your parent is working to prevent this from happening again.” ([More](#))

## Equal Opportunity Focus

**Diversity Spreads to All Corners of the U.S.:** The number of nearly all-white communities has plummeted since 1980, dramatic evidence that the nation's growing racial and ethnic diversity has spread far beyond large metropolitan centers into smaller towns and rural parts of the heartland, new research shows. Communities where whites are the majority are still the norm (82.6%), but those where they dominate are gradually disappearing, according to an analysis of Census data by Penn State's Population Research Institute. In 1980, about two-thirds of all places were at

least 90% white. By 2010, only a third were. The number of places where no group is a majority has more than quintupled. ([More](#))

## Morale, Welfare & Recreation (MWR)

### **Morale, Welfare & Recreation**

**(MWR):** Visit the MWR website at [www.riamwr.com](http://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.

**MWR Fall Golf Tournament:** Don't miss out on the last tournament of the season. This 4 person, best ball style tournament is \$65/player (\$50 for annual pass holders) and includes greens fees, cart, and lunch after the tournament and lots of prizes. 9 a.m. shotgun start. Call (309) 793-1604 to register.  
Date: **Friday, Oct.5**

### **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.

**Golf Twilight Rates Roll Back Again:** As the days get shorter we'll continue to roll back the starting time for the twilight golf rates. Now beginning at 3 p.m. on the weekdays and 2 p.m. on weekends, you can pay the 9-hole rate and play as many holes as you can before dark.

**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 profession 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](http://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**



### **Parent Advisory Council Meeting:**

Wednesday, **Sept. 19**, at 11 a.m., there will be a CYSS PAC meeting in Bldg. 110, 1st Floor, in the CYSS Training Room. Topics will include School out Sign-up process, New Family Child Care homes added, Strong Beginnings Pre-K program info, and New Fee Q&A with CYSS. If you have any questions or concerns you would like addressed at this meeting and are unable to attend, you can e-mail them to Eric Jack-son, PAC Chair, and he would be happy to share your e-mails with us. Email: [eric.d.jackson48.civ@mail.mil](mailto:eric.d.jackson48.civ@mail.mil) For questions or more information, call (309) 782-2165 or e-mail:

[katie.e.mettee.naf@mail.mil](mailto:katie.e.mettee.naf@mail.mil)

**Teen Night:** Come join us Friday, **Sept. 28**, 5:15-8:15 p.m., at the School Age Center, Bldg.

150, for our first Teen Night of the school year.

We will have

food, Xbox, Movie and fun. If you are interested [please RSVP](#) by **Sept. 14**.

You can sign up here at Bldg. 150, or [email me](#) your RSVP. All registered teens can bring up to two non-registered guests with a signed guest permission slip. If you have any questions please let me know. We hope to see you on the 28<sup>th</sup>.



### **Parenting the Love and Logic Way:**

Sponsored by Rock Island Arsenal Child, Youth & School Services, "Parenting the Love and Logic Way" is seven session parenting program designed by the Love and Logic Institute. Sessions will take place Thursday's, **Oct. 4 – Nov. 15**, 5-7 p.m., in Bldg. 110, 1st Floor, in the CYSS Training Room. Cost is free ... please RSVP by **Sept. 20**. Childcare will be available for an hourly fee; reservations required. Hurry space is limited. All parents who RSVP and attend will receive a free "Love and Logic"



workbook. This parenting program is designed to give you practical skills that can be used immediately. POC: Call Katie Mettee at (309) 782-2165 or email [katie.e.mettee.naf@mail.mil](mailto:katie.e.mettee.naf@mail.mil)

## **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, 1<sup>st</sup> 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, 1<sup>st</sup> floor, East.**

**National Recovery Month:** [National Recovery Month](#) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental



and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month, now in its 23<sup>rd</sup> year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and



recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Celebrated during the month of September, Recovery Month began in 1989 as TreatmentWorks! Month, which honored the work of the treatment and recovery professionals in the field. The observance evolved to National Alcohol and Drug Addiction Recovery Month in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance evolved once again in 2011 to National Recovery Month to include all aspects of behavioral health. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate

these accomplishments. The 2012 Recovery Month observance emphasizes that while the road to recovery may be difficult, the benefits of preventing and overcoming behavioral health conditions are significant and valuable to individuals, families, and communities. Recovery Month, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program 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, 11<sup>th</sup> Avenue & 38th Street, in Rock Island. RIA EAP POC: [jennifer.a.kerr10.civ@mail.mil](mailto: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, 1<sup>st</sup> floor, East.



## Education/Training Review

**The Rock Island Army Education Center** is located in Bldg. 56, 1<sup>st</sup> 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.**

**Organizational Best Practices 2012 -- Achieving Results Through Customer Satisfaction and Loyalty:** This opportunity to teach, discuss and exchange ideas on the best practices of developing and maintaining customer loyalty in organizations will foster

intellectual stimulation in the community and improve the knowledge of the participants on best practices in the workplace. This conference will take place Friday, **Oct. 12**, 8 a.m. - 4:30 p.m., at St. Ambrose University's Rogalski Center. Register by Friday, **Oct. 5**. ([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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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, 1<sup>st</sup> Floor, Room 120. Education Center POC: Stephanie Allers (309) 782-5895, [stephanie.e.allers.civ@mail.mil](mailto: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](http://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](http://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](http://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 150<sup>th</sup> 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. 10-16:** In September 1814, Major Zachary Taylor led an American military expedition to Rock Island to avenge the defeat that Black Hawk's British Band had inflicted on Lt.

Campbell's early expedition. Major Taylor's troops were defeated in the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians. On Sept. 16, 1918, Cora De Wilford, became the first woman motorcycle driver employed at the RIA. She ran errands for Storehouse A to various points on the Island and in the Tri-Cities.

## Healthbeat

**Army Ready with Vaccine for Flu Season:** The Army has ordered nearly 2 million doses of vaccine to immunize all Soldiers, their families, civilian employees and retirees for the upcoming flu season. The vaccinations will be available at most installations in October, but each medical facility will set its own schedule for distribution. Seasonal influenza can start as early as October and run as late as May, but it generally peaks between January and March, according to the Centers for Disease Control and Prevention. The CDC cautions that new flu viruses can appear which could lengthen the season -- though that's not expected for 2012-2013. The Army expects to have 90 percent of the force vaccinated by Dec. 17, according to Col. Richard Looney,

director of the Army Military Vaccination Program. He said vaccinations would be available at installations as soon as it's received and until the supply runs out or expires. "Regardless of previous vaccination history, routine annual influenza vaccination is recommended for all persons age 6 months and older," Looney said. "Several studies have demonstrated that post-vaccination immunity declines over the course of a year, thus, annual vaccination is recommended for optimal protection against influenza." Looney said about two-thirds of the Army's order for 2012 consists of vaccine that's given through intramuscular injection and the remaining third of the order is the type administered via nasal spray. ([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

**VA: Battle Buddies Can Help Fight Obesity in Vets:** Veterans Affairs researchers are finding that battle



buddies can help save lives, even when it comes to fighting obesity. Dr. Michele Heisler, a VA physician and director at the Michigan Center for Diabetes Translation Research, said officials have found that veterans struggling with obesity and diabetes are more likely to follow physicians' advice, stick to their diets and stay on their medications if they engage in support groups with other veterans. Now outside researchers are looking to see if the same lessons can be applied to civilian populations. Diabetes isn't a veteran-specific problem, but it is a huge health concern within the VA. Nearly 20 percent of veterans receiving care at VA facilities suffer from the disease, and more than two-thirds are considered overweight. Heisler said that similar to their civilian peers, VA physicians have trouble keeping those patients on strict diets and medication routines. But the peer support can help with those "self management" issues, at least in the short term. VA officials said they're expanding their peer-to-peer research to see what other lessons can be learned from patients' behavior, either for veterans care programs or nationwide approaches to battling those health problems. ([More](#))

## 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, 2<sup>nd</sup> 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 1<sup>st</sup> Friday of Pay period. [Email](#) or call (309) 782-5472.

## Around the Q.C.

- ☪
- Sept. 7-16:** [East West Riverfest](#) (Quad Cities)
  - 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:** [Quad Cities 5<sup>th</sup> Annual Earth Charter Summit](#) (Western Illinois University, Riverfront Campus, Moline)
- Sept. 15:** [Healthy Families Day](#) (Modern Woodman Park, Davenport)
- 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:** [17<sup>th</sup> Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)
- Oct. 4:** [2012 Trinity Sneaker Ball](#) (Two River YMCA)



**Oct. 5-6:** [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)  
**Oct. 6:** [Hilltop Campus Village 3<sup>rd</sup> 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:** [3<sup>rd</sup> Annual Walk/Run for Wishes](#) (Modern Woodmen Park)  
**Oct. 13:** [2012 Trinity Quad Cities Classic Regatta](#) (Sylvan Boathouse, Moline)  
**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:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)

**Dec. 7:** [Gallery Hop!](#) (The District)  
**Dec. 8-9:** [131<sup>st</sup> 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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