

Sept. 12, 2011



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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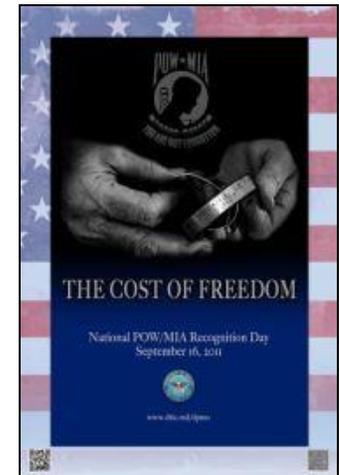


National POW/MIA Recognition Day

Ceremony: On Friday, Sept. 16, the Rock Island Arsenal will host a [POW/MIA Recognition Day Observance](#). "The Cost of Freedom" 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. The guest speaker for this event will be Maj. Gen. Mark MacCarley, Deputy

Commanding General Support, First Army. 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](#))



Growth Thru National Trauma: As America approaches the 10th Anniversary of the Sept. 11 terrorist attacks, First Army Headquarters paused to pay tribute to the 2,977 victims during a Patriot Day Prayer luncheon here today. First Army Command Chaplain, Col Robert Meek, discussed four characteristics that he believes survivors can use to move them from "trauma to post traumatic growth." "The first characteristic I noticed was that of finding a sense of family," said Meek. ([More](#))



Soldier: 'I Died On the Table in Afghanistan': It makes a great story: 21-year-old drops out of college and joins the Army after seeing the towers fall on Sept. 11, becomes a war hero and returns to ground zero as a national security expert, 10 years later. But most great stories aren't quite so tidy. First of all, Dillon Behr watched the terrorist attacks



on TV from his apartment at Waldorf College in Forest City, Iowa — about 250 miles northwest of his parents' homes in Bettendorf and Reynolds, Ill. ([More](#)) (*Dillon is the son of Pat Behr who is a member of the Rock Island Arsenal Fire Department and chair of the [Illowa Bi-State Combined Federal Campaign](#).*)

ASC Enters 'Last Tactical Mile' to New Missions: The Army Sustainment Command hosted a rehearsal of concept drill Aug. 30-Sept. 1 at the Baylor Conference Room here, incorporating three significant programs: Lead Materiel Integrator, Directorate of Logistics and Leveraging Sustainment Organizations in the Continental United States. ASC subject matter experts from each program and Army Field Support Brigade representatives attended, as well as participants from other commands via video teleconference. Brig. Gen. Brian Layer, ASC's deputy commanding general for sustainment, opened with remarks summing up the goals for the three-day event. ([More](#))



Upcoming Dates

- Sept. 11-17:** National Assisted Living Week [📅](#)
- Sept. 11-17:** National Employer Support of the Guard and Reserve Week [📅](#)
- Sept. 12:** National Video Games Day
- Sept. 12-16:** National No Bully Week
- Sept. 14:** 197th Anniversary of the National Anthem [📅](#)
- Sept. 14:** 24 Hours of Reality [📅](#)
- Sept. 15:** Woodsy Owl's 40th Birthday [📅](#)
- Sept. 16:** POW/MIA Recognition Day [📅](#)
- Sept. 16:** Mexico's Independence Day [📅](#)
- Sept. 16:** National Step-Family Day
- Sept. 17:** Constitution Day [📅](#)
- Sept. 18:** 64th U.S. Air Force, Air National Guard Birthday
- Sept. 18:** World Water Monitoring Day [📅](#)
- Sept. 18-24:** Child Passenger Safety Week [📅](#)
- Sept. 18-24:** National Adult Immunization Awareness Week
- Sept. 18-24:** National Unmarried and Single Americans Week [📅](#)
- Sept. 18-24:** National Clean Hands Week [📅](#)
- Sept. 19:** Talk Like a Pirate Day [📅](#)
- Sept. 23:** First Day of Autumn (Autumnal Equinox)
- Sept. 24:** National Seat Check Saturday [📅](#)
- Sept. 24:** National Public Lands Day [📅](#)
- Sept. 24:** National Hunting and Fishing Day [📅](#)
- Sept. 24:** National Punctuation Day [📅](#)
- Sept. 25:** Gold Star Mother's Day
- Sept. 26:** National Family Day [📅](#)
- Sept. 26-30:** Dollars Wise Financial Literacy Week
- Sept. 29:** VFW 112th Birthday
- Oct. 2-8:** National Mental Illness Awareness Week
- Oct. 3:** Child Health Day
- Oct. 3-7:** Drive Safely Work Week [📅](#)
- Oct. 5:** 4-H National Youth Science Day [📅](#)
- Oct. 6:** National Depression Screening Day [📅](#)
- Oct. 9-15:** National Fire Prevention Week [📅](#)
- Oct. 10:** Columbus Day (*Federal Holiday*)

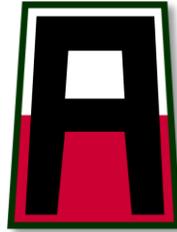


Streamlining Army Mobilization

Process Focus of Committee Visit: Ten general officers, representing the Army Reserve Forces Policy Committee, met at First Army

Headquarters Sept. 12 to review regulations for Reserve Component policies concerning mobilization and demobilization

procedures. The ARFPC and its Army National Guard and U.S. Army Reserve subcommittees represent the Department of the Army offices of the Secretary of the Army and the Army Chief of Staff. One of the missions of the ARFPC is to review and comment on major policy matters directly affecting the Reserve Component of the Army. ARFPC meets annually to recommend a variety of courses of action and presents those courses of action to the Secretary of the Army for decision. ([More](#))



Agencies Must Cut Travel, Publications, Other Expenses:

Agencies today reported to the administration on the ways they are reducing waste, fraud and abuse to meet President Obama's June executive order. In the first Cabinet meeting since President Obama issued the order, Vice President Joseph Biden today asked for

updates on how agencies are becoming more efficient, and he required secretaries to reduce spending on travel, cars, publications and do more bulk purchasing. ([More](#))

Army Sustainment Command hosts

DOL Day: Army Sustainment Command headquarters hosted a Directorates of Logistics briefing, Sept. 8. Declared "DOL Day," the event focused on staffing requirements for each section within the DOL Transformation Team. Brig. Gen. Brian Layer, ASC deputy commanding general, led the discussion among Headquarters ASC DOL Transformation Team members, Army Field Support Brigade representatives and ASC senior leaders. ([More](#))



OFPP to Issue Final Guidance on 'Inherently Governmental':

After more than a year, the Office of Federal Procurement Policy is giving agencies final guidance for what jobs must be done by government employees and how to treat work that is



considered closely associated to inherently government and critical functions. OFPP will issue the final policy letter for those jobs in Monday's Federal Register. Federal News Radio obtained a copy of the final policy letter. OMB previously issued the draft letter in March 2010. ([More](#))

Study: Younger Feds Happier At

Work Than Older Feds: Young people launching a career in the federal government may want to set their sights on the Veterans Affairs Department or the Nuclear Regulatory Commission because of their high satisfaction rate among new employees. Agencies with the lowest levels of job satisfaction among new employees include the Housing and Urban Development and Education departments, according to a study by the Partnership for Public Service and Deloitte released Wednesday. ([More](#))



CFC Cookbook: We want your Grandma's recipes (and yours too) for a CFC cookbook created by you. ASC is publishing a cookbook that you can contribute to and purchase. All our favorite recipes combined in one



attractive cookbook – ready for Christmas 2011. Please donate recipes - deadline is **Sept. 19**. Christmas is coming! Please order several ... estimated cost is \$10 and they make a great gift. To contribute recipes and place book orders [go here](#) (If you haven't registered in the ASC Sharepoint before - you simply answer the questions presented [Name, office symbol, command], click submit, then re-click the link to the cookbook). Please contact Rene Robinson (309) 782-1144, or Peggy Bennett (309) 782-5957, if you need assistance. All Profits will be donated to the CFC General Fund. ([More](#))

ASC Commanders Cup: ASC's 2011 Golf Scramble at the Arsenal Island Golf course. Take a swing in a 4-Person Scramble. Entry fee is \$50 per player & includes green fees, cart, & beverage tickets . Awards will be given for 1st, 2nd, & 3rd Place Teams. Prizes given for golfing skills. Call (309) 782-5934 for more information. Date: **Thursday, Sept. 15**
Time: **10 a.m.**



Retirement Planning Seminar: MRA Retirement Planning Seminar on

Wednesday, **Nov. 9**, for Rock Island Arsenal Employees. Bldg. 102-2 SW, Classroom 1 & 2. For questions contact Amber Ehrecke, (309) 782-1206. To sign up contact [Deb Carlson](#) at MRA at (309) 764-8354.
Time: **7 a.m. – 3 p.m.**

Annual Red Cross Golf Outing at TPC Deere Run: Mark your calendars now for this premier golf fundraiser in the Quad Cities. For information & registration, go to www.qcredcross.org or contact Kasey at (309) 277-4027 (kellykas@usa.redcross.org)
Date: **Monday, Sept. 19**
Time: **1 p.m.**

Trivia Night at Heritage Hall: Trivia returns to Heritage Hall, Bldg. 60 on Thursday, **Sept. 15**, at 6 p.m. \$10 a player, teams up to 10 per team. Food & drink available. Prizes for 1st, 2nd & 3rd place teams. Open to everyone. Call (309) 782-6319 for details.

Cards for the Troops: On Tuesday, **Sept. 27**, 6:30-9 p.m., the Rock Island Arsenal Welcome Club will be hosting a "Cards for the Troops" event at the Arsenal Island Golf Course Clubhouse. Join the RIAWC for a fun evening of rubber stamping at the 2011 cards for the troops event. We'll make greeting

cards for our troops serving in Iraq and Afghanistan to mail home to loved ones. This event is open to both men and women, military and civilian. Feel free to bring a friend. RSVP is a must - seating is limited. RSVP to mssipple1@gmail.com or (563) 332-5707. All materials supplied except, please bring with you one roll of scotch double-sided tape. An optional limited menu dinner will be offered by the golf club, at 5 p.m. -- by RSVP only-- to the club at (309) 793-1601 (be sure to mention you are with, Cards for the Troops). Stamping will begin at 6:30 p.m. sharp.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Sept. 16, 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.



The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that



plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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](#).

2011 Cards for the Troops: Please join the [Rock Island Arsenal Welcome Club](#) at the Arsenal Island Golf Course clubhouse for a fun evening of stamping cards for our deployed troops. Must RSVP to: mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-sided tape; all other materials supplied. Optional dinner at 5 p.m. RSVP: (309) 782-4372.

Date: Tuesday, **Sept. 27**
Time: **6:30-9 p.m.**

Family Readiness Group Benefit: The Curtainbox Theatre Co. is doing a benefit performance of their current production "Time Stands Still" on Sunday, **Sept. 18**, to raise money for the

Family Readiness Group. This organization raises money and volunteer support for veterans, currently deployed and active Soldiers and their families stationed here in our community through the Rock Island Arsenal. The event will take place Sunday, **Sept. 18**, at the Village Theatre in the Village of East Davenport, 2113 E. 11th St. Pre-show reception at 2 p.m., and "Time Stands Still" begins at 3 p.m. Post Show Q & A with cast, crew and panel from Family Readiness Group immediately following the show. Half of the ticket price goes to the Family Readiness Group stationed at the Rock Island Arsenal. Come support local theatre and a wonderful cause at the same time.

VFW Show & Shine Car Show: Cars, bikes, trucks, ratrods, and imports, are all invited to the VFW's Show & Shine Car Show on Sunday, **Sept. 18** at VFW Post 1303, 3715 9th St., Rock Island. Registration begins at 8 a.m. and awards will be given out at 2:30 p.m. Vehicles finishing in the top 30 will earn awards. Door prizes will also be given out and an all-you-can-eat American breakfast will be included in the morning. Entry fee is \$10 in



advance; \$15 day of show. POC: (309) 786-6798.

Benefit for Chloe Jo Drehman: A benefit will be held for Chloe Jo Drehman, granddaughter of a Rock Island Integrated Services employee here on Rock Island Arsenal, that will take place on Saturday, **Oct. 1**, at 4 p.m., at the Milan American Legion, located at 515 W. 1st Ave. Chloe is four-years-old and has a rare chromosome disorder. As a result, she has many medical conditions. She cannot walk or talk and requires a feeding tube. Please join us to support Chloe. For more information contact (309) 756-8410 or (309) 428-4904, or [email](#).



Trivia Night: The Rock Island American Legion Post 200 will be holding a trivia night on Saturday, **Oct. 8**, at the Rock Island VFW Post 1303, 3715 9th St., Rock Island. Cash prizes awarded for 1st, 2nd, and 3rd place. 50/50 raffles, & prizes, \$10/person, maximum eight players per



table, mulligans available for purchase. Bring your own food & snacks; please, no outside beverages allowed. Please call Myral Schmit, (309) 788-5157 for information and to reserve a table. Doors open at 5:30 p.m., competition to begin promptly at 6:30 p.m. Hosted by Mr. Trivia.

RIA Mixed Looking for Bowlers: RIA Mixed Bowling League is looking for 3-person teams or individuals to join in the fun. This is a 20-week, handicapped league at Miller Time on Thursday nights. Bowling starts on **Sept. 15**. For more details, contact Jared Shuppy at (309) 269-1132.
Time: **5-7 p.m.**

Help Our QC Vets Online Silent

Auction: The 3rd Annual Help Our QC Vets Online Silent Auction will be held **Oct. 1 - Nov. 5** at HelpQCVets.org. The silent auction will begin at 8 a.m. on **Oct. 1** and will end **Nov. 5** at 3 p.m. This auction is open to the public and will be conducted using a web-based auction system. Item preview / registration will begin **Sept. 24**. The goal of the auction is to raise funds through to help the local veterans and



their families. Your support can help meet this goal. The auction is a coordinated event involving many Quad City area veterans' organizations; including the VFW, American Legion, Vietnam Veterans, Marine Corps League, and the Mexican American Veterans Association. For information regarding donations to our auction, please contact Bill Pinault at BillPinault@helpqcvets.org or contact the silent auction site administrator at auctionadmin@helpqcvets.org.

Arsenal Attic Thrift Shop &

Boutique: Thrift Shop open Tuesday, Thursday and Saturday, **Sept. 17**. Fall clothing for the entire family, including a large selection of men's clothing at affordable prices, Halloween costumes and decorations, vintage purses, jewelry, collectibles, housewares, books, craft supplies, etc. Store hours are from 9 a.m. – 3 p.m. Come shop with us. POC (309) 782-6977.

Invitation to Optimist Club Sept. 23:

Optimist International is a service club that raises funds to help youth organizations. We invite military to a meeting to learn about the organization during our regular noon lunch meeting on **Sept. 23** at the RiverCenter in Davenport. We will be in the Illinois-

Ohio room. For information and RSVP contact [Molly Mahoney](mailto:MollyMahoney).

Time: **12-1 p.m.**

Arsenal Traffic/Construction

Extension of Partial Lane Closures - Rodman Avenue at Bldg. 390: Temporary lane closures along Rodman Avenue at Bldg. 390 will continue during off-peak hours until **Sept. 30**. Lane closures are necessary for completion of the Circle Drive.

Partial Closure of Lot 1N (NW of Bldg. 157) and Flagler St.: There will be a partial closure of parking lot 1N North West of Bldg. 157, effective Sept. 13. This closure is necessary to replace damaged concrete gutter, storm drain and catch basin. No reserved or handicap parking spaces will be affected. The closure will run through **Sept. 26**. Weather delays may extend the closure. As soon as lot 1N drainage repairs have been completed, a partial closure of Flagler St. NW of Bldg. 250 will take place to repair the storm gutter, drain and catch basin on the North West side of Bldg. 250. No parking spaces will be affected; however, a one lane closure will be necessary. Together, these partial closures will run through



Sept. 26. Weather delays may extend the closures. If you have any questions or concerns, please contact your Labor Relations Specialist or Ombudsman. Please see the attached map for the specific areas affected.

QC Marathon: The 2011 Quad City Marathon will be coming across the island on Sunday, Sept. 25, 7 a.m. – 1 p.m. Traffic patterns will be changed on the day of the race and there will be further notifications of any and all closures. Vehicular traffic that day will move from East to Westward bound only. Everyone will be required to enter from the Moline gate onto the island and exit off through the Davenport gate only. There will be no eastbound traffic that day. The Government Bridge and gate will be closed to vehicular traffic after 7 a.m. Sunday morning and will be re-opened after the last runners have gone through and the course is closed. Individuals departing the island will be allowed to turn right off towards Davenport or left towards Rock Island. The Rock Island gate will be closed to traffic. Proceed with caution as runners race throughout the island that day. Volunteers will be re-routing individuals trying to get to work that day as efficiently as possible.

Construction of Canopy at Rock Island Entrance: Construction of a canopy over the guardhouses at the Rock Island entrance will begin **Sept. 26.** The project is scheduled to finish on **Oct. 24.** Weather delays may extend the schedule. Traffic flow will not be affected during construction.

Removal of Bldg. 86 & Associated Temporary Parking Changes: Effective Sept. 6, the Garrison Public Works Directorate will remove Bldg. 86 (former Bachelors Officers' Quarters) located on the north end of East Avenue. A new parking lot will be installed. This work is scheduled to be completed Wednesday, **Dec. 1.** All parking located on East Avenue, north of Rodman Avenue, Lots OP and OR, will not be available during deconstruction and reconstruction of this project. Please forgive this temporary inconvenience. Once completed, this project will provide additional parking on the northeast side of the Island. Open parking is available in Lots OJ, OK and OL located behind Bldg. 60 and Lot OI behind Memorial Field. Any delays or early completion updates will be announced on an as-needed basis. If you have any questions, please call Marilyn Miller, parking coordinator, at (309) 782-2715.

Building/Space Closures

Freight Elevator Closure: The Number 1 freight elevator in Bldg. 220 will be taken out of service beginning at 7 a.m., **Sept. 12** through 3:30 p.m., **Sept. 13.** The closure is required to shorten ropes and replace operating mechanisms on the fourth floor doors.

Active Duty/Reserve Zone

KC Chiefs Military Appreciation Game: The Kansas City Chiefs' 2011 Military Appreciation Day will be held on Sunday, **Nov. 6,** against the Miami Dolphins

at 12 p.m. at Arrowhead Stadium in Kansas City. This special event continues to grow each season and we look forward to this year's game providing a great tribute to the men and women of our Armed



Forces. Once again, tickets are available for \$25 to all active military and veterans, as well as their friends and family. Seating locations will be the best available in designated areas of Arrowhead Stadium, placed in the order that your request was received. Tickets will be mailed two weeks prior to the game. Tickets are first come, first served and subject to availability. If you are interested in purchasing tickets for the event, please contact Lee Cothran at (816) 920-4709 or email me at lcothran@chiefs.nfl.com. Thank you all for your service to our country!

Operation Homefront: Back-to-School Brigade: For many military families experiencing a financial hardship, back to school can be a stressful time – especially for families that have multiple children in the household. ([More](#))

Safety Spotlight

Army Launches 2011 Safe Fall/Winter Campaign: The 2011 Safe Fall/Winter Campaign reaffirms the Army's commitment to protecting our Band of Brothers and Sisters by urging all Soldiers, Leaders, Family members and Civilians to prepare for cold weather

activities through awareness, education and information. "At the U.S. Army Combat Readiness/Safety Center, one of our central priorities is to give you the safety tools you need," said Brig. Gen. William T. Wolf, director of Army Safety and commanding general, USACR/Safety Center. "To that end, we are launching the 2011 Safe Fall/Winter Campaign to help Leaders at all levels build and manage top-quality, seasonal safety programs geared toward their unit's unique needs." ([More](#))

Motorcycle Safety Awareness

Training Event: (From *Command Sgt. Maj. Dave Puig, Joint Munitions Command*) --



You're invited to attend a Motorcycle Safety Awareness Training Event and Ride on Monday, **Sept. 26**, 9:30 a.m. – 12:30 p.m., at Memorial Park. This event is in coordination with local police and fire department personnel. This is an island-wide training event that is open to all military personnel and their family members and to all Department of Defense civilians. The awareness training is designed to assist motorcycle riders in managing their risk and



increasing their motorcycle skills. Safety remains my primary business. Motorcycle accidents are the leading, non-combat related cause of death and injury to our Service Members. As a result of rising motorcycle fatalities the Department of the Army now requires motorcycle training for all active duty Soldiers, Reservists, National Guard members, contractors, and Department of Defense employees. The intent of this Motorcycle Safety Awareness Training is to establish and reinforce a positive attitude toward motorcycle driving; to ensure individual responsibility while riding; and to correct response to routine and emergency driving situations. Leaders need to ensure their riders understand the requirements to operate their bike both on and off the installation. They need to make sure riders get the right training, wear the right equipment, are properly licensed, ride within their limitations and understand what a modification does to the handling of their bikes. With proper training and preparation, we can reduce accidents and make motorcycles fun, rather than fatal. I strongly encourage any and all motorcycle riders on the island to come and participate in this event and gain some experience from the speakers we have presenting and during the safety ride. I think a good



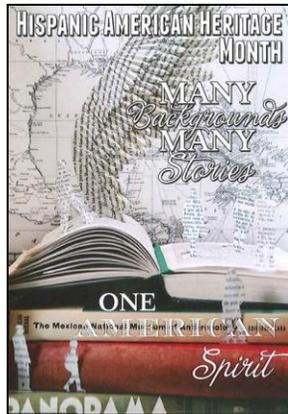
time will be had by all that come and that a lot can and will be learned. The POC for this event is [Brian Nielsen](#) at (309) 782-2680. I look forward to seeing you all on the road.

Equal Opportunity Focus

Hispanic American Heritage Month

Observance: First Army and the Army Sustainment Command's Equal

Opportunity Office invites you to our Hispanic American Heritage Month Observance, **Sept. 28**, 11 a.m. – 1 p.m., Heritage Hall, Bldg. 60. The guest speaker will be Maj. Gen. (Ret.) Alfred Valenzuela, executive director, Housing Authority of Bexar County, Texas. To register go to [TEDs](#) and use the keyword "Hispanic Heritage Observance". For any additional information or accommodations please contact Sgt. First Class Evadne Benson at (309) 782-9060.



Prevention of Sexual Harassment

Training (POSH) for New Hires: The Garrison EEO Office will offer POSH training for new hires on **Oct. 11** in the Baylor Conf. Room, Bldg. 102, 3rd Floor, at 8:30 a.m. To sign up for this training, register through [TEDs](#); key word: "posh for new hires." POC for special accommodations is Mary Gale, (309) 782-5024

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.

Now Accepting Vendor Applications for the 2011 Holiday Fair:

Do you have arts or crafts or some other sort of product that you'd like to sell at the annual Holiday Fair on **Nov. 16 & 17**? If so please [download the application form](#) and return it to the Leisure Travel Office in Bldg. 60. Call (309) 782-5890 for more info.

Trivia Night at the Arsenal Club:

Get up to nine of your smartest friends together and join us for a fun night of brain bustin' trivia, Thursday, **Sept. 15**, 6 p.m. There will be lots of prizes, giveaways and food and beverage specials. Cost is \$10/person and mulligans are \$10 for 10. For more info and to sign your team up in advance call (309) 782-5890. ([Flyer](#))

September Auto Skills Newsletter:

Download your copy of the monthly Auto Skills newsletter to stay up to date on all the great things going on at the Shop. In this month's issue you'll find some helpful info on anti-lock braking systems and also how to get entered into weekly drawings during October for \$25 gift cards to CARQUEST Auto Parts. The newsletter is [available here](#) and you can send a blank email with the subject line "Swing Newsletter" [here](#) to have it delivered direct to your inbox every month.

Flag Football League: Get your team together and get signed up for this fall's adult flag football league. Cost for a six person team is \$180. You must be signed up by the captains meeting at 5 p.m. on **Sept. 14**. Sign up at the Fitness Center or call (309) 782-5124 for more information or email Kyle at kyle.j.lasek.naf@mail.mil



August/September Swing (Golf)

Newsletter: Check out the latest edition of the Swing Newsletter for info on all the new and exciting things happening at the Arsenal Island Golf Course and Clubhouse. You can download the [newsletter here](#) and send a [blank email](#) to have it delivered direct to your inbox every month.

Fall Softball League: We are considering organizing a fall softball league and are attempting to assess interest and demand. If you have a team or would like to play but don't necessarily have a team please contact Kyle at the RIA Fitness Center at (309) 782-5124. This 6-8 week league would start the second week of September with games played on Wednesday nights. If there is sufficient interest we will publish more information soon.

New Menu Items and Lunch

Offerings at the Arsenal Island Golf

Clubhouse: Think you've tried everything on our lunch menu or just want to see something new? Come check us out to see all the new and exciting changes to our lunch menu. Some of the new additions include: Roast Beef & Turkey Panini's, a Chicken & Brie Quesadilla, a Chicken

Cutlet Sandwich, a Veggie Pita, and a BLTT (Bacon, Lettuce, Tomato & Turkey) Wrap. Effective Aug. 17, we started a new, quick, all-you-can-eat lunch special option for only \$7.50. These Wed. - Fri. weekly themed/unique specials will be a great option for those who have a limited timeframe for lunch. Some of the themes will include International Day, Home-style Day, and Fish Day. Call (309) 793-1601 or visit www.arsenalislandgolf.com for more information. The new menu is [available here](#).



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, anna.winters@us.army.mil, <http://riamwr.com/BusPgms/special.htm>

Disney & Universal Orlando Tickets

Unavailable: Due to end of year inventory audit requirements, during Sept. 19 - Oct. 1 the Leisure Travel Office will be unable to reserve any Disney or Universal Orlando tickets. Please call (309) 782-5890 for more information.

Walt Disney & Universal Studios: The last day to place a ticket order for Walt Disney and Universal Orlando is Wednesday, **Sept. 14**. We will resume all ticket orders on Wednesday, **Sept. 28**. However fulfillment will be based on Audit completion (NLT **Oct. 1**). Any questions please call the Leisure Travel office at (309) 782-5890.

MWR Yard Sale: Reserve your space today for the annual MWR Yard Sale. \$5 gets you a 10x10 space with one table.

Date: **Saturday, Sept. 17**

Time: **9 a.m. – 2 p.m.**

Bunco is Back: Join us for a night of fun with your friends and family. \$5 entree fee. Snacks and door prizes provided. Don't know how to play? We have plenty of people who will teach you a great way to meet new people. Call (309) 782-5890 for more information. ([Flyer](#))

Date: **Thursday, Sept. 15**

Time: **6 p.m.**

Downtown Chicago Shopping Bus

Trip: Shop on the famous Michigan Avenue. Find the perfect restaurant, see what's new on the shopping scene and stay informed on the incredible events that make The Magnificent Mile 'One of



the Great Avenues of the World'.
Contact your Leisure Travel Office at
(309) 782-5890 for more information.
Date: **Saturday, Dec. 3**
Time: **6:30 a.m. – 8 p.m.**

Woodfield Mall Bus Trip: Woodfield has the finest collection of department stores and specialty shops in the Great Lakes region including Nordstrom, Macy's, Lord & Taylor, JcPenney, Sears and nearly 300 stores and restaurants. Call the Leisure Travel office at (309) 782-5890 for more information.
Date: **Saturday, Nov. 12**

Chicago Museum Bus Trip: The Museum of Science and Industry opened its doors in 1933 and is the largest science museum in the Western Hemisphere. The cost for this trip is \$39. Please call the Leisure Travel Office at (309) 782-5890 for more information.
Date: **Saturday, Oct. 22**
Time: **6:30 a.m. - 7 p.m.**

MWR Outdoor Recreation Canoe Outing: Join Outdoor Recreation for a day of canoeing on the Maquoketa River from Canton, Iowa, to the Royertown Bridge. Cost is \$40 per canoe. Each canoe can hold up to three adults or two adults and two children. Sign up at the

MWR LTO Office in Bldg. 60 or call
(309) 782-8630 for more info.
Date: **Saturday, Oct. 1**
Time: **9 a.m. - 3 p.m.**

Adler Theatre: My Fair Lady: My Fair Lady is triumphant. With "Wouldn't It Be Lovely?," "With a Little Bit of Luck," "The Rain in Spain," "I Could Have Danced All Night," it's no wonder everyone – not just My Fair Lady is triumphant. Discounted seats are \$48.
Date: **Sunday, Oct. 30**
Time: **7 p.m.**

Circa 21 Presents: Nana's Naughty Knickers: Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer, quickly turns into an experience she will never forget. Grandma is running an illegal boutique from her apartment, selling handmade naughty knickers. Seats are \$43.50.
Date: **Saturday, Sept. 17**
Time: **5:45 p.m.**

Please Join Us For the Starved Rock Bus Trip: This tour includes bus transportation to beautiful Starved Rock in Utica, Ill., a buffet lunch, historical trolley tour and a leisurely one-hour

cruise on an authentic paddle wheel boat. You will also have personal time to explore the trails and visit the waterfalls. Please call the LTO at (309) 782-5890 to reserve your seat.
Date: **Saturday, Sept. 24**
Time: **8 a.m. - 6 p.m.**

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

Walt Disney Military Salute: Active and retired U.S. military, including members of the U.S. Coast Guard and active members of the National Guard or reservists, may purchase (six) 4-day Disney military promotion tickets with the park hopper option or water park for \$138. This offer has been extended until October 2012.

Disney LIVE! Phineas and Ferb: Phineas and Ferb are going on a live tour and coming to the iWireless Center. Phineas, Ferb, and the whole tri-state area gang embark on a bold escape from television to a live action adventure. Seats on sale until **Oct. 1**. Discounted seat price \$14.75 & \$19.75.
Date: **Friday, Oct. 21**



Time: 4 & 7 p.m.

Child, Youth & School Services

SKIESUnlimited Martial Arts: SKIESUnlimited is offering Martial Arts for 6-18 years old. Fall classes will be held Tuesdays and Thursdays **Sept. 6 – Nov. 29**, 5-5:55 p.m. Please contact (309) 782-5969 for additional information.

Babysitter Training: SKIESUnlimited is offering FREE Babysitter Training on Saturday, **Sept. 17**, 9 a.m. – 2 p.m., for 12-18 years old. CPR will be offered on Saturday, Oct. 15, 9 a.m. – 12 p.m. Register [online here](#) or call (309) 782-0791.

More Childcare Spaces Available: Have you been looking for affordable, top quality child care for your child aged 2-5? Look no further! Due to an expansion of spaces at the Child Development Center, we will have additional child care spaces available beginning in September for children ages 2-5 including spaces in the pre-K program. Call (309) 782-0791 for more info and to reserve your space.

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



Arsenal Army Community Service: "Hours Change at RIA ACS" - To better serve you, RIA ACS has established Lending Locker and In and Out Processing hours. Lending Locker: Monday and Friday, 9 a.m. – 3 p.m. In and Out Processing: Tuesday, Wednesday and Thursday, 1-4 p.m. or by appointment.

AER's Commander's Referral Amount Increased to \$1,500: Army Emergency Relief (AER) announced effective Aug. 1, the maximum amount a Soldier can receive through the Commander's Referral Program will increase from \$1,000 to \$1,500. The repayment period will be extended from 12 up to 15 months. For more

information contact AER (309) 782-0815.

Employee Assistance Program

Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com or [Facebook](#).

National Recovery Month: September is National Recovery Month (Recovery Month). Recovery Month honors the millions of people who have or are currently seeking treatment and recovery services for substance use and mental disorders for themselves or a loved one. For 22 years, Recovery Month has celebrated people in recovery and lauded the work of treatment providers. Recovery Month highlights that all individuals have the fundamental and inherent value to be accepted and treated with respect, dignity, and worth. In addition, Recovery Month spreads the message that behavioral health is an essential part of health and one's overall



wellness, and that prevention works, treatment is effective and recovery from substance use and mental disorders is possible. This year's Recovery Month theme, "Join the Voices for Recovery: Recovery Benefits Everyone." Substance use and mental disorders touch everyone one way or another—regardless of race, age, gender, workplace, geography, or socioeconomic level. While the conditions are widespread, treatment services are effective, and recovery is possible. In fact, millions of Americans are in recovery today. As with other chronic illnesses, individuals who seek treatment and recovery support services for substance use and mental disorders learn new life skills and go on to live healthy, empowered, and productive lives, giving back to their communities. If you have questions about substance use 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. ([Army Center Substance Abuse Program on StandTo!](#))

Smoking Cessation Group: Need help to quit smoking? Good news. The Employee Assistance Program offers an ongoing educational support group for

people who would like to be smoke-free. The group meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE wing.

PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. 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.

Education/Training Review

Army Continuing Education Services: The Army Continuing Education Services office, located in Bldg. 56, 1st floor, has a new Education Service Officer, Alison Hemmert. The Education Center has new hours of operation. The office is open Monday through Friday 7 a.m. – 3 p.m. If you have any questions, please feel free to contact this office at (309) 782-2065.

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

September Case Lot Sale: Our next case lot sale will be **Sept. 16-17**. We look forward to seeing you here for the great savings. Customers who want to experience savings well beyond their usual commissary shopping and customize their own cases in the process cannot afford to miss the Defense Commissary Agency's worldwide case lot sale in September, said the agency's director and CEO. "We always have great oversized deals at these sales events - often at savings of 50 percent or more," Joseph Jeu said. "What's more, this will mark the second worldwide event where we've offered customers a unique opportunity to create their own cases by mixing and matching products." Charlie Dowlen, DeCA's promotions manager, said, "Case lot



sales offer our customers hundreds upon hundreds of items, many in club pack packaging that resembles the multiple bulk-sized products they'd see in off-post warehouse club stores. You'd think the county fair was in town, with all the people looking for great deals beyond the everyday savings they see in their commissaries." ([More](#))

Can't Find an Item at the Commissary -- Attention All Commissary Shoppers:

Is there something you just can't find at the commissary? Just let a member of our management team know and we will see if we can bring it in for you. Your commissary - it's worth the trip.

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 Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

This Week in Rock Island Arsenal

History –Sept. 12-18: In September 1814, Maj. 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. On Sept. 17, 1945, the Italian prisoners of war units at RIA were disbanded and returned to various ports of embarkation for relocation overseas. A system of shop management known as the Taylor System of Scientific Management was introduced in RIA Shops on Sept. 18, 1911.

Healthbeat

September is National Prostate

Cancer Awareness Month: One goal of this annual promotion is to spread the word that prostate cancer treatments available now are highly effective and survival rates approach 100 percent —

when the cancer is detected early. This is an important message considering that in the United States this year, approximately 240,890 men will learn that they have prostate cancer and nearly 33,720 will die from the disease. Early detection and treatment are the key factors in addressing prostate cancer. Testing for prostate cancer consists of a simple blood test and brief physical examination, which takes less than ten minutes, but could save a man's life.

New Program Announced in Honor of National Childhood Obesity

Awareness Month: Overweight/obese children and teens can now access a program that assists them in getting on the road to healthy living. September has been declared National Childhood Obesity Awareness month by President Obama. In his declaration he urged all Americans to "promote healthy eating and greater physical activity by all of our nation's children". In honor of the declaration and the call to action Miriam Iwrey, Long Beach, New York, announces the establishment of to healthy children, a program geared specifically for families who have children who are overweight/obese and are struggling to determine how to get on the path of healthy living. ([More](#))



CDC Warning: Deadly Listeria in

Cantaloupe: Cantaloupe from the Rocky Ford region of Colorado may carry deadly listeria bacteria, the CDC warns. So far the outbreak has caused 15 hospitalizations -- including one death -- in four states: Colorado (11 cases), Nebraska (one case), Oklahoma (one case), and Texas (two cases). The CDC has issued a nationwide warning for consumers to avoid fruit "marketed as cantaloupes harvested in the Rocky Ford region." ([More](#))

Nasal Insulin Spray Shows Promise In Treatment of Alzheimer's:

A small pilot study led by a Department of Veterans Affairs (VA) researcher found that a nasal insulin spray improved memory, thinking skills, and functional ability in people with mild cognitive impairment and Alzheimer's disease. Currently, there are no effective treatments to delay or prevent Alzheimer's. "This research builds on several years of preliminary work by an innovative group of VA investigators and their colleagues, and we are gratified to see the progress that is being made on behalf of Veterans and all Americans who are at risk for Alzheimer's disease," said VA Under Secretary for Health Dr. Robert Petzel. ([More](#))

Nopal Plant Normalizes Blood Sugar, Treats Diabetes, Boosts Insulin

Sensitivity: The prickly pear cactus -- known as nopal in Mexico -- exhibits multiple medicinal effects. As professor of nutrition Winston F. Craig, Ph.D., writes to the HighBeam Encyclopedia, the prickly pear can help with diabetes, lower blood sugar levels and offer other health benefits. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Lab Closed **Sept. 16.** No labs **Sept. 28** - being inspected. Clinic closed **Sept. 30** at 11:30 a.m. - Staff Meeting and Training.



Notes for Veterans



Connecting Disabled Veterans with Golf Enriches Lives at Iowa Event:

Nearly 240 Veterans with injuries and other disabilities will be in Iowa to participate in the National Veterans TEE (Training, Exposure, and Experience) Tournament Sept. 12-15. "Golf is not an easy game, especially for disabled Veterans who must concentrate on more than just their swing," said Secretary of Veterans Affairs Eric K. Shinseki. "The physical and mental challenges of golf

and these other events helps these heroes restart and revitalize their lives." ([More](#))

VA Streamlines Online Applications for Health Benefits Renewal:

The Department of Veterans Affairs (VA) has automated its online Health Benefits Renewal (10-10EZR) form as part of its ongoing effort to streamline access to benefits. "This action dramatically reduces the time it will take for enrolled Veterans to submit updates to their demographic information and further reduces access barriers to needed care for Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. ([More](#))

VA Announces Expansion of Virtual Lifetime Electronic Record:

The Department of Veterans Affairs (VA) announced today it will expand its pilot for the Virtual Lifetime Electronic Record (VLER), which enables sharing of Veterans' health records. "The expansion of the VLER pilot program will allow more Veterans and facilities to participate in this exciting new technology," said Secretary of Veterans Affairs Eric K. Shinseki. "I invite Veterans to sign up for the program. It will keep health care providers informed, improve continuity and



timeliness of care, and eliminate gaps in health care information." ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.

Around the Q.C.

Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)
Sept. 17: [Children of Fallen Soldiers Benefit Run](#) (Bettendorf)
Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)
Sept. 17: [Golf FORE Homes](#) (Byron Hills Golf Course, in Port Byron, Ill.)

Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)
Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 20: [Country Western Dance](#) (Bethel Wesley United Methodist Church 1201 13th Street, Moline)
Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)
Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)
Sept. 25: [QC Marathon](#) (Downtown Moline)
Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
Oct. 15: [Earth Charter Summit](#) (Augustana College, Moline)
Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Oct. 27: [Fright Night](#) (The District)
Oct. 29: [Witches Walk](#) (LeClaire, Iowa)
Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Sept. 7-16, 2012: [East West Riverfest](#)

Island Insight

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



The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-



5000. For [submission of announcements to the Island Insight; ROCK-RIA-PA@conus.army.mil](#), Phone: (309) 782-1121. The Island Insight is [available online](#).

Motorcycle Safety Awareness Training Event

**Place: Memorial
Park**

Date: Sept. 26

**Time: 9:30 a.m.–
12:30 p.m.**

**Military: Sign up
with your
Supervisor**

**Civilians: Sign up
in TEDs**

Dead line: Sept. 22

gear UP!
FOR FALL RIDING

- As visibility decreases at dusk and after sunset, other motorists have difficulty seeing riders.
- Helmets with visors or tinted shields help reduce glare, but riders may still have problems seeing oncoming traffic.
- Motorcyclists should always assume that a vehicle is going to pull out in front of them and adjust their speed and position accordingly.
- Wet leaves reduce traction and pose a risk for riders. Alert riders should adjust their speed on curves and look well ahead to choose the best path to go around a hazard.

ARMY SAFE
FALLWINTER
NO TIME TO CHILL

ARMY STRONG
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I BAND MY BROTHERS & SISTERS





THE COST OF FREEDOM

National POW/MIA Recognition Day
September 16, 2011



www.dtic.mil/dpmo

RIA POW/MIA RECOGNITION DAY CEREMONY
FRIDAY, 10 a.m.
POW/MIA Marker (Rodman Ave)