

September 17, 2012



Island Insight



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

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



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ASC Selects EAGLE Contractors: The U.S. Army Sustainment Command, through the Army Contracting Command -- Rock Island, executed the first round of basic ordering agreements (BOA) with companies to provide logistics support services through its Enhanced Army Global Logistics Enterprise (EAGLE) program. The second round of BOA releases will be made on a continuing basis between now and Oct. 15. Qualified BOA

holders will be permitted to compete for the initial annual performance task orders under EAGLE. BOA holders will have the opportunity to serve as performance contractors under the EAGLE task orders to provide supply, maintenance and transportation services, as well as other logistics services, at Army Logistics Centers located at 73 Army installations. EAGLE provides increased opportunities for small business to perform as Government

prime contractors. All installation logistics task orders greater than \$1 million and less than \$35.5 million will be set aside for award to qualified small businesses. In addition, both small businesses and large businesses will be eligible to compete for task order greater than \$35.5 million. If two or more small business are



capable of performing these larger contracts, then the awards will be set aside for small businesses. ([More](#))

ACC-RI Executive Director Named Deputy to ACC Commanding General

General: "I'm pleased to announce that Mike Hutchison will become our new deputy here at Redstone Arsenal (Ala.)," stated Maj. Gen. Camille Nichols, commanding general of the U.S. Army Contracting Command. Commenting about his Rock Island Arsenal team, Hutchison said: "We have played a critical role in supporting our war fighters in Iraq and Afghanistan for the last 10 years. It's been an honor to serve with such professionals. Their dedication and commitment to excellence has been awe inspiring!" ([More](#))



JMTC Assistance Visit Brings Leaders Together

More than 100 executives from Army Material Command, U.S. Army Tank-Automotive and Armaments Command -



- Life Cycle Management Command and other government installations wrapped up the three-day Joint Manufacturing and Technology Center Assistance Visit Sept. 12. The visits are held at organic installations on a rotation, focusing on benchmarking initiatives and applying techniques that can be used in new, unique ways. "This is a commanders visit," Gen. Dennis Via, Commanding General of AMC, who attended the out briefs, said. "To bring in higher headquarters, generals and other commanders to see what you can do and how you can improve for the future is what this is about." ([More](#))

ASC Employee Donates Flag to Local School

An Army Sustainment Command employee's simple gesture turned into a celebration as a donated flag became the centerpiece of a local school's 9-11 remembrance ceremony Sept. 11. Paul Levesque, a public affairs specialist with ASC, recently received a U.S. flag that had flown ceremonially over the U.S. Capitol in Washington, D.C., to mark his 30 years of government service. Without a flagpole at home, and not wanting the flag to just sit on a shelf



Upcoming Dates

- Sept. 16-22:** National Adult Immunization Awareness Week
- Sept. 16-22:** National Clean Hands Week
- Sept. 16-22:** National Unmarried and Single Americans Week ☺
- Sept. 17:** Citizenship & Constitution Day ☺
- Sept. 18:** U.S. Air Force, Air National Guard 65th Birthday
- Sept. 18:** World Water Monitoring Day
- Sept. 19:** National Talk Like a Pirate Day
- Sept. 21:** POW/MIA Recognition Day
- Sept. 22:** First Day of Autumn (Autumnal Equinox)
- Sept. 22:** National Hunting and Fishing Day
- Sept. 22:** National Public Lands Day
- Sept. 22:** International Observe the Moon Night
- Sept. 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. 28:** World Rabies Day
- Sept. 29:** VFW 113th Birthday
- Sept. 30:** Gold Star Family Remembrance Sunday
- Oct. 1:** Child Health Day
- Oct. 1-5:** Drive Safely Work Week
- Oct. 7:** 11th Anniversary of the Beginning of Operation Enduring Freedom in Afghanistan
- Oct. 8:** Columbus Day (*Federal Holiday*)
- Oct. 13:** U.S. Navy 237th Birthday
- Oct. 24:** United Nations Day
- Oct. 31:** Halloween
- Nov. 4:** Daylight Saving Time Ends
- Nov. 6:** Election Day
- Nov. 10:** U.S. Marine Corps 237th Birthday
- Nov. 11:** Veterans Day
- Nov. 12:** Veterans Day Holiday (*For most federal employees this will be treated as a holiday for pay and leave purposes*) ☺



as a keepsake, Levesque offered the flag to the Jane Addams Elementary School in Moline, where his children had attended as youngsters. ([More](#))

RIA Holds 9-11 Ceremony, Walk to Honor Those Fallen:

Weaving a tapestry of philosophy ranging from presidents Thomas Jefferson and Abraham Lincoln to Bob Dylan, the guest speaker at the 9-11 Remembrance Ceremony Sept. 11 shared his thoughts on the tragic terrorist attack 11 years ago. Retired Brig. Gen. Brian Layer, former deputy command general, Army Sustainment Command, from September 2010 through May 2012, offered his experience of being at the Pentagon on that fateful day of Sept. 11, 2001, to an audience comprised of the military community of RIA and guests. ([More](#))



What 9-11 Was is For Me 11 Years

Later: It's hard to believe it's been 11 years since the 9-11 attacks. I -- then Army Master Sgt. Jon Connor -- was assigned to the Pentagon with the Army's Office of the Chief of Public Affairs. We were in our supervisor's office watching events of New York

City unfold on TV when he said something like: "If they could do that to the Twin Towers, they could probably hit the Pentagon." ([More](#))

White House Details Potential Effects If Automatic Budget Cuts Go

Through: Army operations and maintenance would lose nearly \$7 billion next year, and the Navy more than \$4 billion under a looming series of automatic cuts in federal spending. Educational achievement and special-education programs would be shaved by \$2.3 billion. Medicare payments to hospitals would fall by \$5.6 billion. And, particularly relevant at a moment when world attention is focused on the continuing attacks on United States embassies and consulates abroad, diplomatic programs and embassy security would lose \$1.2 billion. ([More](#)) ([WaPo](#)) ([Despite White House Report, DoD Won't Plan For Sequestration Cuts](#))



Poll: Fewer Americans Think Government Is 'Doing

Too Much' : A majority of Americans said the U.S. government is doing



too much, though more are saying it should do more than in recent polls, according to a new survey. The Gallup poll -- released Monday -- found that 54 percent of those surveyed said the government is "doing too many things that should be left to individuals and businesses," while 39 percent said the government should "do more to solve our country's problems." When Gallup asked the same question earlier this year, it found that a record 61 percent thought the government was doing too much, while 34 percent said it should do more. ([More](#))

Army Officials Consider Lifting Restrictions on Civilian Fitness

Program Participation: Army health officials have announced an Installation Management Command-wide pilot program that aims to make exercise a lifestyle among Army civilian employees by exploring changes in restrictions to Civilian Fitness Program participation. As it stands now, the CFP limits participants to one six-month experience. With the pilot, however, officials are inviting IMCOM civilian employees at Fort Drum and other garrisons, including former and current CFP participants, to be a part of the six-



month test program. "Our leaders strive for a healthy, happy, productive workforce," said Kelsey Stiner, health promotion research assistant with the U.S. Army Public Health Command at Fort Drum. "Leaders also want to take this opportunity to give something back to their employees." ([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](#))

Absentee Voters Week: An information booth will be staffed for Absentee Voters Week, which will be observed **Sept. 25-28** in the Bldg. 60 cafeteria lobby area, 10:30 a.m. – 12:30 p.m., each of those days. The observance is to encourage all voters to vote and mail their absentee ballots and encourage use of the FWAB (Federal Write in Absentee Ballots) and communicate how and when to use this back-up ballot during that week.



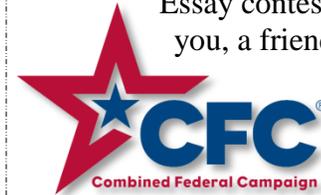
Attendants at the information booth will include Lafayette Ausborn, Garrison Installation Voting Assistance Officer; Capt. Jacqueline Wood, ASC Senior Voting Assistance Office; Sgt. Major Karen Kelly, First Army, Senior Voting Assistance Office; and Staff Sgt. Jeffrey Reed, First Army, Unit Voting Assistance Officer.

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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](#))



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GSA Government Fare Program: The General Services Administration, the City Pair Program manager, with the airline carriers made significant changes. Effective **Oct. 1**, reservations are subject to auto-cancellation. 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.

Corps of Engineers Waives Day-Use Fees on National Public Lands Day:

The Army Corps of Engineers will waive day-use fees at more than 2,400 Corps-operated recreation areas nationwide in recognition of National Public Lands Day, Sept. 29. During National Public Lands Day, the Army Corps of Engineers, or USACE, will waive fees normally charged at boat launch ramps and swimming beaches. The Corps does not charge entrance fees to its parks. ([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. 21, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Nov. 2**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Sept. 21**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle Says, "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

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.](#)

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.

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.



2012 Cards for the Troops: 5th Annual Cards for the Troops, Arsenal Island Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP- mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP. Date: **Tuesday, Sept. 25**
Time: **6:30 p.m. - 9 p.m.**

Arsenal Attic Thrift Shop &

Boutique: Attention Shoppers...half-off sale on many items this week. Visit the attic every Tuesday and Thursday, 9 a.m. – 3 p.m. Check us out on Facebook, search "Arsenal Attic." Consignors, don't forget to pick up your consignment checks for August. Now accepting fall/winter clothing and decorations. POC: (309) 782-6977

Make-A-Wish 5k Run/Walk for

Wishes: The 3rd Annual Walk/Run for Wishes is scheduled for **Oct. 13**, at Modern Woodmen Park. There will be a 5k fun run/walk and one-mile walk. Walk for Wishes provides an opportunity to raise funds to improve the lives of our local children with life-threatening medical conditions by granting a wish.

Time: **10 a.m.**

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

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

Arsenal Traffic/Construction



North Avenue Repair & Closures:

Beginning on or about **Sept. 19**, the Directorate of Public Works will begin a project to repair North Avenue between East Avenue and Gillespie Street. The repair will include the replacement of the paving, sidewalk and adjoining intersections. The project is scheduled to be completed by **Jan. 12**. Work will be completed in a phased approach to minimize the effect on traffic flow and parking. Signage, safety barriers, and temporary pedestrian crosswalks will be positioned at appropriate locations. Please see the enclosed map for phases. Doing the work in phases to ensure that we maintain as much access to parking lots and loading areas as possible throughout the duration of the project. The majority of parking in the courtyards and along the North Avenue frontage road will not be affected in phase 1, however, the courtyard of buildings 66 and 68 will be affected. During phase 2, access to the western courtyards will be from the Gillespie Road driveway in the vicinity of Bldg. 60. Parking spaces to the north of Bldg. 61 will be closed to allow construction of a bus turnaround point for the RIA



Museum. During phase 3 employees will be able to use the new access points along North Avenue. Access to parking lots north of North Avenue will be through Gillespie Street. Employees should cross North Avenue at the designated pedestrian crosswalks.

Quad Cities Marathon on Arsenal

Island: On Sunday, **Sept. 23**, the Quad Cities Marathon will be coming through the Rock Island Arsenal. Times for the event will be 7 a.m. – 1:30 p.m. Gate changes to accommodate



the Quad City Marathon will include the following -- **Moline Entrance:** Moline Gate will be the only access to the Rock Island Arsenal via 14th Street ramp. The River Drive ramps will be closed as that is part of the Marathon course.

Davenport Gate: Open to outbound traffic only 7 a.m. – 1:30 p.m. Outbound traffic must turn right toward Davenport. The runners will be coming from Rock Island and Davenport. Both inbound gates will be opened and secured to allow runners to come in from both directions. **Rock Island Entrance:** The Metro Buses will be leaving the Arsenal with runners, exiting off of Rock Island. The buses and official race vehicles will

be the only ones allowed to exit off to Rock Island. Assistance in getting the bus across runner traffic may be advised. All other vehicles, other than for emergency purposes must exit off the Government Bridge. There should not be any inbound traffic, should there be an inbound vehicle instruct them to stay on Beck until Gillespie or East as Rodman Ave. will be closed to eastbound traffic. **Rodman Avenue:** Vehicle traffic will only be heading westbound to exit the Arsenal at Davenport ACP. No outbound vehicle traffic at the Rock Island Entrance with the exception of the Metro bus, or Emergency Vehicles.

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 3rd floor and Bldg. 62 3rd floor, East and South Wings, Sept. 10 - 3rd 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



Suicide Prevention Stand Down Set For Sept. 27:

In 10 days the Army will conduct a suicide prevention stand down worldwide to focus on promoting good health, teammate involvement, risk reduction and resilience training. Army Vice Chief of Staff Gen. Lloyd J. Austin III ordered the Sept. 27 stand down following the release of July suicide figures which confirmed two suicides and another 36 potential suicides presently under investigation. To date, 120 active-duty Soldiers are confirmed to have taken their lives while another 67 deaths are being examined. [\(More\)](#)

Program Eases Voting for Military Families:

With Election Day just seven weeks away, federal voting officials want to ensure that service members and their families are prepared for their votes to be counted. The Federal Voting Assistance Program has made the voting process easier than ever for Americans serving overseas, Pam Mitchell, the program's acting director, says. The website includes a tab for each state's

deadlines for registering to vote and casting absentee ballots. It also has online registration and absentee ballot assistance, and includes a mobile app and a widget. [\(More\)](#)

Managing Military ID Cards Just Got Easier:

The Defense Manpower Data Center is making it easier for service members and their families to get and maintain identification cards. The center has launched its RAPIDS — Real-time Automated Personnel Identification System — self-service portal to allow anyone with the Defense Department's common access card, or CAC, to apply for family ID or retirement cards or update dependents' statuses online. [\(More\)](#)

DoD's Reengineered Personal Property Program Streamlines PCS Process, Eases Anxieties:

It's been more than three years since Military Surface Deployment and Distribution Command launched the Department of Defense's reengineered household goods moving program -- the Defense Personal Property Program, or DP3. Throughout that time, SDDC program managers frequently met with government and industry representatives for feedback on strengthening the program's performance and efficiency. While no

one involved with the program is claiming victory, this year's post peak moving season data reveals the best performance to date -- streamlining the process and easing the anxiety for service members moving according to SDDC's Personal Property Quality Assurance Division. [\(More\)](#)

Reserve Component Redeployment Medical Readiness:

The sustained focus on mobilization readiness of the Reserve Component (RC) force during the past decade has resulted in a similarly intense scrutiny of the demobilization process implemented to transition RC Soldiers back to their hometowns. First Army, as Forces Command's executing agent for RC demobilization, ensures returning RC Soldiers receive the care and, if necessary, the treatment they deserve after a deployment. [\(More\)](#)

Safety Spotlight



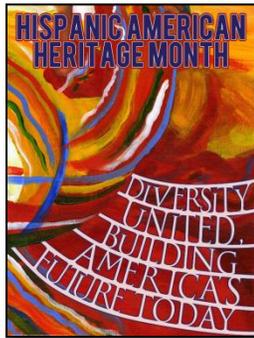
Breaking the Cycle: I just passed my one-year anniversary here at the USACR/Safety Center, and while I thought I knew a little about safety before, I feel I can finally speak with some authority on the subject! It's been a busy 12 months, and one of the things



that's become obvious to me during my various travels is just how many Soldiers we have in home station now. With combat operations in Iraq over and the drawdown continuing in Afghanistan, our installations have come alive with the sounds of early morning cadences and Families enjoying time together. It's great to have our Soldiers home, but we should also be aware that they now face more off-duty risk than perhaps ever before. ([More](#))

Equal Opportunity Focus

2012 National Hispanic Heritage Month: "Diversity United, Building America's Future Today": Originally a week-long celebration approved by President Johnson, National Hispanic Heritage Month, Sept. 15 - Oct. 15, was enacted into law in 1988. The celebration heightens our attention to diversity and the many contributions Hispanics have made to enrich the United States. The observance commences on Sept. 15 to



coincide with the day several Latin American countries celebrate their Independence Day. Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua celebrate their Independence Day on Sept. 15, Mexico on Sept. 16 (not on May 5 - Cinco de Mayo), and Chile on Sept. 18. ([More](#)) ([Tri-Signed Letter](#))

Hispanics Past, Present Serve Nation Proudly:

You've heard it many times: The strength of our Army is our Soldiers. The diversity of our Soldiers is also a great source of strength for the Army. The various attributes, experiences and backgrounds of our Soldiers -- as well as our Civilians and Family members -- across our Army enhance our global capabilities and contribute to an adaptive, culturally astute Army. The unique makeup of our force is something to be both embraced and celebrated. This month, we mark the service of Soldiers, Civilians and Family Members of Hispanic American origin. Their contributions to our country must never go unnoticed and unrecognized. From Sept. 15 through Oct. 15, we celebrate their heritage and acknowledge their service to our country. ([More](#))

Defense Department Honors Hispanic American Service:

The Defense

Department is joining the nation in observing National Hispanic Heritage Month with a series of events to recognize the service of Hispanic Americans throughout the department. From Sept. 15 through Oct. 15, the department will celebrate the rich heritage and cultural diversity that Hispanic Americans have contributed to the country. "The Department of Defense is committed to honoring and recognizing the Hispanic Americans who have and continue to serve in the defense of our nation and simultaneously contribute to shaping the culture of the United States," said Clarence A. Johnson, director of DOD's Office of Diversity Management and Equal Opportunity. ([More](#))

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation

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

MWR Fall Golf Tournament: Don't miss out on the last tournament of the



season. This four 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:

The holiday season will be upon us before we know it ... it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

New MWR Website:

Come check out our new and improved MWR website at www.riamwr.com for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the MWR marketing office for assistance at (309) 782-4420.



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

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

MWR Leisure Travel Office

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

Disney On Ice: 100 Years of Magic: Join the celebration as 65 of Disney's unforgettable characters from 18 beloved movies come to life. Be captivated by many Disney Princesses. Be thrilled by moments from Lion King, Mulan, Finding Nemo, and Toy Story films. Leisure Travel has many show

times to choose from. Seats on sale until Nov. 12.

Date: **Thursday, Dec. 13**
Time: **7 p.m.**

Bldg. 350 Vendor Day: Get ready to do some shopping in Bldg. 350. We have the following vendors here for one day. Scentsy, Jewel Rays bi Di, The Other Mrs. Smith Pies, My Moms Kitchen, Shelf Reliance Survival kits, Diamond Designs Embroidery, Tastefully Simple, Mary Kay and 31-Gifts. For more information contact the Leisure Travel Office (309) 782-5890.

Date: **Thursday, Sept. 20**
Time: **9 a.m. - 12:30 p.m.**

Books Are Fun: Books Are Fun will be visiting Bldg. 60, Heritage Hall area for two days, **Sept. 19-20**. They will be offering great discounted books and Fall merchandise.
Time: **9 a.m. - 2 p.m.**

MWR Outdoor Recreation Seasonal Entrance Change: With the end of the summer season, Outdoor Recreation patrons are asked to use the South Entrance to the Equipment Checkout Center in Bldg. 333 starting on Wednesday, **Sept. 19**.

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**.

Tours of Historical Quarters One: We now are offering Historical Quarters One Tours - Quarters One tours are now available to be scheduled through the Leisure Travel Office. Our Contracted Tour Guide is Benny Wild. The tour will cost \$30 per hour. POC for this is Anna Winters, (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 Jackson, PAC Chair, and he would be happy to share your e-mails with us. Email: eric.d.jackson48.civ@mail.mil For questions or more information, call (309) 782-2165 or e-mail: 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 28th.

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

Army Begins Final Phase of Childcare Fee Changes: To coincide with a Department of Defense policy to



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

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



Army Community Service (ACS)



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



Remodeling in Army Community

Service Center: Pardon our mess. The ACS Center is going through a four-week remodeling period through mid-October. The center is open during the construction period. Please be patient as we have reduced work space.



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information

on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

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 23rd 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.

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: Is the quality of your life being affected by 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.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East wing.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor,

west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

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); • Third Monday of each month – **Sept. 17**, **Oct. 15**, **Nov. 19**: Trinity College of Nursing & Health Sciences (POC: Christiana Headley,

(309) 779-7774 headleca@ihs.org); • Second Wednesday of each month – **Oct. 10**, **Nov. 14**: Kaplan University (POC: Jason Wilebski (563) 441-2485, jwilebski@kaplan.edu); • Third Wednesday of each month – **Sept. 19**, **Oct. 17**, **Nov. 21**: St. Ambrose University (POC: Bill Gleason, (563) 333-6354, gradprog@sau.edu); • First Thursday of each month – **Oct. 4**, **Nov. 1**: Eastern Iowa Community College (Scott, Clinton, and Muscatine, Iowa) (POC: Rebecca Geiken, (563) 441-4060, rgeiken@eicc.edu); • Second Thursday of each month – **Oct. 11**, **Nov. 8**: Black Hawk College (POC: Susan McPeters, (309) 796-5027, mcpeterss@bhc.edu); • Third Thursday of each month – **Sept. 20**, **Oct. 18**, **Nov. 15**: Ashford University (POC: Derek Phillips, (800) 798-0584 ext 3077, derek.phillips@ashford.edu). Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary, unless specified. All scheduled times are 10 a.m. - 2 p.m., in Bldg. 56, 1st Floor, Room 120. Education Center POC: Stephanie Allers (309) 782-5895, stephanie.e.allers.civ@mail.mil

Achieving Results Through Customer Satisfaction and Loyalty: St. Ambrose University's College of Business is



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

CCME Announces 2012 Scholarship

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

Scholarship (5 awards) applicant must be the spouse of a uniformed service member (active, reserves, guard, veteran). • CCME Veteran Scholarship (5 awards) applicant must be a prior uniformed service member (active, reserves, guard).

Defense Commissary Agency / PX

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

September Promotions Offer Cool Commissary Savings: As summer fades, commissary customers will see plenty of cool promotions such as the September worldwide case lot sale, giveaways and other money-saving deals, said the Defense Commissary Agency's director of sales. • Worldwide case lot sale. Customers should visit

[www.commissaries.com](#) and click the "Case Lot Sales" link under the Shopping tab to find out the dates for their local commissary's case lot sale. Continuing through **Oct. 13**, case lot events offer hundreds upon hundreds of items - back-to-school items, breakfast foods, pet food, paper goods, diapers, health and beauty care products, frozen foods - some at savings up to 50 percent or more off regular commissary prices. • Oktoberfest! From **Sept. 13 to Oct. 10**, commissary customers will find sales and coupons for imported items from Germany and Europe. A full line of German products will be available: chocolates, cookies, sauerkraut, mustard, red cabbage, pickles, noodles, coffee and more. • "We Are Family!" From **Aug. 23 to Sept. 26**, Quaker and Tropicana will offer bundled savings on their brands. Look for in-store displays for coupons and recipes, plus a chance to win a giveaway that includes prizes such as Sony camcorders, e-readers and a Sony tablet with accessories. • "Harvest of Values Sales Event." From **Aug. 23 to Sept. 26**, Acosta Military Sales will distribute 400,000 full-color coupon flyers to commissaries worldwide offering high-value coupons for commissary shoppers. This event is being offered exclusively at commissaries to honor the women in our



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

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

the website and choose Food Safety at the bottom of the page.

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



Arsenal Archive

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

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th

Anniversary, **Oct.**

11, Kris Leinicke,

Rock Island

Museum, will

present "Rock

Island Barracks."

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 **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. 17-23: 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. In September 1958, the RIA achieved standardization of the Honest John trunk mounted launcher, M386. On Sept. 19, 1966, the transfer of the National Match program was concurred with Col. H. A. Snyder, commanding officer, Rock Island Arsenal. This included the pistol and rifle overhaul and rebuild, the Rifle and Pistol Maintenance Course, and other training programs for marksmanship training units. On Sept. 23, 1864, the 108th Infantry, United States Colored Troops arrived at Rock Island to guard the confederate prisoners at the Rock Island Prison Barracks.

Healthbeat

World Rabies Day: Rabies Threat Should Be Taken Seriously

Sept. 28 marks World Rabies Day, a global health observance that seeks to raise awareness about rabies and enhance prevention and control efforts. After the death of a Soldier from rabies last year, Army public health officials are reiterating the need for Soldiers to stay vigilant and protect themselves from the deadly disease. They warn Army personnel to be aware of the risk of

rabies during travel or deployments to less developed countries, and to seek prompt medical treatment if they have a bite or scratch from an animal while deployed. "In a deployed environment, it's best to treat every animal as potentially rabid," said Col. Steven Cersovsky, senior physician epidemiologist at the U.S. Army Public Health Command. ([More](#))

Cancer Overtakes Heart Disease as Top Cause of Death Among U.S.

Hispanics: Cancer is now the leading cause of death among U.S. Hispanics, a new report reveals. While death rates for both cancer and heart disease have declined among the Hispanic population in the United States, cancer has edged out heart disease as the number one cause of death, according to the report published online Sept. 17 in *CA: A Cancer Journal for Clinicians*. Heart disease remains the top cause of death among non-Hispanic whites and blacks in America. ([More](#))

Is Your Job Killing You?: The average American man works 8.73 hours per day. If you feel like you need 87 hours in a day just to meet all of your deadlines, then you have bigger problems than a full inbox: You're setting yourself up for heart disease,

finds a new study in *The Lancet*. The study looked at workers under "job strain." That's just a fancy way of saying you 1) have piles of work to do, and 2) feel like you have zero control over your workload, your promotion chances, or the brain-numbing assignments your boss slaps on your desk. ([More](#))

Notes for Veterans

Senators Vote No On Paying Vets to Get VA Care

The Senate Veterans' Affairs Committee rejected a novel idea on Wednesday that would pay veterans to go to all of their mental health counseling and appointments. The proposal failed on an 8-7 vote. Sen. Richard Burr of North Carolina, the panel's ranking Republican, said he was trying to prompt a shift in focus at the Veterans Affairs Department: from paying and supporting not just people with disabilities, but also people trying to get better. ([More](#))

Iraq, Afghanistan Vets Are Congregating Online, and VA, Veterans Groups Are Following Them

Busy, tech-savvy and often miles from their peers, thousands of new veterans are going online to find



camaraderie or get their questions answered -- forcing big changes in long-established veterans groups and inspiring entrepreneurs to launch new ones. "We're going back to school, we have full-time jobs, we have families and kids," said Marco Bongioanni, 33, of New York, who deployed to Iraq twice while on active duty in the Army. That leaves little time for what he calls "brick-and-mortar" groups like the Veterans of Foreign Wars and the American Legion. ([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, 2nd shift 2:15-10:30

p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.

- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period. [Email](#) or call (309) 782-5472.

Around the Q.C.

- Sept. 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:** [2nd Annual Great River Challenge](#) (Modern Woodman Park)
- Sept. 22-23:** [Quad Cities Kite Festival](#) (Centennial Park, Davenport)
- Sept. 23:** [Quad Cities Marathon](#) (Downtown Moline)
- Sept. 27-29:** [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)
- Sept. 28-30:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
- Sept. 29:** [17th Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)
- Oct. 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 3rd Annual Fall Music Festival](#) (Hilltop Park, Davenport)
- Oct. 6:** [Light the Night Walk](#) (Modern Woodmen Park, Davenport)
- Oct. 7:** [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)
- Oct. 13:** [3rd Annual Walk/Run for Wishes](#) (Modern Woodmen Park)
- Oct. 13:** [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:** [19th Century Christmas](#) (Butterworth Center, Moline)
- Dec. 7:** [Gallery Hop!](#) (The District)



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

Island Insight



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

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](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).

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2012

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IS A READY FORCE

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MILITARY CRISIS LINE: 1-800-273-8255, PRESS 1

U.S. ARMY



ARMY SUICIDE PREVENTION PROGRAM

Shoulder to Shoulder

FINDING STRENGTH and HOPE TOGETHER



Prevent Army Suicide

Ask ★ Care ★ Escort

Talk to your Chain of Command, Supervisor, Chaplain, or Behavioral Health Professional or call the National Suicide Prevention Lifeline 1-800-273-TALK (8255), press 1 for the Veterans Crisis Line

www.suicidepreventionlifeline.org

www.militaryonesource.com

www.preventsuicide.army.mil