

September 24, 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 Welcomes New Commanding General at Assumption of Command:

Army Sustainment Command welcomed a new commanding general at an assumption of command ceremony here Sept. 18. Brig. Gen. John F. Wharton assumed command from ASC Executive Director D. Scott Welker during a ceremony at Memorial Field presided over by Gen. Dennis L. Via, commanding general of Army Materiel Command, and attended by hundreds of

dignitaries and guests. Wharton came to ASC from AMC, where he served as chief of staff. Welker will return to his position as the ASC deputy to the commander. "Good morning everyone. It's great to be back at Rock Island [Arsenal], and what a beautiful day to welcome the new commander of Army Sustainment Command." Via said. "Today's assumption of command marks a significant event for the Army Sustainment Command. This simple, yet

symbolic, ceremony represents more than just a change in leaders. It symbolizes the rich heritage of our great Army and reaffirms the unique authority and responsibility vested by our Army and our nation in the commander. ([More](#))



Arsenal Salutes 96-Year-Old Former

Prisoner of War: Escorted by Brig. Gen. John Wharton and Rock Island Arsenal garrison manager Joel Himsl, 96-year-old Lyle Herman Sheldon reached out to the POW/MIA Memorial on Arsenal Island and gave a salute. The Iowa native spent 26 months as a prisoner of war during World War II. As a light rain came down during the ceremonial wreath laying Friday, Sheldon continued in his salute as Tracy Hepner, of American Legion Post 255, Orion, played taps. ([More](#))



AMC Leader Visits JMC

Headquarters: Gen. Dennis Via, commander U.S. Army Materiel Command, visited the Joint Munitions Command headquarters Sept. 18. He met with Brig. Gen. Kevin O'Connell, commander Joint Munitions Command, and senior staff after officiating at an Army Sustainment Command assumption of command ceremony. The trip was Via's first visit to JMC headquarters since he became



AMC Commanding General on August 7. Via's prior assignment was as AMC's Deputy Commanding General. Via emphasized the importance of the Army's industrial base. He said, "The barracks we have today are not the barracks we had when I joined the Army." ([More](#))

Fighting Cancer, Mile After Mile: On Sept. 23, Army Contracting Command-Rock Island Procurement

Analyst Chris Calhoun will join thousands of other runners challenging themselves to make it through 26.2 miles during the 2012 Quad Cities Marathon. At the beginning of September, Chris was planning on running the half marathon, but changed his mind with less than a month to go. ([More](#))



Suicide Prevention Stand-Down Day and Memory Walks:

In observance of Suicide Prevention Stand-Down Day on **Sept. 27**, and to encourage the RIA community to stand together for life, several activities are planned. The Employee Assistance Program, in coordination with the Red Cross and Vera French, will provide resource

Upcoming Dates

- 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. 3:** 4-H National Youth Science Day
- Oct. 4:** National Depression Screening Day
- Oct. 7:** 11th Anniversary of the Beginning of Operation Enduring Freedom in Afghanistan
- Oct. 7:** National Fallen Firefighters Memorial Service Day
- Oct. 7-13:** Fire Prevention Week
- Oct. 7-13:** National Mental Illness Awareness Week
- Oct. 8:** Columbus Day (*Federal Holiday*)
- Oct. 9:** Leif Erikson Day
- Oct. 13:** U.S. Navy 237th Birthday
- Oct. 14-20:** International Credit Union Week
- Oct. 15:** Pregnancy & Infant Loss Remembrance Day
- Oct. 15:** White Cane Safety Day
- Oct. 15-21:** National Drug-Free Work Week
- Oct. 15-19:** National School Bus Safety Week
- Oct. 24:** United Nations Day
- Oct. 27:** RIA Military Retiree Appreciation Day
- Oct. 31:** Halloween
- Nov. 4:** Daylight Saving Time Ends
- Nov. 6:** Election Day
- Nov. 8:** Honor Flight of the Quad Cities
- 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*)



tables in the three installation cafeterias. There will be two Memory Walks hosted by the ASC command chaplain (one beginning at 6:30 a.m. and one beginning at Noon). Other observances will include pop-up computer messages every hour beginning at 7 a.m. (seven messages total). Pop-ups will include links to informative videos. Video screens with suicide prevention messages will run all day on monitors outside offices and in hallways. Please take time to gather information and increase your understanding of this important issue. ([DoD Article](#))

Group Empowers Public Speakers:

Communication skills are essential for successful contracting professionals and a few Army Contracting Command-Rock Island employees are actively engaged in exercising their public speaking abilities at monthly International Training in Communication meetings. The Arsenal Island ITC, which is also known as POWERtalk International, is a business-oriented public speaking group that is available to all organizations on Rock Island Arsenal. Employees from ACC-RI currently comprise the bulk of ITC



participants and hold four out of the five officer roles. Recently appointed ITC officers are Michael DeBisschop, president; Angela Quinn, vice president; Bridget Purdy, secretary; and Andrea Lovell, parliamentarian. ([More](#))

Rock Island Arsenal Breaks Food Drive Record:

The Rock Island Arsenal community joined in support of the 2012 Feds Feed Families Food Drive, donating a record amount of nonperishable food items to support the nationwide campaign. The effort collected more than 4,499 pounds of nonperishable goods that went to the River Bend Foodbank in Moline, Ill., to help feed local families, topping last year's total of 2,790 pounds. ([More](#))

Congress Freezes Pay Through

March: The Senate on Saturday passed a six-month temporary spending bill that will keep the federal government open — and further freeze employees' pay scales — through March 27. President Obama is expected to sign the continuing resolution bill sometime this week, before the fiscal 2012 budget expires Sept. 30. The House passed its version of the bill,



which keeps funding the government at essentially 2012 levels, on Sept. 13. ([More](#))

Federal Employee Issues Deferred By Congress:

In ending its brief September session, Congress left behind much unfinished business for federal employees, reaching no final decision even on one of the issues it did address. Just before recessing until after the elections, the Senate joined the House in approving a bill to continue funding federal agencies through March, a measure needed because regular spending bills were not enacted for the fiscal year starting Oct. 1. ([More](#))



OPM Announces 2013 Federal Employees Health Benefits Program

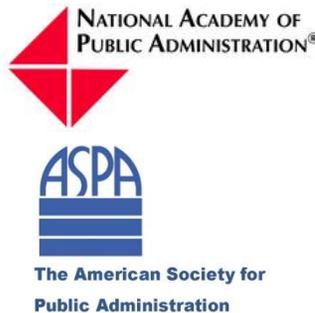
Premium Rates: The U.S. Office of Personnel Management (OPM) announced today that the average premium for the 8.2 million people covered by the Federal Employees Health Benefits (FEHB) Program will increase by 3.4 percent in 2013, which is



lower than last year's increase of 3.8 percent. The average premium increase for the Federal Employees Dental and Vision Insurance Program (FEDVIP) will be less than 1 percent. The average annual increase for FEHB premiums has steadily declined since 2009 when the average premium increase was 7.0 percent. There are no significant benefit changes for 2013. On average, FEHB Program enrollees with self only coverage will pay \$2.75 more per bi-weekly pay period, and enrollees with family coverage will pay \$6.39 more. Premiums for Health Maintenance Organizations will increase an average of 5.3 percent, while Fee-for-Service plans will see an average increase of 3.0 percent. ([More](#))

Scrap Governmentwide Pay Raises, Report Urges:

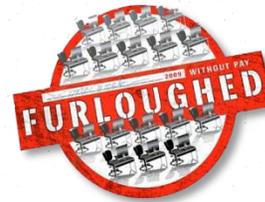
To help close pay gaps between federal and private-sector workers, the government should scrap General Schedule across-the-board increases in return for more flexibility to boost salaries within grades, a panel of experts said in a report released



Monday. Lower-tier federal workers tend to be overpaid in comparison with their private-sector counterparts, while the reverse is true for employees higher up the ladder, according to the report by the National Academy of Public Administration and the American Society for Public Administration. The two groups are producing a series of reports, called Memos to National Leaders, aimed at the next presidential administration on what government reforms are needed. ([More](#))

Furloughs Remain a Recurring Theme in Forecasting Sequestration's Impact:

On the eve of a vote to adjourn Congress until after the elections, top military and civilian Defense Department officials unveiled new details on the harm that looming across-the-board budget cuts would inflict if they kicked in this January. Warning two House panels of impending cuts to stateside training and a need to renegotiate recent contracts, officials avoided delving down to the level of specific programs and they steered clear of taking sides in Congress' ongoing political stalemate over the budget. ([More](#))



Pentagon Would Avoid Direct Layoffs of Civilians Under Sequestration:

If the federal government's automatic sequestration cuts kick in as scheduled in January, the Defense Department would avoid laying off civilian employees. But that doesn't mean civilian feds can breathe a sigh of relief. Under sequestration, military personnel salaries would be completely protected. But because of the complex mechanics of how the automatic budget cuts would work, the operations and maintenance accounts that fund most civilian employee salaries would take a disproportionate hit compared with other buckets of money in DoD. ([More](#))



Hatch Act Permits Range of Feds' Political Action:

Attention feds: You can vote for your boss, or to get a new one. Some federal employees apparently don't realize they are allowed to vote for president and in other elections because of confusion over the Hatch Act, says Carolyn Lerner. She wants to end the



confusion. Lerner heads the Office of Special Counsel (OSC), which enforces the Hatch Act. While the law restricts political participation by federal workers, employees can do much more than some realize. ([More](#))

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



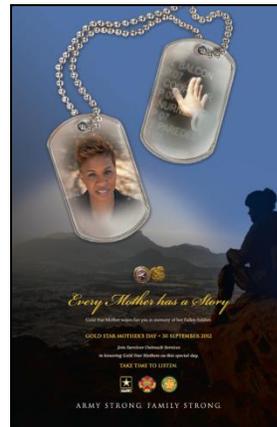
voters to vote and mail their absentee ballots and encourage use of the FWAB (Federal Write in Absentee Ballots) and communicate how and when to use this back-up ballot during that week.

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. ([Soldiers Reminded About Importance of Voting](#))

Gold Star Mothers Day: Mothers of fallen service members began calling

themselves "Gold Star Mothers" during the First World War, but the sorrowful bond they share reaches back to every woman who has lost a son or daughter in uniform since our nation's



revolution. The Army cherishes the mothers of its Soldiers as bedrocks of support and comfort, and honors the mothers of its fallen as resilient legacies of their children's service. The United States began observing Gold Star Mothers Day on the last Sunday of September in 1936. This year, the Army joins the nation on **Sept. 30** in recognizing the sacrifice and strength of its Gold Star Mothers. ([More](#))

Retirement & Retreat Ceremony

Invitation: Brig. Gen. John F. Wharton cordially invites you to attend the 4th Quarter FY12 Award, Retirement &

Retreat Ceremony in honor of: Robert M. Gottfried, Department of the Army Civilian; Sgt. Maj. Nicholas B. Castillo, ASC; Master Sgt. Sharon Gilmore, ASC. On Thursday, **Sept. 27**, at 2 p.m. Location of Ceremony: Quarters 1 Lawn, Rock Island Arsenal, Ill. Uniform: Military-ACU w/Black Beret/ Civilian: Casual.

2012 Illowa Bi-State CFC Kickoff –

"Walk A Little, Help A Lot": On Wednesday, **Oct. 3**, the 2012 Illowa Bi-State CFC will officially begin this year's campaign with its



CFC Kickoff "Walk A Little, Help A Lot" which will begin with groups

gathering at Memorial Park, the east end of the Post Exchange parking lot, and across the street from the northeast corner of Bldg. 299. Walkers will begin at 10:30 a.m. and will be joined by other walkers from the buildings as they pass. The walk will proceed to the RIA Fire Station's north side where the "Walk A Little, Help A Lot" campaign will officially kickoff with speeches from Scott Welker as the featured speaker. More than 35 charities will be present to share information for you to support. Lunch: For \$4, Sheridan's will be



offering a "walking taco" (tacos-in-a-bag) with the proceeds going to CFC. Refreshments will also be available. Sheridan's also offers a cafeteria/grill that is located in Bldg. 60, northeast of the RIA Fire Station. The CFC is the annual fund-raising drive conducted by federal, postal and military employees in their workplaces each fall. Each year employees raise millions of dollars through the CFC that benefit thousands of nonprofit charities. It is the only authorized fund raising campaign for charities permitted in federal and postal workplaces. Please visit our campaign's CFC site at <http://illowacfc.org> and remember to "Like" us on Facebook at www.facebook.com/illowacfc

Corps of Engineers' 16th Annual CFC

Chili Cook-Off: The Rock Island District will be kicking off the CFC season with its annual Chili Cook-Off to be held on Thursday, Oct. 4, at 11:30 a.m., on the Clock Tower Building front lawn. The Arsenal workforce is invited to attend and \$5 will get you all you care to sample and bottled water for beverage



with the proceeds going to the 2012 Illowa Bi-State CFC. Judges will choose their favorites plus a people's choice will be awarded. The Corps is currently looking for entries from the Arsenal workforce. To enter the Chili Cook-Off contact (309) 794-5300 or jody.s.schmitz@usace.army.mil. Don't miss this annual Corps of Engineers' event on the Clock Tower Lawn located directly across the street from Navy Operational Support Center Rock Island. The CFC is the annual fund-raising drive conducted by federal, postal and military employees in their workplaces each fall. Each year employees raise millions of dollars through the CFC that benefit thousands of nonprofit charities. It is the only authorized fund raising campaign for charities permitted in federal and postal workplaces. Please visit our campaign's CFC site at <http://illowacfc.org> and remember to "Like" us on Facebook at www.facebook.com/illowacfc

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](#))

2012 NOSC Rock Island Navy Ball:

Navy Operational Support Center Rock Island will have its Navy Ball on **Oct. 13** at the Golden Leaf Banquet Center in Davenport. Active duty Sailors, Navy reservists, and Navy retirees are invited to attend. Social hour begins at 6 p.m. with formal ceremonies starting at 7 p.m. Those who would like to buy tickets can contact [Petty Officer First Class Jessica Hausman](#) at (309) 782-5513. We are asking that people interested in attending RSVP by COB **Oct 1**. Our speaker will be Command Master Chief CJ Mitchell, Command Master Chief, Navy Reserve Forces Command. **Oct.**



13 marks the [237th Birthday of the United States Navy](#).

AUSA Leadership Breakfast: There will be a Leadership Breakfast sponsored by AUSA on Thursday, **Oct. 4**, from 6:30 to 8 a.m., at Heritage Hall in Bldg. 60. The keynote speaker will be Brig. Gen. (Ret) Rebecca Halstead. Breakfast will be served at 6:30 a.m.; AUSA remarks at 6:50 a.m.; and keynote speaker at 7 a.m. This event is free and open to all Soldiers, Civilians & Guests. RSVP today by email at rsvp@ria-ausa.org. Sponsored by the Rock Island Arsenal Chapter of the AUSA as part of our Professional Development Series.

Honor Flight Network – WWII Veterans Still Sought for Trips to D.C.: Honor Flight of the Quad-Cities has flown nearly 2,000 veterans to the nation's capital to see their war monuments, but organizers want to make sure every area World War II veteran has a chance to make the trip. Preparation for the next trip, the last for 2012, is underway and is scheduled for **Nov. 8**. To apply, veterans should visit www.HonorFlightQC.org for an



application. Information is also available at Ridgecrest Village, 4130 Northwest Blvd., Davenport. All honor flights depart on a non-stop charter from the Quad City International Airport to Washington, D.C., and return the same evening at approximately 10 p.m. If you know a WWII veteran from outside the area and need information from the national Honor Flight Network go to: www.honorflight.org

RIA Firefighters (IAFF Local F292)

Breast Cancer T-Shirts: The Rock Island Arsenal Firefighters Union, International Association of Fire Fighter Local F292 is once again selling breast cancer awareness t-shirts with proceeds to benefit the Illowa Bi-State Combined Federal Campaign. The firefighters have the t-shirts on hand and will be selling them at the CFC kick off on **Oct. 3**. The t-shirts are \$15 each. The following are the contacts for those that wish to purchase prior to or after the CFC kickoff event: [Vice President Robert Andersen](#) - Station #6107; [Secretary/Treasurer Daryle Wood](#) - Station #6107.



Bells Across America: On **Oct. 7**, at 1:15 p.m., the Rock Island Arsenal Fire Department will be participating in [Bells Across America](#).

Every October, the National Fallen Firefighters Foundation sponsors the official national tribute to all firefighters who died in the line of duty during the previous year. The survivors of the fallen and thousands of fire service members gather for the National Fallen Firefighters Memorial Weekend in Emmitsburg, Md., to honor the lives of these heroes and the sacrifices they made. It is a time-honored tradition in the fire service to ring bells during funerals and memorial services for firefighters. In keeping with this custom, the bells of the National Fallen Firefighters Memorial Chapel will ring at the beginning of the Memorial Service on Sunday, **Oct. 7** in tribute to the fallen heroes. JMC Chaplin (Maj.) Lyndon Fluegel will be assisting the fire department with the brief services. The service will be held in front of the fire station and will be dedicated to Rock Island Arsenal Firefighter Leo Kelly



who died in the line of duty on June 21, 1941, and is the Department's only line of duty death to this day. Any questions please feel free to contact [Vice President Robert Andersen](#) at (309) 782-6107.

Arsenal Family Fun Day at Quad City Botanical Center: The Quad City Botanical Center would like to show their appreciation for our entire Arsenal community by inviting all Arsenal employees including military, civilians, contractors and their families to its "Arsenal Family Fun Night" on Thursday, **Oct. 18**, 5:30-7 p.m. You will receive free admission to the center for a fun night of outdoor games, hotdogs, chips & lemonade, coloring crafts and sun garden exploration. Please call the Botanical Center at (309) 794-0991 for more info. ([More](#))

Military Retiree Appreciation Day is Oct. 27: Retirees from all branches of the armed forces and their family members are eligible to attend a Retiree Appreciation Day on **Oct. 27** at the Rock Island Arsenal. The event will begin at 7 a.m. and conclude at 1 p.m. at the Post Restaurant, Bldg. 60. Retiree Appreciation Day is an opportunity for all armed forces retirees, spouses, widows and guests to receive updated information about retiree entitlement

programs. Photo identification is required for all personnel to access the installation. Registration is required and must be submitted no later than **Oct. 13**. The [registration form is available HERE](#). Lunch is available for \$11. Checks should be included with the registration form and made payable to "Arsenal Club." Registration forms can be mailed to: Retiree Appreciation Day, 916 Belmont Ave., Davenport, IA 52804. For more information, call (563) 322-4823.

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, Oct. 12, 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. 28**. 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](#).

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.

Arc BSC Closed for Inventory: The Base Supply Center, Arc Business Supply, will be closed for a physical inventory Wednesday, Thursday, and Friday, **Oct. 3-5**. We apologize for any inconveniences this may cause. Requests can still be made, but not processed, via email [to place orders, regarding backordered items, regarding delivery, or other questions or concerns](#). Order fulfillment and item delivery will resume Monday, **Oct. 8**.

Arsenal Attic Thrift Shop & Boutique: Thrift shop news – the Arsenal Attic, a well-kept secret, will be a "Fran Riley Feature" on KWQC Channel 6 in December. Everyone is invited to this special event. If you'd like to meet Fran, please come to the Attic for the date and time. Meanwhile, come shop with us. 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.**

Rock Island Arsenal Historical Society Meeting: Frances Plumb will perform as Betsy Ross at the Arsenal Golf Club. If you join us for dinner, \$14, advanced reservations required. Call Linda at (563) 355-6165 by **Oct. 1**. The 7 p.m. program is free and open to the public.

Date: **Thursday, Oct. 4**
Time: **6 p.m., Dinner; 7 p.m., Speaker**



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.

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

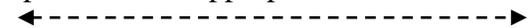


Closure of Third Floors in Bldg. 61, Bldg. 62: The Directorate of Public Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential 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



Website Will Reduce Chance for Pay And Personnel Errors:

The Army has launched a website designed to substantially reduce the chance for error on pay and personnel issues. The Integrated Personnel and Pay System-Army (IPPS-A) will also serve as a repository for comprehensive human



resources records for each Soldier. The website is at <http://www.ipps-a.army.mil>. The system will be deployed in multiple releases over five years, beginning next spring. During subsequent releases, the Army will launch additional capabilities building on previous ones. The website will provide substantial benefits to First Army Soldiers, according to Ruben Acosta, Deputy Chief of the Strength Management Division for First Army G1. ([More](#))

Army Designing Tastier Meats for Field Rations: The Army is teaming up with industry to develop a tastier, healthier meat product that uses an innovative dehydrating process. The meat is ground, then dehydrated, or cured, in a "continuous osmotic dehydration" process that is less expensive than producing beef jerky and which has more health benefits. The U.S. Army Natick Soldier Research, Development and Engineering Center, along with the Department of Defense Combat Feeding Directorate, is working with a commercial industry partner here to develop the product. ([More](#))

Army to Change Officer Evaluation Reports: New rating forms will be adopted next year as the Army

implements significant changes to its Officer Evaluation System. The new officer evaluation forms will come in three different versions or "grade plates" as they're termed, based on the rank of rated officers. The new system will include profiles for raters (not just senior raters), and enable senior raters to better identify the very best officers in a competitive environment. ([More](#))

New Transition Assistance Program Set for November Launch: Parts of a new transition assistance program were tested this summer and the revamped TAP will be ready to support departing service members in November, officials told lawmakers here yesterday. Leaders of an interagency team testified to the House Veterans Affairs Committee's subcommittee on Economic Opportunity about the revamped TAP, which includes a five-day workshop for troops leaving military service. Army Adjutant General Brig. Gen. Jason T. Evans and his counterparts from the other military services also testified at the hearing. ([More](#))

Army Physical Fitness Test: The Army assesses physical aptitude with the three-event Army Physical Fitness Test, or APFT. Soldiers are required to complete three events: two minutes of

pushups, two minutes of situps and a two-mile run. While the Army piloted a five-event Army Physical Readiness Test, or APRT, the current test remains the three-event APFT. In 2011, U.S. Army Training and Doctrine Command implemented a physical fitness training philosophy that Soldiers are better prepared if they train how they would fight. This prompted the Army Physical Fitness School to re-evaluate Soldiers physical capabilities. A five-event APRT was proposed to replace the current three-event APFT. TRADOC commissioned an independent panel of fitness experts to validate the proposed test. The panel could not endorse the five-event APRT because there was insufficient evidence to confirm that it would predict baseline Soldier physical readiness. ([More](#))

Intermediate Level Education Program: Intermediate Leader Education program prepares midgrade officers to serve in command and staff positions as majors and lieutenant colonels and consists of a common-core curriculum and a follow-on professional credentialing program. The Army's goal is to revive the professional importance of ILE by increasing the course's relevance and participation. Optimizing ILE will afford active component Army



Competitive Category officers the opportunity to complete the program through one of three venues: a 10-month resident course, at a satellite campus, or through distributed learning. ([More](#))

Safety Spotlight

North Avenue Construction Safety:

The Arsenal Island workforce is reminded to stay clear of North Avenue construction. The Garrison Safety Office has received reports of people ignoring barriers and entering and crossing the construction site. These actions pose a serious hazard to the people performing this unsafe act. We really appreciate your support in accident prevention. Have a good day and great week.

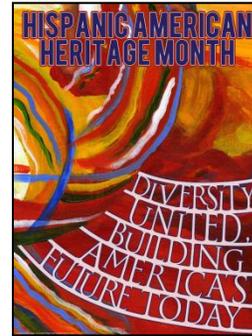
Army Safety Gram - Read and Heed

Chemical Information: The more you learn about the chemicals you work with, the better your chances of preventing an accident and protecting yourself. Pay attention to your workplace training programs on chemical safety, and read the labels and Material Safety Data Sheets (MSDS). ([More](#))

Equal Opportunity Focus

Hispanic Heritage Month

Observance: Rock Island Arsenal will be holding a Hispanic Heritage Month Observance on **Oct. 10, 11 a.m. – 12 p.m.**, at Heritage Hall in Bldg. 60. Please come and help the Rock Island Arsenal's EO



offices celebrate this year's theme "Diversity United, Building America's Future Today". To register in [TEDs](#) use the keyword "Hispanic Heritage Month Observance 2012". Please visit [HERE](#) for more information on Hispanic Heritage Month. We look forward to seeing you there. 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. Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multi-ethnic

and multicultural customs of their community. They are doctors and lawyers, activists and educators, entrepreneurs and public servants, and brave service members who defend our way of life at home and abroad. POC: Sgt. First Class Raymond Gonzalez, (309) 782-3021, raymond.j.gonzalez@us.army.mil

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](#)) ([Presidential Proclamation](#))

EEOC Finds Discrimination in Non-Selection:

The EEOC found race and



sex discrimination, as well as reprisal, in Thirlkill v. Tennessee Valley Authority, Appeal No. 0120121029 (June 6, 2012). Thirlkill was a level 3 electrician and temporary electrical instructor in the TVA's Browns Ferry Nuclear Plant in Decatur, Alabama. On February 9, 2011, Thirlkill learned that the agency did not select him, nor interview him for one of four maintenance specialist nuclear (electrical planner) positions. Thirlkill filed his formal EEO complaint on March 26, 2011. ([More](#))

Changes in EEOC Procedures

Upcoming: EEOC rules effective next Monday (September 24) revise how the agency handles discrimination complaints by federal employees, including: allowing for complaints against personnel actions that are only proposed, if the employee asserts that the action would be retaliatory; new requirements that agencies keep employees informed of the progress of investigations into complaints; speeding up the progress of class action complaints; and other changes. For a closer look, go to www.fedweek.com in the free info section of our website. ([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**

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](#))

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](#).

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
G

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](#))

Adler: Rock of Ages: In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50
Date: **Wednesday, April 24**
Time: **7:30 p.m.**

Adler: West Side Story: From the first note to the final breath, West Side Story soars as the greatest love story of all time and remains as powerful, poignant and timely as ever. Leisure Travel has discounted floor seating for \$62. On sale until **Dec. 21**.
Date: **Monday, Feb. 18**
Time: **7:30 p.m.**

Adler Presents: Cirque Dreams
Holidaze: More than 30 multi-talented and brilliantly costumed artists come to life and perform astonishing feats of disbelief. Experience gingerbread men flipping mid air, toy soldiers marching on thin wires, snowmen daringly balancing, icemen powerfully sculpting,



penguins spinning, puppets dancing and reindeer soaring high above a landscape of holiday wonderment. On sale until **Oct. 5**, \$57/ticket.

Date: **Sunday, Dec. 2**

Time: **7 p.m.**

Tenth Avenue North: Tenth Avenue North will be at the Adler Theatre for a one night performance. Get your discounted tickets at the Leisure Travel Office. Seat location is on the Floor Row J and L for \$19. For more information contact the Leisure Travel Office at (309) 782-5890.

Date: **Saturday, Nov. 10**

Time: **7 p.m.**

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.**

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.

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



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.

St. Ambrose University News Great News: Effective Oct. 1, SAU was selected to instruct MBA courses here on Rock Island Arsenal. All courses will be held in Bldg. 56, 1st Floor. For more information regarding this program, please contact Michele Leonard at SAU, (563) 333-6170 or Michelle Beck at RIA, (309) 782-0965.



Army Ed Center No Longer Proctoring Academic Tests On-Base:

Effective **Oct. 1**, the Army Education Center (Bldg. 56) will no longer be able to proctor academic testing on-base. The Education Center will continue doing the various Army Personnel Tests, and the National Testing Center (Bldg. 56) will continue to do CLEP/DSST testing. Please see full announcement below for details.

Army Education Center Update!:

Effective **Oct. 1**, per [HQ IMCOM OPORD 12-145](#), the Army Education Center will no longer be able to proctor academic testing on-base. This OPORD directive affects Service Members, Family Members and DoD Civilians who attend online colleges, which require tests be taken at an approved proctored site. The Education Center, located in Bldg. 56, Room 118, will continue testing in Army/Military Personnel Testing, Language, Aptitude, and Classification Tests (AFCT, DLAB, DLPT/DLRPT, OPI), and the Test of Adult Basic Education. The National Testing Center located in Bldg. 56, Room 121, will continue to do the College-Level Examination Program and the DANTES Subject Standardized Test exams. These exams allow service members, eligible spouses, and (in some

cases) DoD civilian employees to earn college credit by attaining qualifying scores on college subject exams. For additional information, please contact the following POCs – Army/Military Personnel Testing: [Army Education Center](#) (309) 782-2065; CLEP and DANTES: National Testing Center, (309) 558-6444, [JA-Holan@wiu.edu](#)

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 – **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 – **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 – **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](#))**

OMB Ambiguous on Commissary Budget Cuts: The White House Office of Management and Budget is sending mixed messages about whether the Defense Commissary Agency's surcharge fund — created by a 5 percent

markup on purchases paid by customers at the cash register — will be subject to automatic budget cuts due to take effect in January. In one section of a report, OMB says some parts of the \$306 million fund, which supports construction, repair, improvements and maintenance of commissaries, could be affected by the automatic, across-the-board cuts known as sequestration, due to happen in January if Congress can't come up with an alternative deficit-reduction plan. ([More](#))

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.

Rock Island Arsenal Historical Society Meeting: Frances Plumb will perform as Betsy Ross at the Arsenal Golf Club. If you join us for dinner, \$14, advanced reservations required. Call Linda at (563) 355-6165 by **Oct. 1**. The 7 p.m. program is free and open to the public.
Date: **Thursday, Oct. 4**
Time: **6 p.m., Dinner; 7 p.m., Speaker**

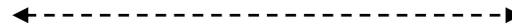
RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **Oct. 11**, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second 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. 24-30: In September 1906, the Old Settler's Association of Rock Island County sponsored the initial repair of the dilapidated Colonel George Davenport House. On Sept. 28, 1970, the sun dial located at the end of Gillespie Avenue near Quarters One was rededicated after it had undergone extensive refurbishing. On Sept. 30,

1969, Arsenal Island was placed on the Register of Historic Places. The RIA received the coveted Army-Navy "E" award on Sept. 30, 1942. The Army-Navy "E" pennant for outstanding achievement in the production of war materiel was presented to RIA Commander, Brig. Gen. Norman Ramsey by Maj. Gen. Campbell, Jr., U.S. Army Chief of Ordnance, before a crowd of 25,000 people. Later the RIA added four stars to the pennant.



Healthbeat

Civilian Wellness Program Pilot Begins Oct. 1: On Oct. 1, Installation Management Command will begin a six-month pilot study to determine whether a case can be made to extend an exercise program for civilian employees on an ongoing basis. The Civilian Wellness and Civilian Fitness Program allows civilian employees, with the approval of their supervisor, to take one hour, three days a week away from work to engage in an exercise/fitness program. Army Regulation 600-63, Army Health Promotion, which became effective in May 2007, states that a civilian employee can only participate in the program once in their career for a maximum of six months. ([More](#))

Retired Military Leaders Want Junk Foods Out of Schools: Several hundred retired military leaders are raising red flags about childhood obesity in the USA and its impact on finding qualified recruits, calling for junk food to be booted out of schools. Mission: Readiness, a group of more than 300 retired generals and admirals, is releasing a new report today saying that the 40% of students who buy high-calorie, low-nutrient junk food from school vending machines and cafeteria a la carte lines consume an average of 130 calories a day from those types of foods (candy, chips, cookies, pastries). That's roughly 5% to 10% of the calories kids and teens should eat in a day. ([More](#))

Depression Test – PTSD & Alcoholism Test for Military: Military life, especially the stress of deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. At such times it is wise to check things out and see what is really happening. That's the purpose of these totally anonymous



and voluntary mental health testing self-assessments. ([More](#))

Notes for Veterans

VA Approves \$28 Million in Grants For Homeless Veterans:

The Department of Veterans Affairs today announced it has approved \$28.4 million in grants to fund 38 projects in 25 states and the District of Columbia that will provide transitional housing to homeless veterans. Among these 38 projects, 31 will provide temporary housing to homeless veterans with the goal that they will retain the residence as their own. ([More](#))

VA, DoD to Fund \$100 Million PTSD and TBI Study:

The Department of Veterans Affairs and the Department of Defense today announced they are investing more than \$100 million in research to improve diagnosis and treatment of mild Traumatic Brain Injury and Post-traumatic Stress Disorder. "At VA, ensuring that our veterans receive quality care is our highest priority," Veteran Affairs Secretary Eric K. Shinseki said. "Investing in innovative research that will lead to treatments for PTSD and TBI is critical to providing the care our

veterans have earned and deserve." ([More](#))

VA Fills First Phase of Veteran Retraining Program:

The Veterans Affairs Department has approved applications for all 45,000 slots available in fiscal 2012 under the Veterans Retraining Assistance Program and is in the process of approving applications for 54,000 slots available in fiscal 2013, VA officials announced today. "The surge of veterans applying for VRAP demonstrates this program's importance to provide unemployed veterans the opportunity to find employment in high-demand fields," VA Secretary Eric K. Shinseki said. ([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. 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: [RIA Military Retiree Appreciation Day](#) (RIA, Bldg. 60)
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. 8: [Honor Flight of the Quad Cities](#) (Quad City International Airport to D.C.)
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](#).



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