



Oct. 3, 2011

Island Insight



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

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

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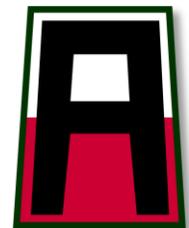


First Army Shapes Full-Spectrum

Simulation Exercise: Fingers tapped away furiously on computer keyboards while friendly and mock enemy maneuver graphics flashed across large screens as National Guardsmen from Kansas participated in a 'first-of-its-kind' exercise designed to test the full range of their combat leadership and Soldier skills. More than 350 Soldiers from the Kansas Army National Guard's 35th Infantry Division headquarters are

participating in a newly developed seven-day full-spectrum simulations exercise Sept. 20-26. Advisors from First Army, headquartered at Rock Island Arsenal, Ill., were on hand to ensure the exercise remained focused on preparing the 35th ID for potential Contingency Expeditionary Force, or CFF, missions. Over the past few years, the majority of reserve-component training was focused exclusively on preparing the units for deployment to

Iraq or Afghanistan for Operations New Dawn and Enduring Freedom. Exercise director and commander of First Army Division East, Maj. Gen. Kevin R. Wendel said the new FSX allows the command to execute the full range of military operations in a realistic, joint, interagency and coalition environment. ([More](#))



CFC 50th Anniversary Kickoff Event:

The CFC 50th Anniversary Kickoff Event will take place on Wednesday, **Oct. 5**, at 10:30 a.m. The CFC Kickoff "Walk This Way" 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 Fire Station's north side where the "Walk This Way" campaign will officially kickoff. More than 35 charities will be present to share information for you to support. Lunch will be available for \$4, Sheridan's Island Catering 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 Fire Station. ([More](#)) ([Map](#)) ([Article](#))



Arsenal's Constitution Square to show appreciation to five Soldiers, past and present, receiving awards for outstanding military service and eleven members of the Arsenal community retiring. Maj. Gen. Yves J. Fontaine, commanding general of the U.S. Army Sustainment Command, hosted the ceremony and introduced the keynote speaker for the event, ASC Command Sgt. Maj. Stephen D. Blake. ([More](#))

CFC 15th Annual Chili Cook-Off: The U.S. Army Corps of Engineers, Rock Island District's 15th Annual CFC Chili Cook-Off will be held Thursday, Oct. 6, at 11:30 a.m., on the Clock Tower Lawn. The Corps is currently looking for entries from the Arsenal workforce. To enter the Chili Cook-Off contact (309) 794-5300 or [email](#). The Cook-Off will feature local celebrity judges who will select first, second, and third place winners. The Arsenal workforce is invited to attend and \$5 will get you all you care to sample and a beverage. Don't miss this annual Corps of Engineers' event on the Clock Tower Lawn located directly across the street



Upcoming Dates

- Oct. 2-8:** National Mental Illness Awareness Week
- Oct. 3:** Child Health Day
- Oct. 3-7:** Drive Safely Work Week [📅](#)
- Oct. 4:** World Space Week
- Oct. 5:** 4-H National Youth Science Day [📅](#)
- Oct. 6:** National Depression Screening Day [📅](#)
- Oct. 7:** Iowa's Start Somewhere Wa1k [📅](#)
- Oct. 8:** Universal Music Day [📅](#)
- Oct. 9-15:** National Fire Prevention Week [📅](#)
- Oct. 9-15:** International Credit Union Week [📅](#)
- Oct. 9:** Leif Erikson Day [📅](#)
- Oct. 10-14:** National School Lunch Week [📅](#)
- Oct. 10:** Columbus Day (*Federal Holiday*)
- Oct. 13:** 236th U.S. Navy Birthday [📅](#)
- Oct. 15:** Sweetest Day
- Oct. 15:** White Cane Safety Day
- Oct. 15:** Pregnancy & Infant Loss Remembrance Day [📅](#)
- Oct. 16:** National Fallen Firefighters Memorial Service (*Flag @ Half-Staff*) [📅](#)
- Oct. 16:** National Feral Cat Day [📅](#)
- Oct. 16:** World Food Day
- Oct. 16-22:** National Character Counts Week
- Oct. 16-22:** National Teen Driver Safety Week [📅](#)
- Oct. 16-24:** National Radon Action Week [📅](#)
- Oct. 17-21:** America's Safe Schools Week [📅](#)
- Oct. 17-21:** National School Bus Safety Week [📅](#)
- Oct. 17-23:** National Drug-Free Work Week [📅](#)
- Oct. 17:** National Boss' Day [📅](#)
- Oct. 21-22:** Orionids Meteor Shower [📅](#)
- Oct. 23:** Make a Difference Day [📅](#)
- Oct. 23:** National Mole Day [📅](#)
- Oct. 23-31:** Red Ribbon Week [📅](#)
- Oct. 23-29:** Massage Therapy Awareness Week
- Oct. 24:** United Nations Day [📅](#)
- Oct. 26:** 5th IMCOM Birthday
- Oct. 26:** National Zombie Day [📅](#)
- Oct. 27:** Disability Mentoring Day [📅](#)



from Navy Operational Support Center Rock Island. ([More](#))

JMC Couples Deploy, Bond Over

Ammo: A deployment to Southwest Asia is not everyone's cup of tea, but for some couples it beats kissing goodbye for six months. Two married couples in the ammunition business deployed together to keep from being apart. Since they are in the same line of work, they were able to fill important positions for the 402nd Army Field Support Brigade. Suzanne Greenway, 47, and Rod Stingerie, 48, left Oklahoma for a deployment to Baghdad, Iraq, while Lynn, 47, and Donnie, 43, Brock deployed to Camp Arifjan, Kuwait, from Rock Island, Ill., where they work for the Joint Munitions Command. ([More](#))



Arsenal's Manufacturing Arm Gets Surge of Work:

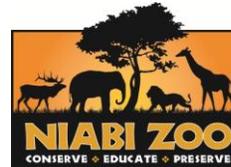
Unexpected orders and a boost in business with a large logistics agency has put the Rock Island Arsenal's manufacturing arm on



a steady path for the 2012 fiscal year, which began Saturday. As a result, officials say, there will be no layoffs for the next year. That's a relief to workers who, only a year ago, were worried about the prospect of markedly smaller workload as the wars in Iraq and Afghanistan begin to wind down. The Joint Manufacturing and Technology Center is an integral part of the installation's 8,000-plus workforce. The Arsenal is the area's largest employer. ([More](#))

Niabi Zoo Welcomes First Army, Offers Free Admission to Arsenal Workforce:

Welcome to the Quad Cities First Army Family! First Army, Arsenal staff and families are invited to a welcome celebration at Niabi Zoo on Saturday, **Oct. 15**. Join community leaders for a cookout and short presentation at one of the Quad Cities' top attractions. You and your guests will receive free admission 11 a.m. - 3 p.m. At 11:15 a.m., a brief presentation on the Niabi Zoo Festival Lawn will take place. Please RSVP by Monday, **Oct. 10**, to rsvp@ria-ausa.org. ([Flyer](#))



Army General Martin E. Dempsey Becomes 18th. Chairman, Joint Chiefs of Staff:

Navy Adm. Mike Mullen transferred responsibility as chairman of the Joint Chiefs of Staff to Army Gen. Martin E. Dempsey during ceremonies here Sept. 30. Dempsey vowed to maintain and strengthen the military during his term. Dempsey is the 18th chairman, and he thanked his predecessor and his wife, Deborah, for their patriotism and friendship. "Although you're a sailor and I'm a soldier, in the tradition of the horse cavalry, I want you to know that I will be proud to tell people that I rode with Mike Mullen during some of the most challenging times in our nation's history," Dempsey said. ([More](#))



Army Family Covenant: The Commitment Endures:

Four years ago this month, the Army announced the Army Family Covenant, which promised to provide Soldiers and Families a quality of life commensurate with their service. To help Soldiers and



Families stressed by years of war, the Army substantially increased funding for programs in areas such as Soldier and Family services, behavioral health, housing, child care, education, and employment. Today, headlines about defense budget cuts are prompting people to ask whether the Army is going to keep its promises. The short answer is yes. Leaders change and situations change, but the Army's commitment to Soldiers and Families endures. ([More](#))

Garrison Commanders Looking for Savings Through Consolidation, Cuts:

When teenager Fina Tela needs books or DVDs to occupy her 3-year-old sister, Alice, she doesn't have to travel far, as the Rose Barracks library is right across the street from her family's home. It's a convenience that could soon disappear. Anticipating budget losses, garrison commanders in Grafenwöhr and elsewhere are looking for savings through consolidation or cuts to local services. Bigger funding cuts loom as the Army, citing cost overruns and ballooning installation expenses, looks to cut \$2.5 billion annually from garrisons by fiscal 2014. ([More](#))



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

Chaplains Can Perform Same-Sex Marriages On Bases:

Starting immediately, chaplains can perform same-sex marriage and union ceremonies on U.S. military installations in locations where it doesn't violate state or local laws, the Pentagon announced Friday. The policy reversal follows on the heels of the repeal of the "don't ask-don't tell" law, Clifford Stanley, undersecretary of defense for personnel and readiness, wrote in a memo to the military department secretaries and service chiefs. "A military chaplain may participate in or officiate any private ceremony, whether on or off a military installation, provided that the ceremony is not prohibited by applicable state and local law," he wrote. ([More](#))



Energy Awareness Program:

Rock Island Arsenal's Public Works Directorate has engaged an energy consultant to institute an Energy Awareness Program to help reduce the power usage here at the Arsenal. The Program will



investigate the power usage in all the buildings and will involve all organizations, groups, and departments on the island. Building Energy Monitors will be assigned in each building along with other personnel, as necessary, to help organize and implement the program. The Program puts a structure of organization and accountability in place so that all energy using devices that don't need to be on are turned off at night and weekends. The program was developed in private industry and has had great success in reducing wasted energy and in lowering utility bills. ([More](#))

A Concert to Honor Wounded

Warriors: Join the RIA Chapter of the AUSA as we present Darden Smith - A Concert to Honor Wounded Warriors, Thursday, **Oct. 20**, at the Adler Theatre. Join RIA AUSA as we welcome Wounded Warriors & their families from the CBWTU-IL October Muster to honor all who serve-Soldiers & their families. Singer/Songwriter Darden Smith, co-author of the song "Angel Flight," will entertain us music. ([More](#)) ([Press release](#))



Award and Retirement Dinner IHO

MG Yves Fontaine, CG ASC: The Soldiers and Civilians of the United States Army Sustainment Command request the pleasure of your company at an Award Ceremony and Retirement Dinner in honor of Maj. Gen. Yves Fontaine on Wednesday, **Oct. 26**, 6 p.m., at the Blackhawk Historic Park Lodge. Dress: Open Collar and Dress Jeans. R.S.V.P. by contacting [Billie Edwards](#), ASC Protocol Officer and Assistant SGS, (309) 782-5583.

Federal Health Benefits Open Season:

Federal Health Benefits Open Season for 2012 plan year starts **Nov. 14 – Dec. 12**. Employees may enroll or change existing plan under Federal Employee Health Benefits, Flexible Spending Account, and Federal Employee Dental & Vision insurance Plan. Find more information about these programs at www.opm.gov. POC: Amber Ehrecke, (309) 782-1206



Arsenal Historical Society Meeting:

The Rock Island Arsenal Historical Society will meet Thursday, **Oct. 6**, at 6 p.m., in the Veranda Room of the Arsenal Island Golf Course clubhouse.

Guest speaker will be Nancy Varner, local expert on Reed Organs. Call Linda (563) 355-6165 for reservations by Monday, **Oct. 3**. For further clarification call Kris Leinicke at (309) 782-3518.

236th U.S. Navy Ball: Come celebrate the Navy's birthday at this year's Navy Ball, **Oct. 8**, at the Home Ridge Inn & Suites, Bettendorf, Iowa. Tickets: \$30 per person/\$55 per couple RSVP and payment due by **Oct. 1**.



Call Chief Petty Officer Timothy Webb, (309) 782-5345 for reservations and uniform requirements. Time: **6 p.m. - Midnight**

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



at **2:15 a.m. on Oct. 7**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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

Travel Alert – Worldwide: The Department of State alerts U.S. citizens to the potential for retaliation against U.S. citizens and interests following the deaths of key figures in the terrorist group al-Qaida in the Arabian Peninsula on Sept. 30. On Sept. 30,



U.S. and Yemeni government officials confirmed that dual U.S.-Yemeni citizen Anwar al-Awlaki, the external operations leader of al-Qaida in the Arabian Peninsula (AQAP), was killed in Yemen. The death of Awlaki, in the near term, could provide motivation for anti-American attacks worldwide from individuals or groups seeking to retaliate against U.S. citizens or interests because of this action. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, the USAG-ATO will provide the briefing.

Level I Antiterrorism Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on Oct. 27. The training is offered Arsenal wide and enrollment is encouraged thru [TEDs](#).



Course Title: Garrison Antiterrorism Level I training (New Employees), then enroll under the appropriate date. For more information, contact the USAG-ATO at (309) 782-0116.

Travel Warning – Iraq: The Department of State warns U.S. citizens against all but essential travel to Iraq given the dangerous security situation.



Civilian air and road travel within Iraq remains dangerous. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

Retirement Planning Seminar: MRA Retirement Planning Seminar on Wednesday, **Nov. 9**, for Rock Island

Arsenal Employees. Bldg. 102-2 SW, Classroom 1 & 2. For questions contact Amber Ehrecke, (309) 782-1206. To sign up contact [Stephanie Noyd](#) at MRA at (309) 764-8354.

Time: **7 a.m. – 3 p.m.**

Cards for the Troops: Cards for the Troops wishes to thank all who participated on Sept. 27... 5,001 beautiful hand-stamped cards will be sent to our deployed troops to mail home to loved ones. Thank you for your support!

Travel Warning – Syria: The U.S. Department of State urges U.S. citizens in Syria to depart immediately while commercial transportation is available. Given the ongoing uncertainty and volatility of the current situation, U.S. citizens who must remain in Syria are advised to limit nonessential travel within the country. U.S. citizens not in Syria should defer all travel to Syria at this time. On Aug. 18, the U.S. imposed additional sanctions against the Government of Syria restricting financial or material support by U.S. citizens or residents to



the Government of Syria. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

Report Suspicious Activity: The following are helpful hints in which to assist you.

Unidentified vehicles parked in your area or near your building. - Vehicles occupied or unattended - Any suspicious activity



observed get as much information as possible such as description of vehicle, license number, number of occupants, last known location. ([More](#))

Arsenal Attic Thrift Shop &

Boutique: Part-time position - Bookkeeper for the Arsenal Attic. Must be proficient in Excel and have some

accounting experience. Call (309) 782-6977 Tuesday or Thursday between 9 a.m. – 3 p.m., mail a resume to Arsenal Attic, P.O. Box 3186, Rock Island, IL 61204, or [email](#).

Trivia Night: The Rock Island American Legion Post 200 will be holding a trivia night on Saturday, **Oct. 8**, at the Rock Island VFW Post 1303, 3715 9th St., Rock Island. Cash prizes awarded for 1st, 2nd, and 3rd place. 50/50 raffles, & prizes, \$10/person, maximum eight players per table, mulligans available for purchase. Bring your own food & snacks; please, no outside beverages allowed. Please call Myral Schmit, (309) 788-5157 for information and to reserve a table. Doors open at 5:30 p.m., competition to begin promptly at 6:30 p.m. Hosted by Mr. Trivia.



Esprit de Corps Toastmasters Club:

Do you need more confidence in speaking in public or during meetings? Toastmasters is a friendly and supportive environment in which you can learn at your



own pace to improve your skills and feel more confident. We meet on the 1st and 3rd Wednesday of each month at the Clock Tower Bldg. Visitors welcome. ([POC](#))
Time: **11:45 a.m. - 1 p.m.**

Free Tickets to A Call To

Remembrance: Free tickets for military and Arsenal Island employees are being made available, while supplies last, to "A Call To Remembrance" at the i Wireless Center on Saturday, **Oct. 8**, at 7 p.m. ([click HERE for the coupon required to obtain the tickets](#)). A Call to Remembrance is a celebration of the armed forces, with speakers and musical guests featuring Medal of Honor recipient Staff Sgt. Sal Giunta, a video message from retired Gen. Stan McChrystal, and performances featuring Billy Ray Cyrus, and including Josh Gracin, Sarah Darling, Dennis Wilson, Becky Lee Hinton, and Twila Paris. Former Gov. Mike Huckabee will also be a keynote speaker. ([More](#))



Arsenal Traffic/Construction



Whittemore St. Closure and Parking Space Closure at Bldg. 339: In order to install a new electrical service and transformer at Bldg. 339, Whittemore



St. north of North Avenue will be closed for five to 10 working days beginning **Oct. 3 - 17**. In addition, three parking spaces to the left of the 339 walkway entrance will be excavated, ending approximately **Oct. 31**.

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

Removal of Bldg. 86 & Associated Temporary Parking Changes: Effective Sept. 6, the Garrison Public Works Directorate will remove Bldg. 86 (former Bachelors Officers' Quarters) located on the north end of East Avenue. A new parking lot will be installed. This work is scheduled to be completed Wednesday, **Dec. 1**. All parking located on East Avenue, north of Rodman Avenue, Lots OP and OR, will not be available during deconstruction and reconstruction of this project. Please forgive this temporary inconvenience. Once completed, this project will provide additional parking on the northeast side of the Island. Open parking is available in Lots OJ, OK and

OL located behind Bldg. 60 and Lot OI behind Memorial Field. Any delays or early completion updates will be announced on an as-needed basis. If you have any questions, please call Marilyn Miller, parking coordinator, at (309) 782-2715.

Building/Space Closures

☪
There are no Building/Space Announcements at this time.

Active Duty/Reserve Zone

☪
DoD Program Gives Spouses Career Options: Balancing a civilian career with a military spouse's career can be tough. While the service member might see a permanent change of station move as an inconvenience associated with furthering their military career, such moves can leave spouses stuck hoping to find a new job in a new area. Robert L. Gordon III, the deputy assistant secretary of defense for military community and family policy, said it doesn't have to be that way. He joined a DoD Live "bloggers roundtable" yesterday to explain how the Military

Spouse Employment Partnership is giving spouses more career and education options. ([More](#))

New TRICARE Prime Enrollees Pay Adjusted Annual Fees: Military retirees enrolling in the TRICARE Prime health plan after Oct. 1 will begin paying slightly higher annual fees, Pentagon officials announced yesterday. The fee change for fiscal 2012 means the plan will cost \$260 per year for members and \$520 per year for members and family. The increase amounts to an additional \$2.50 per month for individual members and \$5 per month for members and family, officials said. Active duty service members receive health care with no out-of-pocket costs. ([More](#))

Army Seeks to ID, Treat Soldiers Exposed to Rabies: A Soldier who recently returned from Afghanistan died from rabies last month after contracting the disease from a feral dog while deployed. The Army has initiated an investigation to ensure that other service members who may have been exposed to rabies are identified and receive preventive treatment, if needed. The Army Medical Department, along with the Department of Defense, other uniformed services and the national



Centers for Disease Control and Prevention are working together to expeditiously identify, evaluate and treat any service members, DOD civilians and contractors who may have been exposed to rabies while deployed. ([More](#))

KC Chiefs Military Appreciation

Game: The Kansas City Chiefs' 2011 Military Appreciation Day will be held on Sunday, **Nov. 6**, against the Miami Dolphins at 12 p.m. at Arrowhead Stadium in Kansas City. Once again, tickets are available for \$25 to all active military and veterans, as well as their friends and family. Seating locations will be the best available in designated areas of Arrowhead Stadium, placed in the order that your request was received. Tickets will be mailed two weeks prior to the game. Tickets are first come, first served and subject to availability. If you are interested in purchasing tickets for the event, please contact [Lee Cothran](#) at (816) 920-4709. Thank you all for your service to our country!



Safety Spotlight



Protect Your Family From Fire: Fire Prevention Week is **Oct. 9-15**, but

Installation Management Command safety officials, from headquarters to garrison level, say such concerns remain a constant priority. That's especially true this year as Army installations experienced more than 300 reportable fire incidents in the first three quarters of fiscal year 2010 - resulting in three deaths, nine injuries and \$18 million of damages.

"We are committed in keeping Soldiers and their families prepared and safe whether deployed or at home ... every day, every week, every month, every year," said Gerald Adams, IMCOM fire protection specialist. Indeed, "We really emphasize safety and prevention during Fire Prevention Week, but it's something that needs to be a year-round concern," noted Steve Collins, fire chief at Fort Rucker, Ala.



"It doesn't matter if it's in the home or at a workplace, fire prevention is essential." ([More](#)) ([Web](#) – [Facebook](#))

ReportIt: ReportIt is a new, Web-based accident reporting tool that consolidates several existing Army systems into a single, user-friendly reporting application. The program was operationally tested at five select installations (both active and National Guard) prior to its Army-wide release Oct. 3. Data entered through ReportIt is stored in the Army Safety Management Information System (Revised), the Army's regulatory system for all information related to accidental loss. Awareness of past and emerging trends allows Leaders to decisively target safety programs toward their units most critical issues, and ReportIt's simpler reporting mechanism ensures complete and timely information is available for their use. Soldiers killed or seriously injured in accidents are out of the fight, just like those lost to combat we must use all tools at our disposal to ensure the safety of the warriors who execute our Army's missions. ([More](#))



Equal Opportunity Focus



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

Morale, Welfare & Recreation (MWR)

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

MWR Family Halloween Night: A night with lots of free fun activities for your family. Bounce house, picture taking area, craft table, bean bag toss, ring toss and a cookie walk. Come hungry and get a hot dog basket for \$3. Free popcorn and every child leaves with a goodie bag.
Date: **Wednesday, Oct. 26**
Time: **5-7 p.m.**

October Bunco: Come in your costume to qualify for a special door prize! \$5 entree fee, come hungry and order from the Arsenal Club. We will be playing in the Arsenal Club.
Date: **Thursday, Oct. 20**
Time: **6-8 p.m.**

October Trivia Night in Heritage Hall: Join us for our annual Halloween trivia spooktacular. Costume & table decorating contest. Open to everyone. \$10 per player. Teams up to 10 per team. Food & drink available. Heritage Hall, Bldg. 60, 6 p.m. start time.
Date: **Thursday, Oct. 20**
Time: **6 p.m.**

Fitness Center on Columbus Day: The RIA Fitness Center will be closed on Columbus Day, **Oct. 10.**

October is Fall Car Care Month: Is your car ready for winter? Come to the Auto Shop on **Oct. 15** for a free pre-winter vehicle inspection and take advantage of \$20 standard oil changes all month long. In celebration of Auto Care Month, every time you visit the Auto Skills Shop in Bldg. 351 during October you'll be entered into our weekly drawings for \$25 Carquest gift cards. ([Flyer 1](#)) ([Flyer 2](#))

Want to Win a Free Oil Change?: Please take a few minutes to tell us what you think about the Auto Skills Shop. For your time taking the survey, we'll enter you into a drawing for a free oil change. ([Survey](#))

Now Accepting Vendor Applications for the 2011 Holiday Fair: Do you have arts or crafts or some other sort of product that you'd like to sell at the annual Holiday Fair on **Nov. 16 & 17?** If so please [download the application form](#) and return it to the Leisure Travel Office in Bldg. 60. Call (309) 782-5890 for more info.

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](#))

Leisure Travel Office Closure: Leisure Travel Office will be closed **Oct. 10** for observance of Columbus Day.
Time: **7 a.m. – 3:30 p.m.**

Circa 21: The Marvelous Wonderettes: The Marvelous Wonderettes takes you to the 1958 Springfield High School Prom where we



meet the Wonderettes - Betty Jean, Cindy Lou, Missy and Suzy, four girls with hopes and dreams as big as their crinoline skirts and voices to match. You have never had so much fun at prom! \$43.50 on sale now!
Date: **Saturday, Oct. 22**
Time: **5:45 p.m.**

Adler Theatre Presents: Young Frankenstein: The classic Mel Brooks movie is alive ... and it's headed here! You'll have a monstrosly good time at the new Mel Brooks musical Young Frankenstein, winner of the 2008 Outer Critics Circle Award and the Broadway.com.
Date: **Sunday, Nov. 13**
Time: **7 p.m.**

Downtown Chicago Shopping Bus Trip: Shop on the famous Michigan Avenue. Find the perfect restaurant, see what's new on the shopping scene and stay informed on the incredible events that make The Magnificent Mile 'One of the Great Avenues of the World'. Contact your Leisure Travel Office at (309) 782-5890 for more information.
Date: **Saturday, Dec. 3**
Time: **6:30 a.m. – 8 p.m.**

Woodfield Mall Bus Trip: Woodfield has the finest collection of department

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

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

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

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our

office at (309) 782-5890. Let us do the work.

Disney LIVE! Phineas and Ferb: Phineas and Ferb are going on a live tour and coming to the iWireless Center. Phineas, Ferb, and the whole tri-state area gang embark on a bold escape from television to a live action adventure. Seats on sale until **Oct. 1**. Discounted seat price \$14.75 & \$19.75.
Date: **Friday, Oct. 21**
Time: **4 & 7 p.m.**



Child, Youth & School Services



School Age Center hosts NBA/WNBA Dribble Dish and Swish Competition: Do you have a child between the ages of 7 and 12 who likes to play basketball? Come join the School Age Center as they host the NBA/WNBA Dribble Dish and Swish Competition. Go to www.riamwr.com/cys or contact the School Age Center at (309) 782-1651 for more information on this free event. Registration deadline is **Oct. 21**.

SKIESUnlimited Martial Arts: SKIESUnlimited is offering Martial Arts for 6-18 years old. Fall classes will be held Tuesdays and Thursdays **Sept. 6 –**



Nov. 29, 5-5:55 p.m. Please contact (309) 782-5969 for additional information.

Child Care Spaces Still Available: Are you looking for top quality, affordable and convenient child care? Child, Youth & School Services currently has spaces available for Full & Part-time Preschool age care. Call (309) 782-0791 for more info and to reserve your space.



Army Community Service (ACS)



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



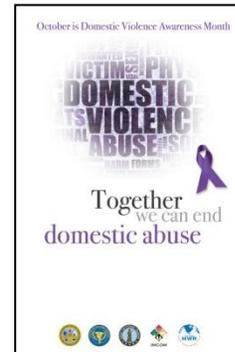
Connections in Southern Illinois: Bringing Families of the Fallen

Together: Please join us on **Nov. 5**, 10 a.m. - 4:30 p.m., at Southwestern Illinois College in Belleville, Ill., for a day full of opportunities for families to come and attend seminars, participate in interactive therapies, or meet with other

friends and families. Designed for all ages and relationships - children, teens, siblings, spouses, parents, and others; counselors and child care will be available; create a traveling memorial; share ideas for future events. Be sure to arrive at 9 a.m. when the day's seminar and other activity registration begins. ([More](#))

October is Domestic Violence

Awareness Month: Domestic Abuse Prevention Campaign is an awareness campaign developed to provide information to support prevention, intervention, and services to an Army community willing to address and stop the tolerance of domestic violence. The Army is fully committed to supporting its Soldiers and Families by overcoming harmful issues affecting health and well-being. Domestic abuse, at any degree of severity, undermines that commitment. As Soldiers and their Families live with multiple stressors, the involvement of the entire Army community is critical. Rock Island Arsenal Army Community



Service's Domestic Abuse Prevention Program is located in Bldg. 110 and can be contacted at (309) 782-3049. The ACS Victim Advocate Program can be contacted at (309) 782-3773. ([More](#))

Arsenal Army Community Service:

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

Newcomer's Briefings Schedule: New to the Island and want to know all that there is to do and what's available to you here at Rock Island? If so, make sure to get signed up for one of the upcoming newcomer's briefings. Upcoming dates are: **Oct. 27, Dec. 1, & Jan. 26**. Call ACS at (309) 782-0816 or stop by the office in Bldg. 110 for more info and to sign up.

Special Needs Inclusive Recreational

Activities: The Quad City Sled Hockey Association is a co-ed, multi-age, inclusive sport that welcomes all persons with and without a disability. It is a sport that allows play between siblings, neighborhood friends; you can



even play with your parents, teachers, and coaches. The new season has just started with plenty of time to join the fun, friendship, and opportunity for individuals of all ages and abilities to experience the benefits of team sport activities. For more information, check out [Facebook](#) or contact the Exceptional Family Member Program Manager at (309) 782-4736 or Janice.n.saito.civ@mail.mil.

Employee Assistance Program

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

Anonymous Online Mental Health Screening -- October 2011: How have you been feeling lately? If you have been feeling consistently under the weather maybe something more is going on. Maybe you're depressed. The National Institute of Mental Health reports that one in six adults experience

depression at some point during their lifetime (*Fuentes, 2009*). The good news is that depression is highly treatable, with up to 80 percent of people who receive treatment showing improvement within four to six weeks (*Depression and Bipolar Support Alliance, 2009*). In honor of National Depression Awareness Month, October 2011, the Rock Island Arsenal Employee Assistance Program would like to offer you the opportunity to take the first step towards feeling better by completing a free, anonymous screening for depression, anxiety, and other common mental health conditions at: www.mentalhealthscreening.org/screening/ and enter keyword ASAP to complete a simple online questionnaire. You will receive immediate, customized feedback as well as the opportunity to schedule an EAP appointment for further evaluation if necessary. ([More](#))

Smoking Cessation Group: Do you dread going out into the cold this winter to have a smoke? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE wing.

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

Education/Training Review

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

ACES to Providing APT/Academic Testing: Army Continuing Education Services will be providing Testing (APT/Academic) at the Army Education Center in Bldg. 56, 1st floor, every Thursday 8:30 a.m. – 3:30 p.m. Testing is only provided by appointment only to ensure space availability and instruction on required documents and information.



Please call Jessica Shepherd, Test Examiner (309) 782-1055/2065.

WIU National Testing Center: The National Testing Center hosted by Western Illinois University has changed its hours. Effective Oct. 4, testing will be offered Tuesdays only, from 8 a.m. – 1 p.m. and 1:30-5 p.m. Contact test administrator, [Jacquelyn Holan](#), to schedule an appointment at email or phone (309) 558-6444. The National Testing Center is located in Bldg. 56, 1st floor. If you require more information on testing please contact the Army Continuing Education Services at (309) 782-2065. Check out free CLEP/DSST study material by clicking on "[Free Prep Material on the Web](#)"

ACES Begins New Hours: Army Continuing Education Services has new hours from 7 a.m. – 4 p.m., Monday - Friday. We are located in Bldg. 56, 1st floor. We would like to introduce our new Guidance Counselor, Stephanie Allers and new Education Technician, Jessica Shepherd. If you required assistance please stop by or call us at (309) 782-2065.

Defense Commissary Agency / PX

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

www.commissaries.com ([Facebook](#))

Happy 20th Birthday to DeCA, Patron

Savings: Beginning in October, the Defense Commissary Agency will celebrate its 20th birthday. Commissary customers can get in on the fun, too, with plenty of savings, said the agency's sales director. "Our industry partners play a very large part in DeCA's 20th anniversary celebration," said Chris Burns, sales director. "They're offering great pricing and exceptional savings worldwide for this event; and they will also be donating some of the proceeds from commissary sales to well-known charities and nonprofit organizations." Throughout the months of October and November and continuing into the winter, DeCA's industry partners will be hosting many in-store promotions - everything from shopping-spree

giveaways to super-discounted holiday turkey coupons. ([More](#))

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

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

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

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

Arsenal Historical Society Meeting:

The Rock Island Arsenal Historical Society will meet Thursday, **Oct. 6**, at 6 p.m., in the Veranda Room of the Arsenal Island Golf Course clubhouse. Guest speaker will be Nancy Varner,



local expert on Reed Organs. Call Linda (563) 355-6165 for reservations by Monday, **Oct. 3**. For further clarification call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal

History – Oct. 3-9: On Oct. 6, 1966, the Scott County Association of Homebuilders contributed to the refurbishing of the Colonel Davenport House. In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began.

Healthbeat

Flu Shots Are Here: It's Here ...

Seasonal Influenza. What to Do? Effective Sept. 21, and every **Wednesday** thereafter from **1-3:30 p.m.** (no appt. necessary) at the [Rock Island Arsenal Health Clinic](#), flu shots will be available for Service Members (SM), Family Members (FM), TRICARE Beneficiaries and Emergency Essential (BE) personnel. The TRICARE management activity final rule authorizing TRICARE retail network pharmacies to administer seasonal influenza at no cost to the beneficiary



remains in effect for the 2011-2012 season. SM's who receive influenza vaccinations from nonmilitary facilities must provide immunization documentation to the RIAHC or their unit's MEDPROS POC NLT the next duty day following vaccination. Future Flu Clinic's ... once a 100 percent of SM and EE's are completed the RIAHC will prepare dates for RIA Department of the Army Civilians (DAC) to come and receive their flu vaccine. ([POC Info](#))

Smoothies Deliver Health, Nutrition; Arsenal Workforce Given October

Discount: A local downtown Davenport business has stepped up to the plate to deliver healthy meal replacement smoothies and they're offering the Arsenal Workforce a special deal on their smoothies. [Downtown Fusion](#), at 110 E. 2nd St., is giving \$1 off the usual \$6 to the Arsenal Workforce. During the month of October for \$5, Arsenal Island employees will get a shot of aloe, a 12 oz hot tea or 16 oz cold tea, and a 16 oz smoothie meal replacement. Looking to lose weight? Lose @ Lunch is a lunchtime Weight-Loss Challenge



kicking off on **Oct. 5**. Check out herbalfitworks.com for details.

Breast Cancer Awareness Month -- 10 Ways to Protect Against Breast

Cancer: There are many myths and misperceptions that persist about breast cancer. One major misperception is that the news is only bad when it comes to breast cancer. The truth is, survival rates are higher today than ever before, and there are steps you can take to shift the odds in your favor even more. The key is to arm yourself with solid, reliable information. Fortunately, the country's top breast cancer experts are here to tell you how to protect yourself. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed **Oct. 10** for Columbus Day Holiday. Clinic closed **Oct. 28** at 11:30 a.m. - staff meeting and training. For any issues or concerns with the RIAHC clinic please call our new Customer Support Line – (309) 782-0721.

Notes for Veterans

Health Care Leaders Discuss Next Generation of Quality and Value

Metrics: Top health care industry leaders from around the country joined



for a two-day roundtable discussion about the next generation of health care quality and value metrics. The meeting allowed leaders to compare and contrast how they use metrics to enhance quality of care and value for patients. "We greatly appreciate the time, commitment and expertise of these health care leaders, who shared thoughtful and powerful insights on how to better measure quality, safety and performance," said Secretary of Veterans Affairs Eric K. Shinseki. ([More](#))

Car Pooling Announcements

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

Car Pool:

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

Around the Q.C.

- Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
- Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
- Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
- Oct. 15: [Earth Charter Summit](#) (Augustana College, Moline)
- Oct. 22: [QCA Premier - Against All the Odds](#) (Afro-American Heritage Center of Rock Island)
- Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
- Oct. 27: [Fright Night](#) (The District)
- Oct. 29: [Witches Walk](#) (LeClaire, Iowa)
- Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
- Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
- Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
- Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
- Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
- Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
- Sept. 7-16, 2012: [East West Riverfest](#)

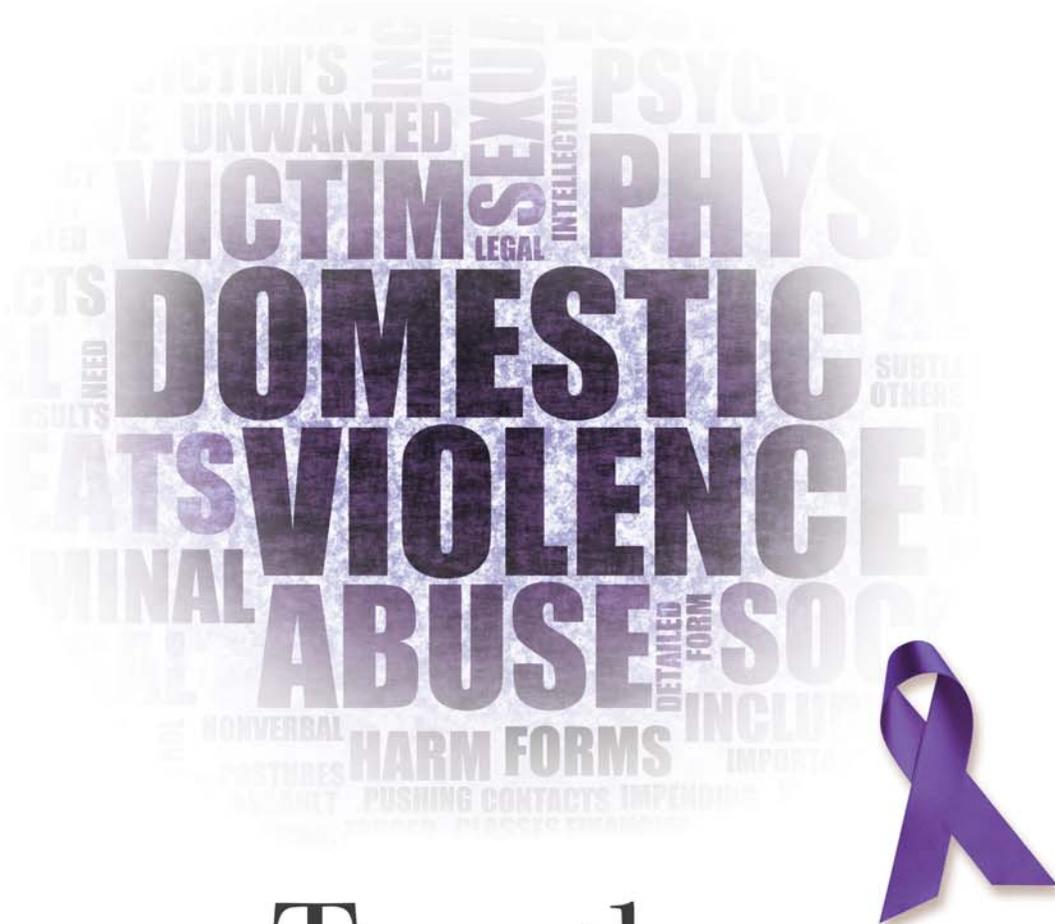
Island Insight

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

The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).



October is Domestic Violence Awareness Month



Together we can end domestic abuse

The Army is fully committed to supporting its Soldiers and Families by overcoming harmful issues affecting health and well-being. Domestic abuse, at any degree of severity, undermines that commitment. As Soldiers and their Families live with multiple stressors, the involvement of the entire Army community is critical. Rock Island Arsenal Army Community Service's Domestic Abuse Prevention Program is located in Bldg. 110 and can be contacted at (309) 782-3049. The ACS Victim Advocate Program can be contacted at (309) 782-3773.

