

October 1, 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 Gains New Mission, Becomes Logistics Center of Gravity:

The transfer of Directorate of Logistics operations from the U.S. Army Installation Management Command to the U.S. Army Materiel Command formally took effect on Oct. 1. The U.S. Army Sustainment Command, a subordinate command of AMC which is headquartered on Rock Island Arsenal, Ill., will manage DOL operations. The transfer covers 73 DOL locations, 49 in

the United States and 24 overseas, and comes after 24 months of detailed planning. The Directorate of Logistics provides supply, equipment maintenance, transportation, ammunition management, laundry, bulk fuel, property book, and food services at Army installations. The total DOL workforce encompasses about 5,000 civilian employees, 100 military personnel, and 18,000 contractors. The DOL transfer is being done with existing

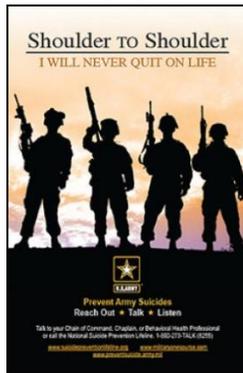
resources, and so will not result in an immediate change in employment levels at ASC Headquarters or at any DOL locations. Brig. Gen. John F. Wharton, commanding general of ASC, stated that the transfer shapes the future of military logistics support. "With this transfer of



the Directorate of Logistics to ASC, we now have an Army Sustainment Command presence on every Army post, camp and station in the United States," Wharton said. ([More](#))

Shoulder to Shoulder, Soldiers Stand Down Against Suicide:

In 2011, 283 Soldiers took their lives. In the continuing effort to combat suicide in its ranks, our Army has mandated a Service wide Stand Down day. In support of the mandate, First Army is holding its Stand Down Day Oct. 4 on Rock Island Arsenal. ([More](#))



Transporter Receives Highest Transportation Corps Honor:

"Whoever shall behold the image of Saint Christopher shall not faint or fall on that day," states the Legend of Saint Christopher from the U.S. Army Transportation Corps' induction ceremony narrative. The legend goes on to say that depictions of



Saint Christopher were shown opposite the entrances to churches so passers-by could look upon them 'and be fortified.' Those words are spoken when the Transportation Corps bestows upon one of its own something given only to the best in the transportation community - induction into the Military Order of Saint Christopher. A person who works in the Transportation Corps, or a 'Transporter,' can be recognized for their contributions for a particular mission or instance involving moving the force by being inducted into the Honorable Order of Saint Christopher. ([More](#))

ACC-RI Employees Build Leadership

Skills: Two Army Contracting Command-Rock Island employees graduated from the Defense Civilian Emerging Leader Program on Aug. 23 in Washington D.C. Julie Lawrence, contract specialist in the Information Technology Division, and Mary Beth Landphair, contract specialist in the Reachback Division, graduated during a ceremony held at the Pentagon Auditorium, concluding a nearly year-long program featuring a series of courses that focused



Upcoming Dates

- 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. 16:** National Boss's Day
- Oct. 16:** National Feral Cat Day
- Oct. 16:** World Food Day
- Oct. 16:** National Day of Concern about Young People and Gun Violence
- Oct. 18:** International Credit Union Day
- Oct. 20:** Sweetest Day
- Oct. 22:** Acupuncture & Oriental Medicine Day
- 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*) [🔗](#)



on recruiting and developing future leaders. ([More](#))

ASC Guest Speaker Tells Story Of Daughter's Suicide: To some, she was just a number. To the Defense Department and Veterans Affairs, she was another alarming veteran suicide statistic. But to Barbara Davis, it was her daughter. Davis, who served as a one of several guest speakers during the Army Sustainment Command's suicide prevention 'stand down' day Sept. 27, delivered a riveting personal account of her daughter's death during her first public presentation. ([More](#))



President Signs Continuing Resolution, Extends Pay Freeze: President Barack Obama signed a continuing appropriations resolution (H.J.Res. 117) Friday, that will provide funding for the federal government and extend the federal pay freeze through Wednesday, March 27, 2013. The resolution, which was



introduced by House Appropriations Committee Chairman, Rep. Hal Rogers (R-Ky.), provides \$1.047 trillion in funding for 2013, which represents a 0.6 percent across-the-board increase above fiscal 2012 levels. ([More](#))

Upcoming Meeting Could Reignite Pay Dispute: The Federal Salary Council has scheduled for October 19 its annual meeting, at which it receives data from the Bureau of Labor Statistics used to calculate the pay gap between federal and non-federal pay. Last year BLS put the nationwide average at 26 percent, and the number could go still higher this year given that federal salary rates have been frozen for two years. ([More](#))



CSA Announces 'Ready and Resilient' Campaign: Chief of Staff of the Army Gen. Ray Odierno opened the service-wide suicide prevention stand down Thursday morning by announcing that 237 Soldiers have potentially taken their lives so far this



year and that the Army will step up its resilience training to combat the problem. ([More](#))

DoD Implements New Flight Cancellation Policy for Travelers: The Defense Department is working with airlines to implement a new flight cancellation policy that may affect air travel for some temporary duty travelers, a Pentagon official said today. Andrea Carlock, chief of the program management branch, which serves as part of the Defense Travel Management Office, discussed the genesis of these changes and the potential impact on DOD travelers. ([More](#))



Deputy CIO: Computer Users Must Practice Cybersecurity: National Cyber Security Awareness Month in October lasts just 31 days, but practicing good cybersecurity is important 365 days a year, the Defense Department's deputy chief information officer said yesterday. Because users engage with the network on a daily basis, good cybersecurity practices should be second nature, Robert J. Carey, DOD's deputy chief information officer, said during a



joint American Forces Press Service and Pentagon Channel interview. ([More](#))

8 Reasons Why the Government Is Adopting Video Conferencing:

Technology not only offers the U.S. government the chance to offer better services to American citizens but also presents an opportunity to save a lot of money. In meeting those goal, power and cooling efficiency, BYOD and telework are areas where we have seen a lot of success. ([More](#))

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

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.**

Don't Turn Your Back on Domestic Violence:

In recent years, there has been an upward trend in substantiated cases of Domestic Abuse in the Army. It is important to realize that many causes and conditions contribute to domestic abuse and violence, and it takes more than the usual effort to reduce the risk. We should never assume that someone else is solving the problem for us. Everyone in the Army community needs to know that whether you are an offender, a victim or a bystander, you can act to make a difference. The Army Family Advocacy Program is here to help. ([More](#))

Army Energy Awareness Month:

Energy Awareness Month (October) provides an opportunity for everyone in the Army to assess how we use energy and water and how we can enhance the Army's energy and water security. Through this week's Pentagon Energy



Security event, the Association of the United States Army Annual Meeting and Exposition (AUSA), the third week in October, and throughout the entire month, the Army will focus on power and energy. ([More](#))

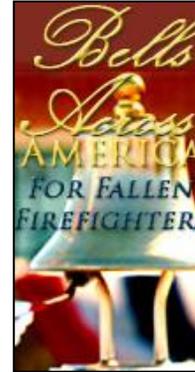
Honor Flight Network – WWII Veterans Still Sought for Trips to D.C.:

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



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.

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 Oct. 5**. 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**.

VIOS Schedule for October: Official DA Studio Photography (DA, government passport and command photos) will be offered at RIA **Oct. 16, 17 and 18**. Appointments may be scheduled online by submitting a DA3903 Work Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **Oct. 16**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Oct. 17**, 7:20 a.m. – 3:40 p.m.; and Thursday, **Oct. 18**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos, 2. Official government passport photos, 3. Official command photos, 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA

VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" Passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Attic Thrift Shop &

Boutique: Thrift Shop! Okay....so it's only October, but we have fabulous Christmas ornaments consigned and we know we're way behind schedule compared to Hobby Lobby in featuring holiday decorations but we couldn't bear to keep them in a box another month. Open every Tuesday & Thursday. 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.**

2012 Cards for the Troops: Cards for the Troops (held on Sept. 25 at the Arsenal Island Golf Course Clubhouse) thanks you. More than 6,190 beautiful cards were made by approximately 100 volunteers and will be sent to our deployed troops to mail back home to loved ones. See you next September.

Arsenal Traffic/Construction

Sidewalk repairs, Gillespie St. and Pershing Ave.: The Directorate of Public Works will replace the sidewalk curb and gutter on the North side of Rodman Avenue between Gillespie Street and Pershing Avenue beginning **Oct. 1**. This work will require the closure of the sidewalk and west bound lane. Barricades will be positioned and stop light timing will be modified to



ease traffic flow. Pedestrians will be required to use the sidewalk on the south side of Rodman or on the north side of Bldg. 360 to travel around the construction area. The work is scheduled to be completed by **Oct. 12**, weather permitting.

Closure of Lane on Gillespie St.:

Public Works will close the southbound lane of West Gillespie Street from **Oct. 1 to Oct. 5**. The closure allows workers to reset a water line valve box near Bldg. 250. Alternating traffic will be allowed on Gillespie, though traffic is encouraged to avoid the area. No parking lot entrances will be blocked as a result of this work.

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



Soldiers Reminded About Importance of Voting: Today is National Voter Registration Day, and the Army wants Soldiers to recognize "the importance of voting, a right they have fought to defend," said Lt. Col. Paul Amrhein, chief of Soldiers Program Branch, Human Resources Command. Success in getting the voting message out to Soldiers and their families isn't measured by the number of people who actually vote, Amrhein said. ([More](#))

Time Remains for Absentee Voting, Official Says: Absentee Voting Week is a reminder that it's still possible for eligible U.S. voters overseas to register and to vote, the acting director of the department's Federal Voting Assistance Program said today. "It's not too late to vote," Pamela S. Mitchell told reporters during a telephone news conference. Mitchell said that during Absentee

Voting Week, which runs through Oct. 4, FVAP's staff encourages all service members, spouses, voting-age family members and overseas civilians who haven't already done so to visit the program's website, www.fvap.gov, register to vote and request an absentee ballot. ([More](#))

Army Tightens Fitness Standards for Students Entering Professional

Military Education: Pre-war height, weight and physical fitness standards are coming back for Soldiers entering professional military education courses on or after Nov. 1. The short explanation is: if you're heavier than you should be, or you can't meet the Army's physical fitness standards, you're not going to get into the professional military education, or PME, course you're scheduled to attend. The standards had been waived because the Army needed as many Soldiers as possible trained for the Iraq and Afghanistan conflicts -- but that is no longer the case. ([More](#))

New Insect-Repellent, Flame-

Retardant ACUs: Insect-borne illnesses such as Lyme disease and West Nile Virus, which can be transmitted by ticks like the ones seen here, are a concern for Soldiers at home, and abroad. The Army's new insect-repellent, flame-

retardant ACUs are made to zap these insects and others, and will be available to Soldiers beginning this month. ([More](#))

New Tricare Enrollment Fees in

Effect: New Tricare enrollment fees for uniformed service retirees and their families began Oct. 1. Tricare announced in June that the enrollment fees for Tricare Prime would change for most retirees, to \$269.28 per year for individual coverage, and \$538.56 per year for family coverage. Those who enrolled before Oct. 1, 2011, saw a more significant increase because their annual enrollment fee remained at the 2011 levels of \$230 (individual) and \$460 (family) when the fees increased last year, according to Tricare; retirees enrolled after Oct. 1, 2011, were already paying \$260 and \$520 for individual or family coverage, respectively. ([More](#))

More Service Branches Get Access To

Roth TSP: Active duty members of the Air Force, Army and Navy on Oct. 1 became able to contribute to the Thrift Savings Plan Roth option, the Defense Finance and Accounting Service said. After-tax contributions to the plan will be electronically deducted from service members' pay accounts. Active duty service members can initiate Roth TSP contributions through their online



MyPay accounts, or by submitting a TSP-U-1 form to their finance office. Active-duty Marines, guardsmen, reservists and civilians paid by DFAS have been able to make Roth TSP contributions since June. ([More](#))

Comprehensive Soldier and Family Fitness: The Comprehensive Soldier and Family Fitness (CSF2) program is an enduring effort, committed to developing and sustaining a new Army culture of total fitness, increased psychological health, and resilience, in order to enhance the performance of the entire Army community. ([More](#))



Safety Spotlight



IMCOM CG Sends - Columbus Day Holiday Safety Message 2012:

Columbus Day commemorates the spirit of exploration and the discovery of our great nation. This holiday also provides a prime opportunity for our Soldiers, Civilians, and their Family members to relax and have fun. Whatever your plans, keep safety at the forefront. Know the risks, such as shorter daylight hours, and make the right decisions to ensure you have an accident-free weekend. If you are traveling, whether on four wheels or two, do your part to

protect lives by driving safely. Use your safety gear, watch your speed and avoid anything-drinking, lack of sleep, texting—that compromises your abilities. Check the U.S. Army Combat Readiness/Safety Center's travel risk reduction tool, TRiPS, at <https://safety.army.mil> for more information. On Sept. 27, along with the rest of the Army, IMCOM stood up for life. When it comes to suicide prevention, we are all in the fight together, everyday. Reach out to those facing personal issues. Talk to them and be the one who did the right thing. If you are facing challenges in your life and think suicide is a solution, please talk to someone. Seeking help is a sign of courage. Prevention information is at www.armyg1.army.mil/hr/suicide/default.asp. If you have immediate concerns, contact the Suicide Prevention Lifeline at 1-800-273-8255. Command Sgt. Major Rice and I thank each and every one of you for your commitment and outstanding service to our Soldiers, Families and Army. Take care of each other and have a safe and great Columbus Day. Army Strong! – *Lt. Gen. Mike Ferriter, commander, IMCOM*

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.

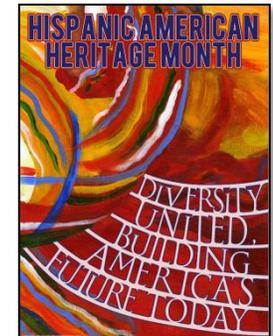


Equal Opportunity Focus



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.

ASC Officer Receives Prestigious LATINA Award: An Army Sustainment Command officer is a recipient of this year's LATINA Style Meritorious Service Award in a ceremony in Washington, D.C., for contributions to her nation and community. Maj. Carmen Rosado, the 403rd/404th Regional Support Team chief of the Army Sustainment Command, was one of eight active-duty service members and the only active-duty Army representative to receive the 2012 LATINA Style Meritorious Service Award at the ninth National LATINA Symposium, Sept. 6. ([More](#))

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](#))

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. 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



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](#))

iWireless: Holiday Pops: Don't miss this electrifying holiday tradition at the iWireless Center. This year's Holiday Pops concert will feature: Mark Wood,



founding member of Trans-Siberian Orchestra. Seats on sale for \$35.

Date: **Saturday, Nov. 17**

Time: **7:30 p.m.**

Miracle On 34th Street: This joyous, heart-warming musical is pure family entertainment, and the perfect holiday treat. Discounted seats are \$43.50 and on sale until **Dec. 1.**

Date: **Saturday, Dec. 15**

Circa Under 21 Presents: Freckleface Strawberry: This upbeat children's musical is based on the beloved New York Times bestselling book by celebrity Julianne Moore and teaches a wonderful lesson about loving the skin you are in. Reserve your seats today for only \$10. Limited seating available. On sale until **Nov. 17.**

Date: **Saturday, Dec. 1**

Time: **10 a.m.**

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.

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.



Child, Youth & School Services



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

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



QC DollarWi\$e Conducts Financial Literacy Week, Oct. 1-5:

The local Financial Literacy organization QC DollarWi\$e will conduct its focus week **Oct. 1-5**. Visit www.qcdollarwise.org to learn more as part of the Army Community Covenant. For information contact to Jon Cook, ACS, (309) 782-0815 jon.c.cook.civ@mail.mil.

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.

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.

College Reps at Army Ed Center: Daniel Marvin, representing Upper Iowa University, QC Center, will be available to speak with interested individuals in Bldg. 56, 1st Floor, Room 121. See Island Insight announcement below for details and POC contact information.
Date: **Monday, Oct. 1**
Time: **10 a.m. - 2 p.m.**

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: 1st Monday of each month - **Nov. 5:** Upper Iowa University (POC: [Daniel Marvin](#), (563) 359-7111); 3rd Monday of each month – **Oct. 15, Nov. 19:** Trinity

College of Nursing & Health Sciences (POC: [Christiana Headley](#), (309) 779-7774); 2nd Wednesday of each month – **Oct. 10, Nov. 14:** Kaplan University (POC: [Jason Wilebski](#), (563) 441-2485); 3rd Wednesday of each month – **Oct. 17, Nov. 21:** St. Ambrose University (POC: [Bill Gleason](#), (563) 333-6354); 1st Thursday of each month – **Oct. 4, Nov. 1:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA), (POC: [Rebecca Geiken](#), (563) 441-4060); 2nd Thursday of each month – **Oct. 11, Nov. 8:** Black Hawk College (POC: [Susan McPeters](#), (309) 796-5027); 3rd Thursday of each month – **Oct. 18, Nov. 15:** Ashford University (POC: [Derek Phillips](#), (800) 798-0584 ext 3077). 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.

College Rep at Army Education Center: Rebecca Geiken, representing Eastern Iowa Community Colleges, will be available to speak with interested individuals in Bldg. 56, 1st Floor, Room 121. See Insight article for details and POC contact information.



Date: Thursday, October 4, 2012

Time: 10:00 a.m. - 2:00 p.m.

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](#))

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](#))

←-----→
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](#))

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. 9**, Sam Heilig or Mike McKean, 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 – Oct. 1-7: Col. C. A.

Waldmann assumed command of the RIA on Oct. 1, 1944. On Oct. 2, 1917, the RIA received Special Order No. 228 to send six representatives of the RIA to France to study methods of manufacturing recoil mechanisms to be placed on gun carriages. 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

Army Readies for Upcoming Influenza Season: The Army has ordered nearly 2 million doses of vaccine to immunize all Soldiers, their families, civilian employees and retirees for the upcoming flu season. The vaccinations will be available at most installations in October, but each medical facility will set its own schedule for distribution. Seasonal influenza can start as early as October and run as late as May, but it generally peaks between January and March, according to the Centers for Disease Control and Prevention. The CDC cautions that new flu viruses can appear that could lengthen the season -- though that's not expected for 2012 to 2013. ([More](#))

"Performance Triad" to Change Focus of Army Medicine: In the dust and heat of Afghanistan, an idea that will change the face of Army medicine took root in the heart and mind of Lt. Gen. Patricia D. Horoho, the Army surgeon general. It was transplanted to home soil and cultivated at a workshop

held Sept. 18--21 at Aberdeen Proving Ground, Md. As it matures, the idea will shift the focus of U.S. Army Medical Command from "a healthcare system to a system for health." Horoho's idea is called the "Performance Triad." It summarizes a simple truth about human performance and well-being: that all of us--no matter who we are, how old we are, or what we do--need a balance of three things to build and sustain health. The three are sleep, activity and nutrition. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Tricare closed **Oct. 5.** Clinic closed **Oct. 8.** - Columbus Day holiday. Clinic closed Thursday, Staff meeting/training **Oct. 26** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

VA Touts New Digitized System As Antidote to Claims Backlog: The Department of Veterans Affairs' new digitized records system is bringing "fundamental improvements" to the agency's efforts to slash its massive backlog of pending disability compensation claims, The New York

Times reported Friday. Allison A. Hickey, a retired Air Force general who is the undersecretary for veterans' benefits, has vowed to process all claims in 125 days or less by 2015. A recent analysis by The Center for Investigative Reporting found the average wait time in June was eight months. ([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.



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 Himsel, 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](#).



DOMESTIC VIOLENCE PREVENTION MONTH IN THE ARMY OCTOBER 2012

DON'T TURN YOUR BACK ON DOMESTIC VIOLENCE

In recent years, there has been an upward trend in substantiated cases of Domestic Abuse in the Army. It is important to realize that many causes and conditions contribute to domestic abuse and violence, and it takes more than the usual effort to reduce the risk. We should never assume that someone else is solving the problem for us.

Everyone in the Army community needs to know that whether you are an offender, a victim or a bystander, you can act to make a difference. The Army Family Advocacy Program is here to help.

The message to everyone in the Rock Island Arsenal community is: Don't turn your back on Domestic Violence!

Who is supposed to end Domestic Violence, reduce other stressors, and help eliminate the hopelessness and isolation that many victims caught up in a Domestic Violence cycle may feel? If we want these things gone from our personal life, and the lives of our friends and Family, if we want these things gone from the Army, then we all have to do some of the work.

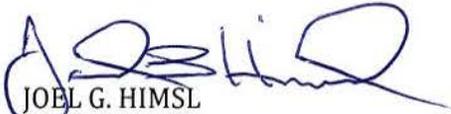
Ask yourself: If I see these things in other people's lives, what can I do to help?

All of us are supposed to help prevent Domestic Violence. What can you do to help prevent Domestic Violence?

- **Prepare** – by recognizing and solving problems early.
- **Prevent** – by reducing risks and seeking help.
- **Protect** – by taking personal responsibility and reporting abuse.

Contact the Family Advocacy Program at 309-782-3049/3773. They are here to help.

SIGNED,


JOEL G. HIMSL
Garrison Manager