

THE ROCK



Serving the employees and residents of Rock Island Arsenal.

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Honoring the past, building the future

Rock Island Arsenal has a long and storied history of providing top-notch, cutting-edge support to Soldiers. My return to the Rock comes at a time when the organizations that call this island home are truly raising the bar when it comes to getting the job done and getting it done right.

I couldn't be prouder to find myself leading such a committed, patriotic group of Americans. My expectation is that we'll continue to honor the Arsenal's distinguished past by building toward the future.

Heading toward the future isn't always easy. With BRAC and Army transformation, change is a constant and must be managed. New organizations are moving here and commands are changing names and juggling new missions, but we continue to rise to the occasion and remain successful. This is because the individuals who make up these organizations and this living landmark of an island believe in themselves and their calling.

Every organization and individual at RIA plays a key role in a much bigger picture. Each fills a niche. Somewhere, someone is counting on each of us and we will be successful. Failure is not part of our lexicon and simply never occurs at Rock Island Arsenal.

The wars in Iraq and Afghanistan are much more protracted than we initially expected. The Department of Defense has been running full speed for a long time, but now is a time when we must remain relevant, useful and valuable to the armed forces and nation we support more than ever before. I urge you all to continue to be creative and proactive in developing your procedures and processes. Don't be afraid of change or of finding better ways to do a better job. Success on the battlefield depends on the efficiency, effectiveness and adaptability of the entire force, not just those deployed in theater.

We are a team and although we may work for different organizations and agencies, some of us wear uniforms and some do not; some are government employees and others are contractors, but at the end of the day, we're all here to do one thing: help win this war and keep America safe and strong. We all need to pay attention to what's going on all over this Island because there are valuable lessons to be learned from your fellow civil servants – and the growing number of Soldiers in our midst. All around you there is excellence. We need to keep this reputation alive.

Meeting difficult requirements and overcoming challenges and deadlines is part of what makes Rock Island stand out.

In this environment, it's easy to find ourselves heavily engaged in meeting deadlines and ensuring the job gets done. Safety can sometimes be taken for granted - do not let it take a backseat. Stay focused on making sure your workplace is safe and healthy.

(See Honor on page 3.)



Maj. Gen. Robert
Radin

Local schools get their piece of the 'PIE'

By
SHANE MCDONOUGH
CYS School Liaison Officer

Since January 2007, Army Sustainment Command Soldiers have been proving that they are not only an asset to their unit on the Rock Island Arsenal but also to local schools in the Quad Cities area.

A total of 27 Soldiers have participated one-on-one mentoring and tutoring, group activities, sports activities and a field trip to the Arsenal as part of the Partnership in Education program operated by the Rock Island Arsenal Child and Youth Services School Liaison Services Program.

The PIE program encourages voluntary partnerships between local schools or school districts and military units to improve the quality of education by drawing on the resources and expertise of the military. Partnerships are designed to be beneficial to both military units and schools.

The Soldiers volunteer at Rock Island's Thurgood Marshall Learning Center, Davenport's J.B. Young Intermediate School and Moline's Franklin Elementary.

"PIE for me means a chance to help and give back to the community, it has made me realize what personal and individual attention means to a child for them to just know that someone cares and is interested in coaching, mentoring and guiding them in the right direction in life," said Sgt. 1st Class Shonn Richardson of Army Sustainment Command.

The program achieved its largest success at the Thurgood Marshall school. Last semester, 16 soldiers put in a total of 262 volunteer hours. Overall, the Soldiers volunteered 361 hours during five months in the three schools.

"This program has taught me to be thankful for my parents and to realize how blessed I am that I had positive role models like my parents," Richardson said. "Some of the kids at Thurgood don't have that in their life they don't see past the next day, I tell them to set goals for themselves, to start small, make a checklist and work your way to completing their goals and it will not be easy but it can be done with hard work and determination."

The schools are also satisfied by the program.

"I wanted to personally state how critical I found the program's presence to be in the building last year. All the compassion and practical mentoring was a huge benefit for our students and staff alike. Respect, appreciation, responsibility and more - are themes that deeply impacted our mutual undertaking," said Andrea Gilman-Vallejo, a

Social Worker at Thurgood Marshall.

Currently, PIE ASC unit leaders are getting ready to start off another school year to interact with the children in the school. ASC Soldiers interested in becoming part of the program can call the School Liaison Officer at (309) 782-6515. The program will expand to other military units on the arsenal.



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THE ROCK

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(On the Cover) - The U.S. Army Garrison – Rock Island Arsenal and the Rock Island National Cemetery, in conjunction with Rolling Thunder (Illinois and Iowa chapters) conducted a POW/MIA Recognition Ceremony on Sept. 22 at the POW/MIA Memorial. A balloon launch concluded the ceremony. Lt. Col. Mark Brown, director of public affairs for the Joint POW/MIA Accounting Command, was the guest speaker.

INSET: Hannah Link, daughter of Brent and Sarah Link, participated in the ceremony.

Honor

Continued from page 2

Leaders have a responsibility to protect our most valuable asset: this great workforce by establishing and maintaining standards. Be responsive. Planning for and managing risk are key to not only mission accomplishment, but ensuring that tomorrow's missions will be met as well. We've got a great track record and that's the way to keep it.

It is my sincere hope we will work together to ensure the great reputation this installation has built for itself over the years remains strong. Together, we can make a huge difference to the local community, to the nation and, most importantly, to the servicemembers we support around the world.

Army transformation

Change stimulates growth

Some people say change is for the better. There are varying opinions about that, but I believe that's true. Look how far this country has come since its beginning. Our progression was due to change.

It's a fact of life, change is constant. We see that in the Army. Over the past year we've witnessed a lot of change at Rock Island Arsenal. This time last year we had about 148 military personnel on the installation and now there are more than 340. Our civilian workforce has increased as well. With this increase also comes a cultural change on the Arsenal. There will be more military and family members at Arsenal functions.

The Department of Army is in the middle of transformation. This summer the Army

Sustainment Command and the Rock Island Arsenal Joint Manufacturing and Technology Center had changes of command ceremonies and we've had some command name changes also. This is part of that transformation. Change impacts everyone in the Army. To reduce anxiety and tension we have to make sure we communicate very well down the chain of command. The Army does not change for the sake of change, but to make us better.

For example, as I mentioned we doubled our military population on Arsenal Island and it's going to increase more in the next two years. We don't have enough housing on the Island for everyone so the Army has a goal to privatize military housing. Rock Island Arsenal is not exempt from that, and we are looking at various options for privatizing housing as well as constructing additional housing.

Earlier this summer the Rock Island Arsenal Garrison, unions and Commands from across the Island signed up to participate in the Voluntary Protection Program, which is an initiative started by the Occupational Safety and Health Administration. The purpose of the VPP is to recognize and promote effective worksite-based safety and health management systems. An emphasis of the VPP is for safety and health to become part of the organizational culture. This requires a change in thought and process.

Employees on the Arsenal are thinking about changes that will make this installation better. And these changes are working. The Rock Island Arsenal Public Works directorate has been awarded the 2007 Federal Energy and Water Management Award. It recognizes the contribution an organization has made toward the efficient use of energy in the federal sector during FY 2006. This is the third federal energy award they have received along with five previous Secretary of the Army Energy Awards. Because of those individuals wanted to make a change in the Arsenal's energy consumption they put their minds together and came up with a plan that reduced the Arsenal's coal use by 17 percent in FY 2006. I have challenged the Garrison that within the next eight years eighty percent of the Arsenal's energy consumption will come from renewable sources. It's a stretched goal, but I'm confident we'll meet the challenge.



Alan G. Wilson
Garrison Manager

(See Change on page 8.)

After 60 years --

Former resident returns to Arsenal

By
RHONDA SEWARD
Garrison Public Affairs



Thomas Nolan and family visit Rock Island where he spent some of his childhood. Nolan lived in building 360 in 1947.

Thomas Nolan walked up the steps of Building 360 in awe, entering the doorway for the first time since 1947.

Nolan, and his wife and daughter, traveled thousands of miles from San Rafael, Calif., to Rock Island Arsenal to visit the place where he spent a year of his youth.

In 1947, Nolan, and his family -- his mother and sister and twin brothers -- occupied the entire first floor of the building, then known as the "former administration building."

In an empty space that was once the kitchen, Nolan reminisced about the times that his mother prepared meals and served hand-packed ice cream to him and his sister.

He remembered the hardwood floors, and steam radiators that were in each room of Building 360 then. "The radiators were noisy," he said.

Nolan glanced up towards the ceiling, examining the height of the windows in the dining area, "I had to lower each window shade with a long pole every night. That was my chore."

Nolan and his family moved to the arsenal in June, 1946, after his father, Maj. Francis A. Nolan had a heart attack. Nolan's father was a Reserve Officer Training Corps instructor at Davenport High School. Maj. Nolan spent most of 1947 in Mercy Hospital which is now Genesis West Hospital. Nolan said he didn't get to see much of his father but spent a lot of time helping his mother take care of his twin brothers.



Thomas Nolan remembers climbing these stairs, still present in Building 360. He lived there while his father, an officer, was hospitalized

"My mother would send me down to the basement to the laundry area to soak my brother's diapers. The basement was scary."

Nolan said the local police chief told his mother the story of a repair man that had gotten electrocuted and died while walking through the tunnel. Nolan does not know if the story is true. "I was certainly afraid going down to that dark basement," he said.

Nolan looked out the window into the parking lot and spoke of the excitement he experienced while living on the arsenal.

"This area was a huge open field that

gave us much space to play in. We loved being able to ride our bikes along the edge of the river." At the far end of the river was a pond we would catch tadpoles into a jar," he said.

Nolan said the island was very busy after World War II, "Many tanks and artillery were in evidence, perhaps being returned from service.

"A few of the kids who lived here felt like a privileged class because there were so many services available to us, including such luxuries as the swimming pool at the club," he said. "I recall the medical dispensary being across the street from our quarters and across Gillespie was the commissary."

"It was a powerful experience for me to revisit 360, and to see all those old rooms. It took me back to the days we lived here."

Nolan and his family moved to St. Paul, Minn., in 1948 after his father was medically discharged from Army. .



Building 360 as it appeared in 1898. It had changed little by the time the Nolans lived there in 1947.

Women's Equality Day author tells story --

The Mercury 13 -- America's first women astronauts

BY ERIC CRAMER GARRISON PUBLIC AFFAIRS

Author and journalist Martha Ackmann told the story of 13 women who trained to become astronauts, but weren't allowed to go into orbit, when she addressed the Women's Equality Day luncheon Aug. 29 at the Rock Island Arsenal Club.

Ackmann said the story of the "Mercury 7," the astronauts, who flew the Mercury missions, is well known to most Americans, but the Mercury 13, the 13 women who took the same fitness tests as the men, but who weren't allowed to fly, has largely been forgotten.

As detailed in her book, "The Mercury 13: The True Story of Thirteen Women and the Dream of Spaceflight," Ackmann said she stumbled across the Mercury 13 by accident.

"I was reading a news story about John Glenn when he went back into space," she said. "And I saw one paragraph way down near the bottom of a news story where Jerrie Cobb, one of the Mercury 13, said something about him getting a second chance when she never received a first chance."

Ackmann said she was like most Americans alive today in that she didn't realize women had been tested for the Mercury program as far back as 1959.

"I thought I knew about the Mercury program," Ackmann said. McDonnell-Douglas was the contractor that built the Mercury space capsule, and I grew up in a neighborhood in St. Louis where nearly every father on the block was working on the project, and I'd never heard of the Mercury 13.

Ackmann said women were tested because the cutting-edge flight surgeon Dr. William Randolph "Randy" Lovelace II wanted to see how a woman would perform on the same tests given to men. He recruited Geraldine "Jerrie" Cobb as the first candidate for the grueling tests.

Cobb, the first through the program, passed 75 tests identical to those used to test men for the space program. Lovelace presented these results at an international flight surgeon's conference in Stockholm, Sweden.

"The question then came out – is she a fluke?" Ackmann said. She said Lovelace composed a list of women who were distinguished aviators, who had more than 1,000 hours of flight time and who had served as Women's Air Force Service Pilots ferrying planes in World War II. He consulted Jackie Cochran, the first woman to fly faster than the speed of sound, to help develop the list. He recruited 19 in all, but only 13 completed all the testing.

In addition to Cobb, Lovelace eventually recruited: Myrtle Cagle, Jan Dietrich, Marion Dietrich (Jan and Marion were identical twins), Wally Funk, Janey Hart, Jean Hixson, Gene Nora Stumbough, Irene Leverton, Bernice Steadman, Sarah Ratley, Jerri Truhill and Rhea Woltman.

These women passed the tests, but the testing program was canceled when three of them attempted to take additional



photo by Ted Cavanaugh

Author Martha Ackmann relates the story of the 13 women who took the same tests as male astronauts during the early years of the space program. Ackmann spoke at this year's Women's Equality Day luncheon. Her book "The Mercury 13: The True Story of Thirteen Women and the Dream of Spaceflight," details their history.

testing, when they weren't allowed to use Navy testing facilities in Pensacola, Fla. Without an official NASA request to run the tests, the Navy would not allow the use of their facilities for an unofficial project.

"NASA director James Webb put expediency ahead of equality," Ackmann said. Then a group of the astronauts met with future president Lyndon Johnson – who had a letter on his desk that, if he had signed it, would have authorized the additional testing.

"Instead of signing it, he wrote across the bottom of the letter, 'Stop this now,'" Ackmann said.

The women also testified before Congress, just a year before the Civil Rights Act would have made discrimination against them illegal.

"Jerry Cobb told the committee, 'We seek a place in our nation's space future without discrimination.'"

She said that the 11 survivors of the Mercury 13 were on-hand for the launch of the Space Shuttle under its first woman commander, Eileen Collins.

"Eileen Collins walked through a door they kicked open, but weren't allowed to walk through," Ackmann said.

ASC welcomes new commander

(Army Sustainment Command Public Affairs Office) Maj. Gen. Robert M. Radin took command of the U.S. Army Sustainment Command on July 25 at a change of command ceremony held on Memorial Field.

Maj. Gen. Radin succeeds Maj. Gen. Jerome Johnson as the ASC commanding general. Maj. Gen. Jerome Johnson, who has served at Rock Island since June 2004, is headed to Fort McPherson, Ga., to become the senior logistician in Forces Command, officially known as the G4, Deputy Chief of Staff-Logistics.

As commanding general of ASC, Maj. Gen. Radin leads a global organization responsible for providing front-line logistics support to Army combatant commands and joint forces around the world. The command manages Army pre-positioned stocks located in strategic locations around the world; maintains weapons and equipment at bases in Iraq, Afghanistan and elsewhere; and oversees the Logistics Civil Augmentation Program, which provides contractor support in theaters of operation. It also manages equipment left behind by deploying units and pre-deployment training equipment sets around the continental United States, and holds a critical role in the Army's equipment reset programs.

Gen. Benjamin S. Griffin, commanding general of the U.S. Army Materiel Command, presided at the ceremony. In his remarks, Gen. Griffin said, "ASC is 'On the Point' around the world serving Soldiers. Jerry Johnson has done a great job putting together the Army Sustainment Command that is focused on supporting the forces in the fight as well as resetting the force as it goes back to the fight. He passes this legacy to Bob Radin, a great leader who's also focused on Soldiers and making things happen.

"We say farewell to a great team, Maj. Gen. Johnson and Doris Johnson, while we welcome a great team, Maj. Gen. Radin and Sara Radin --- two of the best general officers the Army has to offer!"

In his parting remarks, Maj. Gen. Johnson emphasized, "The ASC could not have become a reality anywhere else in the world. You've got the kind of folks in this area who have the heart and drive to make ASC work. This couldn't have been done without the support staff and

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local community. Thanks for letting me do the things I did as we formed the ASC."

Addressing the command for the first time, Maj. Gen. Radin said, "It's great to be back in the Quad Cities, because Sara and I feel it's like coming home. It is also great to be back working with Soldiers supporting the joint forces. I'm looking forward to the challenges. May God Bless America and our Soldiers keeping people safe around the world."

Maj. Gen. Radin previously served at Rock Island from September 2003 to September 2005 as the commanding general of the U.S. Army Joint Munitions Command. He was then assigned to ASC's higher headquarters, the U.S. Army Materiel Command, where he served as G3, Deputy Chief of Staff for Operations, the post he held when he was selected as ASC's commanding general.

A native of North Plainfield, N.J., Maj. Gen. Radin was commissioned as an officer in 1976, following his graduation from the U.S. Military Academy at West Point, N.Y. He also holds postgraduate degrees from the Florida Institute of Technology and the National Defense University.

During his career, Maj. Gen. Radin has



Courtesy Photo

Maj. Gen. Robert Radin accepts the Army Sustainment Command colors from General Benjamin Griffin, commanding general of the Army Materiel Command, while outgoing ACS commander Maj. Gen. Jerome Johnson looks on. INSET: Maj. Gen. Radin.

been assigned to a number of key posts. He has served overseas in Germany, Korea, and Saudi Arabia and has combat tours in Operation Desert Shield/Desert Storm and Operation Urgent Fury in Grenada. Some other key positions he has held are: military assistant and logistics staff officer to the Deputy Chief of Staff for Logistics at the Department of the Army; commander of the Division Support Command, 101st Airborne Division (Air Assault), and chief of the J4, Logistics Operations Division at the U.S. Central Command, MacDill Air Force Base, Florida.

Cotter assumes command of RIA-JMTC

By
GALEN PUTNAM
RIA - JMTC Public Affairs

In a ceremony here Aug. 2, Col. Bruce Elliott relinquished command to incoming commander Col. Craig S. Cotter in a ceremony presided over by Maj. Gen. Mike Lenaers, commanding general of the U.S. Army Tank-Automotive and Armaments Command Life Cycle Management Command, headquartered at Warren, Mich.

Cotter came from Heidelberg, Germany, where he served as chief of plans and operations for the Logistics Directorate of U.S. Army Europe. Elliott, who is retiring from active duty Oct. 31 with 29 years of service, will become the safety officer for Joint Munitions Command, headquartered on Arsenal Island.

“Lasting change does not and cannot occur until first line leaders take ownership and are empowered to lead the changes in their operations and until they get the commitment of their people to change,” Lenaers said. “That is what Col. Elliott’s Lean Six Sigma focus and Shingo Prize are all about. The change here has been huge, but it is just the beginning. This is no longer about survival. All organisms seek survival, but that can be a lowly existence. This is about thriving, about prospering and adding value and continuously increasing the value added. This is about commitment to continuous improvement following Lean principals. For excellence is not a destination – it is a journey of continuous improvement. It is about thrilling your customers. It is about the pride you feel in getting better every day. Col. Elliott is transferring command of that type of unit today.”

Elliott reflected not only upon his three years as RIA-JMTC commander, but his nearly 30 years as a Soldier.

“We have much to look back over the last three years with great satisfaction,

many successes we can take credit for,” he said. “Saying goodbye to an organization that has defined your adult life is not easy. It is particularly difficult when that organization is fighting a war and there is much work left to do. ... It has been a profound honor and humbling experience to be a Soldier – to live among heroes and to help protect the American people



Courtesy photo

Col. Craig S. Cotter, commander of Rock Island Arsenal Joint Manufacturing and Technology Center.

and our way of life. I loved it and will treasure it forever.”

Lenaers assured the RIA-JMTC workforce it is in good hands.

“I want you to know that Col. Cotter is an accomplished and skilled leader,” he said. “He has a demonstrated record of success and he understands the field Army that you support. Col. Cotter is a winner. I look forward to watching your continued journey to

excellence.”

Cotter thanked the many friends and family members who made it to the ceremony and went on to describe his awe of the Rock Island Arsenal.

“As an Ordnance officer for the last 23 years, I have heard a lot about this place. This place so linked to the history of our Army and the history of our nation,” he said. “Rock Island Arsenal was to me the stuff of legend, and to now stand before you as a

member of this team with such an important mission, at such a critical time in our country’s history is truly an honor. Brenda and I are humbled to be here in and amongst the professionals that make up the Rock Island Arsenal – Joint

Manufacturing and Technology Center. Your reputation is one of quality and precision and steadfast support to the war fighter.”

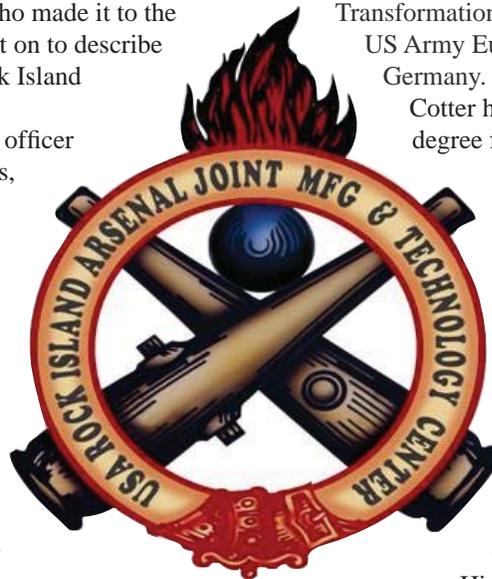
Cotter was commissioned a lieutenant of Ordnance following his graduation from the U.S. Military Academy at West Point, N.Y., in 1984. After completing the Ordnance Officer Basic Course, he was assigned to the 515th Ordnance Co. at Redstone Arsenal where he served as platoon leader and executive officer.

He has served in a variety of command and staff positions including: Commander, 501st Ordnance Co., Crailsheim, Germany, when it deployed to Southwest Asia for operations in support of VII Corps during Operations Desert Shield/Desert Storm; executive officer, the Executive Director for Conventional Ammunition, Alexandria, Va.; assignment officer, Ordnance Branch, U.S. Army Personnel Command; chief of Plans and Operations and then deputy, assistant chief of staff, G4, 82nd Airborne Division, Ft. Bragg, North Carolina.

Cotter also served as the munitions manager, U.S. Special Operations Command, MacDill Air Force Base, Fla.; commanded the 832nd Ordnance Battalion, Redstone Arsenal, Ala., and served as the chief, Logistics Transformation Planning Task Force, US Army Europe, G4, Heidelberg, Germany.

Cotter holds a bachelor’s degree from the U.S. Military Academy at West Point, N.Y., and master’s degrees from Central Michigan University and the Army War College. He is a graduate of the U.S. Army Command and General Staff College and the Armed Forces Staff College.

His awards and decorations include the Defense Meritorious Service Medal, the Meritorious Service Medal with three Oak Leaf Clusters, the Joint Service Commendation Medal, Ranger Tab and Master Parachutist Badge.



Employee inspires others with song

By

GALEN PUTNAM
RIA - JMTC Public Affairs

The Rolling Stones once sang “you can’t always get what you want” and Morey Gaddy, himself a singer, couldn’t agree more.

Gaddy, blind since birth, was the guest speaker at a Rock Island Arsenal – Joint Technology & Manufacturing Center “Lunch & Learn” session Aug. 1. The topic of the luncheon was “Government Employees with Disabilities.” Gaddy’s message was simple: Not everyone receives an equal shake in life. The important thing, however, is how one deals with his or her shortcomings – disabled or not.

“Just because you want something to change doesn’t mean it will. You have to learn to exist in a world that won’t change for you,” he said. “Everyone must adapt, improvise and overcome in order to be successful. Those are the principals I try to focus on and put forth. The funny thing about principals, though, is that they apply across the board, disability or not.”

Another thing that applies across the board in Alabama, from where Gaddy hails, is love of football. Gaddy wanted to play like any other ninth grade boy, so he showed up at an organizational meeting.

“The coach did a double-take, which was better than what some of the others did, but I didn’t let that bother me,” he said. “I just wanted to play football.”

Play he did, playing his sophomore,

junior and senior seasons.

“I was the center. You just snap the ball and hit the guy in front of you,” he said. “It’s football, not rocket science.”

His football experience parallels his outlook regarding the disabled.

“A person with a disability wants the same things as anybody else – an opportunity,” he said. “People are people. Everyone faces challenges. The most important thing you can do to become successful in life is to work hard. The only place success proceeds work is in the dictionary.”

Although Gaddy, a contract specialist at Anniston Army Depot, is an inspiring speaker, he disavows his ability to motivate others.

“I can inspire others with my words, but I can’t motivate them,” he said. “That must come from within. Each individual must motivate him or herself from within. Nobody else can do it for you.”

Gaddy’s voice inspires in other ways as well.

“I heard him sing at a ceremony while in Alabama and was thoroughly impressed,” said Col. Bruce Elliott, who relinquished command to Col. Craig S. Cotter during a ceremony at Memorial Field here Aug. 2. “He is a great speaker with a great message so we invited him here to present a Lunch and Learn session. Luckily, we were fortunate enough to schedule it to coincide with the change of command.”

Gaddy, who conducts presentations for,

civic organizations, church groups and others, considers himself a singer first and foremost.

“I grew up singing. I started in a little country church and I’ve been singing ever since,” he said. It was a real thrill

to be invited here to do two things that I love: Share my experiences and thoughts with some folks who might be experiencing situations similar to myself; and to be able to sing the national anthem.”

Gaddy, who performed with a gospel group for more than 10 years, was one of the highlights of the RIA-JMTC change of command ceremony. In fact, he was

turning heads before the ceremony even got started. Following a rehearsal in the blazing sun a day before the ceremony, an onlooker commented to Gaddy that his rendition of the Star Spangled Banner had given her chills. In typically affable fashion, Gaddy replied, “if I can give someone chills on a day like this, I must be doing something right!”

Doing what’s right is what Gaddy is all about.

“If you want to be successful, you must pay the price,” he said. First, you’ve got to work hard. Second, you’ve got to “do right.” Third, you’ve got to put your trust and faith in the Lord above. If you do those things, when you get to the end of your life – that is the true measure of success.”



GADDY

Change

Continued from page 3

renewable sources. It’s a stretched goal, but I’m confident we’ll meet the challenge.

As you can see, we’re changing everyday and change is the constant that we have to live with on the Arsenal. With change there are challenges as well as opportunity. I’m confident that the workforce here on Rock Island Arsenal can meet challenge as well as find opportunity to enhance our support and services to our men and women in uniform. As always; think safe, work safe, play safe, and be safe.

If you have a suggestion for the Army Suggestion program, log on <https://army.suggestions.army.mil>.

2007 CFC CAMPAIGN

Making a difference around the globe

By
GALE SMITH
JMC Public Affairs

The annual Combined Federal Campaign wants to “Help Our World Forward” by contacting 100 percent of the federal, postal and military employees throughout our area and asking them to contribute to their favorite charities.

The local Illowa Bi-State CFC raised a record \$614,191 last year. Over half of that money stayed in the Quad Cities area because employees designated local charities to the recipients of their contributions. Those funds have made a significant impact in making our communities a better place to live, work and play.

This year’s theme is “Help Our World

Forward.” Federal employees can help by giving through payroll deduction or a one time cash donation. Contractor employees may contribute also, but they cannot utilize the payroll deduction option and they cannot be solicited by the CFC volunteers.

CFCs are organized geographically, not organizationally. The Illowa Bi-State CFC covers all federal, postal and military employees in the 12-county area of: Henry, Knox, Mercer, Rock Island and Whiteside counties in Illinois; and Clinton, Des Moines, Henry, Lee, Louisa, Muscatine and Scott in Iowa. It is managed by the Illowa Bi-State Local Federal Campaign Committee comprised of campaign chairpersons from the major federal organizations in the campaign, and union representatives.

For more information visit the website at www.illowacfc.org.



SECURITY AWARENESS

*October is
security
awareness
month:*

*Remember to
remove your
identification
badge when
leaving the
Arsenal and
report any lost or
stolen i.d. badge
immediately.*

Mmm-Mmm; Gatherright's recipe wins Sheridan's contest

BY RHONDA SEWARD, GARRISON PUBLIC AFFAIRS

Venita M. Gatherright a paralegal-specialist with the Rock Island Arsenal legal office,, devised the Mushroom Chicken recipe that won praises from the judges of the Sheridans Island Recipe contest held on Aug. 20.

Island employees submitted more than two dozen recipes in hopes of winning the prize of lunch for seven featuring of the winning entree and having their recipe featured on the lunch menu every six weeks.

Winners were selected on the basis of originality, simplicity, taste, and uniqueness. "We also judged the recipe on how easily it could be mass produced," said Sheri M. Jensen, operation manager for Sheridans.

Judging the contest was exciting for the food staff, said Sheri M. Jensen, operation manager for Sheridans.

The judges were David Bullington, head chef, James Jensen and Thomas Ramirez, assistant chefs and Sheri Jensen.

"I love to cook," said Gatherright. I often come up with new and different recipes for my family and I love to share those recipes." She also likes being creative and prefers meals that required little time to prepare. "I like meals that are quick and easy, but tasty and ones that my kids will eat. The winning recipe takes 30 minutes or less to prepare," she said.

Winning the contest was a big surprise to Gatherright. "When I was called I was very shocked. I have never won anything like a recipe or cooking contest before."

With the mixture of cream of chicken soup, milk, onion and sliced mushrooms, Gatherright was able to add her personal touch. "No matter what a recipe calls for you have to make it your own." I added mushrooms to make it my own."

The contest will be open for submissions every three months. "We will like to make this an ongoing event," said Sheri Jensen.

Gatherright's Mushroom Chicken

Ingredients:

4-6 Chicken breasts

1 can cream of chicken soup

1 cup milk

Sliced mushrooms

Salt and pepper to taste

One medium onion, sliced into rings

One package rice

Back the chicken breasts at 350 degrees Fahrenheit until no longer pink in the center.

Cover with chicken soup mixed with milk. Add sliced mushrooms and salt and pepper to taste. Place rings of onion on top of chicken and continue to cook until onion is tender.

Cook rice according to package instructions. Arrange rice on plate and place chicken and mushroom gravy on top. If desired, sprinkle with paprika to garnish. Serve with warm bread and steamed baby carrots drizzled with butter and brown sugar.

VPP promotes health and safety on the job

BY RHONDA SEWARD, GARRISON PUBLIC AFFAIRS

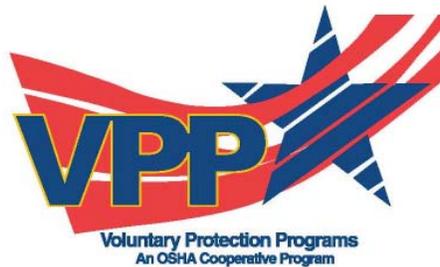
The Voluntary Protection Program, officially embraced at Rock Island Arsenal in July, is a program designed to promote worksite-based occupational health and safety management allowing employees, union and supervisors to work together towards accident prevention, said Nancy Carlson, a safety specialist for the arsenal.

"VPP requires employee involvement at every level. VPP is not a Safety Officer function," Carlson said. "It is a process that encourages employees to recognize safety and health as core values and to incorporate safety and health into everyday work, operations, planning and processes, this may require a change in attitude and culture on Rock Island Arsenal."

According to information from the VPP Web site, VPP is an Occupational Safety and Health Administration program that recognizes effective efforts that enforces and maintains a substantial reduction in workplace illnesses, injuries, and deaths.

It is also a performance-based process that requires extensive employee management and union commitment.

Carlson said the goal of VPP is to make health and safety a part of the daily routine of those in the workplace and to



provide the opportunity for continuous improvement. Benefits of the program include: reduction in worker injuries and illnesses, increase in productivity, improvement in worker morale and motivation, and shared ownership of one's safety and health.

According to information from the

Rock Island Garrison Safety office, there are three levels of VPP certification Star, Merit, and Star Demonstration. The Star level is the highest level of certification within the VPP. Completion of the program requirements takes a minimum of 18 months. The official goal at Rock Island Arsenal is to achieve the Star certification.

RIA must satisfy specific criteria; management, leadership and employee involvement, work site analysis, hazard prevention and control, safety and health training.

Senior leaders and local union presidents endorsed participation in the VPP by signing a commitment letter during a ceremony held July 12.

Additional information about VPP can be found on the Web site <https://home.ria.army.mil/sites/safety/main.html>

www.osha.gov/dscpvpp/index.html

With some practice --

TACOM LCMC pool champion enjoys tournament competition

BY REBECCA MONTGOMERY,
TACOM LCMC Rock Island Public Affairs

ROCK ISLAND, Ill. - How did the chief of TACOM LCMC's Financial Management and Accounting Division become a national pool champion? Practice, practice, and more practice. Thirty-two years of practice, to be exact.

Barb Hamilton's practice paid off at the National American Cue Sports tournament held June 8-16 at the Riviera Hotel, Las Vegas. She won first place in women's masters 8-ball team event and second place in the women's masters 8-ball singles competition.

"I'm very competitive in everything I do, and really just enjoy playing new people. I like to play tougher players because that is what sharpens my game," said Ms. Hamilton.

In fact, Ms. Hamilton once played a pro -- Ewa Matya -- in a nine-ball tournament in Chicago and beat her.

Although her opponent was just getting started as a pro, Hamilton said the victory was one of the highlights of her years of tournament play.

Hamilton, said there are three levels of players in amateur pool; standard, where most players compete; open; and the masters level at which she competes.

To sharpen her skills, Hamilton said she watches both local and TV pro pool tournaments. She learns by watching the pros and local players, practicing some of their shots.

"I don't consider myself a pro because I have a full time job, and I can't go out and play all the time. This is just something I like to do for fun," Hamilton said.

One of the most challenging things about playing in pool tournaments is maintaining your concentration, she said. She was put to the test at the recent ACS tournament when announcements were made over a loud speaker during her singles competition.

"It was very distracting," she said. "Finally I just had to tune them out."

Hamilton, who plays in three leagues during the winter, was introduced to the game by her sister-in-law.

"I started playing and I kind of liked it. I had never picked up a cue stick before I was 21," she said.

She now plays in both men's and women's leagues locally. She especially enjoys the intense competition of men's leagues.

"Some of them don't like playing against women, but I think they're getting used to it because there are a lot of women in the Quad Cities who play pool," she said.

Players of all levels -- standard, open and masters -- can play in tournaments, Hamilton said. "You don't have to be a real good player to compete."



Barb Hamilton

Safeguarding Soldier Health: Post-Deployment Health Reassessment

To safeguard the health and well-being of all Soldiers, the U.S. Army implemented the Post-Deployment Health Reassessment, or PDHRA, in January 2006. A Commander's Program, the PDHRA gives Soldiers an opportunity to address any health concerns that may emerge following redeployment. It is available to all Soldiers -- Active and Reserve Component -- who have returned from combat. "Returning home and settling back into a routine can be filled with excitement and discovery. The U.S. Army has learned that as time passes, Soldiers may start facing health concerns that they may not have noticed before," explains LTC Vinette Gordon, who leads the U.S. Army PDHRA program.

The Reason for PDHRA

Research shows that proactively identifying these health concerns strongly

impacts the long-term health and well-being of Soldiers and their Families.

The U.S. Army wants to help Soldiers address their health concerns before they develop into more serious problems.

How to Complete the PDHRA

Soldiers who have returned from a combat deployment since 10 March 2005, must complete the PDHRA.

In most cases, the PDHRA takes place 90 to 180 days after redeployment.

Commanders will notify Soldiers to participate in the PDHRA process, and Soldiers can log on to Army Knowledge Online to check their PDHRA status under "My Medical Readiness."

To complete the PDHRA, Soldiers fill out DD Form 2900 and speak one-on-one with a health care provider. The health care provider will refer Soldiers for further

evaluation and treatment, if necessary. Most Soldiers will complete the PDHRA as part of a unit-scheduled event, or through an appointment or walk-in basis.

Battlemind II Training

As a part of PDHRA, Soldiers also complete Battlemind II training. Battlemind II builds on skills that helped Soldiers survive in combat.

The video-based training shows Soldiers how to adapt these skills now that they have returned home.

For more information or to view the Battlemind II training video, visit www.battlemind.org. **Learn More About PDHRA**

Visit <http://fhp.osd.mil/pdhrainfo> for more information on PDHRA.

2007 CFC CAMPAIGN

Making a difference around the the globe

By
GALE SMITH
JMC Public Affairs

The annual Combined Federal Campaign wants to "Help Our World Forward" by contacting 100 percent of the federal, postal and military employees throughout our area and asking them to contribute to their favorite charities.

The local Illowa Bi-State CFC raised a record \$614,191 last year. Over half of that money stayed in the Quad Cities area because employees designated local charities to the recipients of their contributions. Those funds have made a significant impact in making our communities a better place to live, work and play.

This year's theme is "Help Our World

Forward." Federal employees can help by giving through payroll deduction or a one time cash donation. Contractor employees may contribute also, but they cannot utilize the payroll deduction option and they cannot be solicited by the CFC volunteers.

CFCs are organized geographically, not organizationally. The Illowa Bi-State CFC covers all federal, postal and military employees in the 12-county area of: Henry, Knox, Mercer, Rock Island and Whiteside counties in Illinois; and Clinton, Des Moines, Henry, Lee, Louisa, Muscatine and Scott in Iowa. It is managed by the Illowa Bi-State Local Federal Campaign Committee comprised of campaign chairpersons from the major federal organizations in the campaign, and union representatives.

For more information visit the website at www.illowacfc.org.



SECURITY AWARENESS

October is security awareness month: Remember to remove your identification badge when leaving the Arsenal and report any lost or stolen i.d. badge immediately.