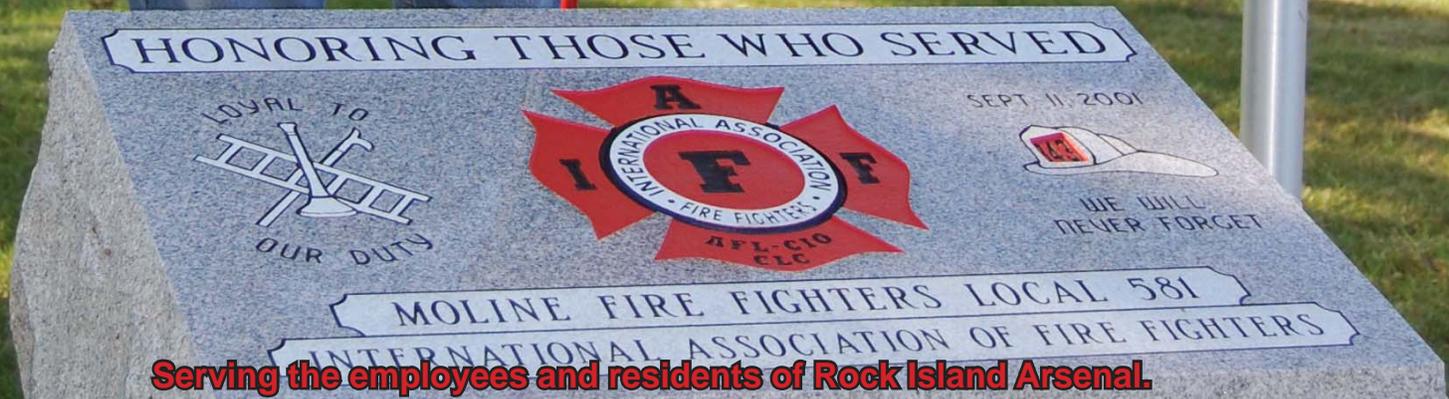


THE ROCK



Serving the employees and residents of Rock Island Arsenal.

Combined Federal Campaign

Making a difference in communities, lives



Maj. Gen. Robert Radin

Last week as I watched the news, the economy was the main topic of discussion. This country is going through a rough time and no one is quite sure when things will turn around. Many people will argue that the U.S. dollar isn't as strong as it used to be, but that dollar still can make a difference to many Americans.

By giving just \$1 dollar a week to the Combined Federal Campaign, you can help the victims of this year's flood, hurricanes and other natural disaster. It could help many of the local shelters that support a variety of

people. It could support after-school programs, so children have a positive place to go instead of turning to the streets. There are hundreds more examples of how CFC donations make a difference.

The Combined Federal Campaign gives federal employees an opportunity to make donations to charitable organizations that are dedicated to making life better for individuals in need, and making a better world for all of us. By tapping into our individual generosity, CFC demonstrates the power found in each human heart.

When we give together through CFC, we achieve more than we could ever hope to achieve on our own. Every dollar donated is

applied where it is needed most, funding programs and initiatives that take on the most difficult problems and create hope for a better future.

Through CFC, we can reach out as one, with helping hands and hopeful hearts. We can make life better for people we will never see, and for people who may live next door to us. We may even directly benefit ourselves or our families because, as well off as we may be today, we could suddenly find ourselves in need tomorrow.

As a military leader, I've seen how teamwork can yield some remarkable results. As honorary chairperson of the Illowa Bi-State Combined Federal Campaign – a position I am truly honored to hold – I've seen how joining many caring individuals together into a community of caring can produce some tremendous benefits and make a very positive difference. This year, the Illowa Bi-State Region will have even a greater impact as our region will increase in size from 12 counties to 24.



So long as there are humans, there will always be human needs, and there will always be those among us who suffer through no fault of their own. But as long as we continue to care, those needs can be met and that suffering can be eased.

That's why I ask you to consider giving through the Combined Federal Campaign. Thank you for all you have given so far,

and for all you plan to give. Always know that your CFC donation can unleash the power of caring – a power that can overcome any need.

Local students gain career experience on Arsenal

(ROCK staff reports) Three local students had a rare opportunity to gain hands-on experience in a prospective career field this summer at the Edgewood Chemical and Biological Center at Rock Island Arsenal.

As part of the Science and Engineering Apprentice program at the George Washington University in Washington, D.C., the program places academically talented students, ranging from middle school through college in Department of Defense laboratories for eight continuous weeks.

The students are all interested in pursuing a career in engineering, but weren't sure what to expect. So, the opportunity to be an engineering intern was a great idea.

"I thought it would be a way to get a good

feel for what engineers do. It's what you can't get in a classroom," said Chris Hare, junior at Davenport Central High School in Davenport, Iowa.

Mary Hollis, ECBC intern program coordinator, said when screening applications for interns they look for students who are high achievers in math, science and show interest in engineering. Teacher referrals, grades and how the students do on personal interviews are also considered.

Bailey Pethoud, senior at Davenport West High School and Chris Wiseman, freshman at Illinois Institute of Technology in Chicago, also participated in the internship program this summer.

Pethoud said she was familiar with

SEAP because her sister participated in the program last summer. After taking engineering classes in high school she began to like engineering and thought the program would be good for her.

"We did a lot more than I thought we would. We did more actual hands-on work," she said.

Hollis said each student has two mentors, usually engineers, who work with them. Students are given research projects that will give them engineering experience and also benefit the organization.

For more information on the SEAP program, go to www.gwseap.net or call (309) 782-3015.

Training prepares Arsenal for various crises

A favorite comic strip of mine is one of the old single-frame “Far Side” cartoons drawn by Gary Larson. It shows a four-story building, on fire, floating down a river toward a rapidly-approaching waterfall. Atop the building is a sign that reads “Crisis Center.”

Although it is humorous, it highlights a point. Events can pile up on us – what we think is a crisis now can be utterly erased by a new emergency. We can also be asked to deal with multiple issues, or multiple threats, all at the same time.

To this end, we plan and train for dealing with such crises.

In September, Rock Island Arsenal underwent a full continuity of operations exercise, or COOP. As this is written, there is no way to know exactly what emergency scenarios the island must address as part of this exercise. In past exercises we have dealt with terrorist threats, attacks at our schools, helicopter crashes and environmental hazards – all at the same time. It is likely that the exercise we faced this month carried a similar number of threats, crises and problems to be solved – unknown as this is written.

This training is valuable to the leadership because it provides the real-time expertise needed to deal with real life situations. At the same time, it is the perfect opportunity for all employees to

understand what they must do to react safely during a crisis.

In any such real crisis, the Arsenal’s Marshall Warden program will come into play. People in your building, with whom you work, will be able to provide assistance, telling you where to go, whether to evacuate or shelter in place, and how to react safely. These volunteers are an integral part of maintaining safety during an actual crisis.

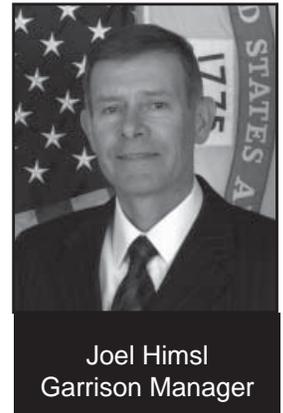
While it is unlikely that we’ll experience a terrorist attack during a storm when the island is threatened by floods, a training experience that gives us all those scenarios simultaneously strengthens our ability.

It means we can conduct our normal operations when faced with floods, snow storms or power outages. We have no ability to tie down the future – it can hit us with many problems at once. We do have the ability to prepare for that eventuality, and that’s the opportunity this sort of training provides.

This training can be pretty inconvenient. For those involved it means time away from their offices and probably an interruption in ongoing work. Sometimes it impacts traffic on the installation. It can be a pain, in other words.

On the other hand, anyone who has ever tried to improve their physical fitness has experienced “good pain,” and probably heard the tired old gym maxim, “no pain, no gain.” That’s how we should think about any inconvenience experienced as a result of the COOP – it is the pain that comes with growth and improvement. In this case, it improves our ability to deal with future problems with the steady professionalism we have seen when problems arose in the past.

If you find yourself inconvenienced by this, or any other training event taking place on the island, recognize that pain as “good pain” and move on. The pain passes, but leaves a stronger body behind. This training leaves us stronger and better equipped for the future.



Joel Himsl
Garrison Manager



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Garrison Manager

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**THE
ROCK**

The ROCK is an unofficial publication for members of the Rock Island Arsenal community. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of The ROCK is the responsibility of the Public Affairs Office, U.S. Army Garrison – Rock Island Arsenal. Contributions to The ROCK are welcome. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMWE-RIA-PA, Rock Island, Ill. 61299-5000. E-mail address: ria-pa@ria.army.mil Phone: (309) 782-1121. The ROCK is available online at www.ria.army.mil.

On the Cover: *Retired Moline Firefighter and Army veteran Tim Greene, places the Moline Fire Fighters Local 581 flag on the Firefighters Memorial Monument at Rock Island National Cemetery on September 10. The monument stands in honor of the 343 firefighters who lost their lives in the 9-1-1 terrorist attacks in New York seven years ago. Photo by Valerie Buckingham*



**SUGGESTION
PROGRAM**

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

SHOULDER TO SHOULDER

NO SOLDIER STANDS ALONE



BY ERIC CRAMER
Garrison Public Affairs

The Army has lost more than 580 Soldiers, nearly a battalion's worth of losses, to suicide according to information from the Army Suicide prevention program. September is Suicide Prevention Month for the U.S. Army. This year's theme is "Shoulder to Shoulder, No Soldier Stands Alone."

Dr. John Stecker is a major in the U.S. Army Reserve 785th Combat Stress Control unit from Minnesota, and also practices with the Vera French Mental Health Center in Davenport, Iowa. Stecker said supervisors and co-workers should keep an eye open for signs of depression.

"Some of it is obvious. A change in attitude or work habits, or someone acting withdrawn," he said. "Some is less obvious, like someone giving away things they've always cared about or putting their financial affairs in order. Obviously, talking about suicide is a key, or expressing failure. It helps to listen to people."

Stecker said the most common triggers for suicide among those in the military are losses.

"The biggest things we see are people reacting to losses; relationships changing, a job loss," he said. "That's the biggest risk factor. Another is isolation – if they don't feel like part of the unit or that their part of the group they work with."

Stecker said one problem for people in the military environment is that they won't seek professional care.

"They are afraid that seeking mental health treatment will damage their career, -- that their career is over -- and that's not true. I've treated people who have gone on to receive promotions. There was a time when they might have been right, but there's been a great improvement in the culture," Stecker said.

Stecker said there are "do's" and "don'ts" when it comes to dealing with someone who may be suicidal.

"Seek help," he said. "On post, get them to a suicide treatment facility. We recommend getting them to what we call level 4 gatekeepers: Those are people such as chaplains, medical personnel and health care professionals. They need to do a risk assessment to determine if the person is actively suicidal."

Don'ts?

"Don't leave them alone," Stecker said. "Don't minimize their problems by saying that it isn't that big a deal. But also, don't over-react. Don't give overly simple advice. Don't make their problem a source of gossips. Definitely, don't delay a referral if they're actively suicidal."

For those who may feel suicidal and need to seek help, the government has established a suicide prevention hotline at the Substance Abuse and Mental Health Services Administration. Information from the SAMHSA web site: www.suicidepreventionlifeline.org indicates that the hotline has received 22,000 calls from former service members, and 30,000 from former family members in its first year. The hotline number is 1-800-273-8255.

National Suicide Prevention Lifeline

1-800-273-TALK

www.suicidepreventionlifeline.org

Combined Federal Campaign

Bucket Drive yields donations for flood victims

By

REBECCA MONTGOMERY
TACOM LCMC RI Public Affairs

The Illowa Bi-State Combined Federal Campaign held a special one-day bucket collection on Rock Island Arsenal on August 27 for the American Red Cross National Disaster Relief Fund.

Rock Island Arsenal employees donated more than \$3,500 to the fund which will go to the local American Red Cross to support victims who suffered damage due last June's record flooding. CFC volunteers collected cash and check donations at the gates in the morning and in the cafeterias

at lunch.

"Arsenal workers responded to help replenish the American Red Cross National Disaster Relief Fund which has helped the Quad Cities and neighboring communities recover from this summer's flooding. We at the Arsenal recognize the support the fund has provided to our community," said Debra Gudlewski, 2008 CFC campaign chair.

The Illowa-Bi State CFC annual fund drive will be held Oct. 1 through Nov. 12. The Combined Federal Campaign is the annual fund-raising drive conducted by federal, postal and military employees in their workplaces each fall. Each year these employees raise millions of dollars through

the CFC that benefit thousands of non-profit charities. It is the only authorized fund raising campaign for charities permitted in federal and postal workplaces.

CFCs are organized geographically, and the Illowa Bi-State CFC covers all federal, postal and military employees in the 24-county area, including the adoption of 12 additional counties in Rockford and Dubuque. The Illowa Bi-State CFC is managed by a Local Federal Campaign Committee (LFCC) comprised of campaign chairpersons from the major federal organizations in the campaign, union representatives, and a military representative.

More information on the local Illowa Bi-state Combined Federal Campaign is available on the Web at www.illowacfc.org. The U.S. Office of Personnel Management has national information at www.opm.gov/cfc.



Valerie Buckingham

Devin Martin, left, and William Runge, right, both sixth graders at All Saints Catholic School in Davenport, Iowa raise the American flag at their school on August 29. The flag was flown over Balad Air Base, Iraq. Air National Guard Staff Sgt. Nichols Sirna, 132nd Fighter Wing, Des Moines, Iowa brought the flag back from his sixth rotation in Iraq to present to the school. His son, Franz, is a first-grader at All Saints Catholic School.

Purchase card use legitimate at Island supply store

By
ERIC CRAMER
Garrison Public Affairs

Mark Twain has been quoted as saying, "Start any rumor and if the public can go with its curiosity unsatisfied for three days something else will spring up which will make the public forget all about the first one."

This is not true about one persistent rumor about the Arc Business Supply Store at Rock Island Arsenal, the former Self Service Supply Center, according to Suzanne Yackley, chief, installation contracting office at the Arsenal.

"The rumor is that government credit cards can't be used to make purchases at the Arc store because The Arc is not certified to sell the Javits-Wagner-O'Day act merchandise. That isn't true. The products at the store can be purchased and the JWOD products are properly annotated."

She said Deputy Assistant Secretary Army for Policy and Procurement, the Army's liaison to the AbilityOne program

has confirmed that Arc's operation at the Arsenal is within Army regulation.

Yackley said JWOD is still the name of the enabling legislation, but the program operated under that legislation is now known as "AbilityOne."

"All AbilityOne/JWOD products at the Arc Store are labeled, and so are the GSA products," Yackley said. The Arc does carry JWOD products in every type of category that is available from JWOD. The Arc is operating as a tenant under the Arsenal Support Program Initiative. That change took place in 2007 as part of a number of cost-saving measures at Rock Island Arsenal as the installation moved from Army Materiel Command to Installation Management Command.

Now Arc, formerly known as Association of Retarded Citizens, which employs people with developmental disabilities, operates the store and pays rent to the Arsenal under the ASPI program.

Yackley said some purchasers are confused because they will see retail labels, including Office Max and Staples on some items at

the store.

"Office Max and Staples are both authorized AbilityOne distributors as well as some others," she said. "Arc is buying these products from authorized AbilityOne sources."

The Arc recently updated their web site and now has all of the JWOD products distinctly marked and one is able to filter just the JWOD products while searching for their needs. She said Arc receives regular inspections by National Industry for the Severely Handicapped to ensure compliance with the JWOD/AbilityOne requirements."

"A person can use their government purchase card at the store to purchase AbilityOne items, and Army regulations allow you to make purchases outside AbilityOne if there is no comparable product. For example, AbilityOne doesn't offer an ergonomic ink pen, so it is OK to buy ergonomic ink pens from a non-AbilityOne source if you need that kind of pen," she said.

Education benefits offered to Post-9/11 veterans

The Post-9/11 GI Bill is a new benefit providing educational assistance to individuals who have served on active duty on or after September 11, 2001.

When is The Post-9/11 GI Bill effective?

The Post-9/11 GI Bill benefits are payable on August 1, 2009 towards training completed after July 31, 2009.

Am I eligible?

An individual must have a minimum of 90 days active duty after September 10, 2001 and

- Be honorably discharged from Armed Forces; or
- Be released from Armed Forces with service characterized as honorable and placed on the retired list, temporary disability retired list, or transferred to the Fleet Reserve or Fleet Marine Corps Reserve; or
- Be released from the Armed Forces with service characterized as honorable for further service in a reserve component; or
- Be discharged or released from Armed Forces for: EPTS (Existed Prior to Service), HDSP (Hardship), CIWD (Condition Interfered with Duty) or
- Continue to be on active duty.

How many months of assistance can I receive?

Generally the number of months of entitlement you can receive

is 36 months. A person could earn 36 months of entitlement after serving the minimum 90 days.

What does The Post 9/11 GI Bill cover?

Approved training under The Post-9/11 GI Bill includes graduate and undergraduate degrees, vocational/ technical training, and foreign training. All training programs must be offered by an institution of higher learning and approved for purposes of the Montgomery GI Bill (chapter 30). Additionally, tutorial assistance, and licensing and certification test reimbursement are approved under the Post-9/11 GI Bill.

If you are eligible for chapter 30, Montgomery GI Bill-Selected Reserve (chapter 1606) or the Reserve Educational Assistance Program (chapter 1607), you may be eligible to pursue training for on-the-job training, apprenticeships, correspondence, flight and preparatory courses under Post-9/11 GI Bill.

Can I transfer my entitlement to my dependents?

You must be approved by the Department of Defense (DOD) for eligibility to transfer entitlement to your spouse and dependent children.

Visit www.gibill.va.gov for up to date information on this and other education benefits or call the Rock Island Arsenal Education Assistance Office at (309) 782-2065.

Event brings military families excitement

The weather forecast was ominous. Fifty percent chance of thunderstorms is what all the weather people were saying. The skies were overcast, the temperatures warm, and humidity high all morning.

More than 140 military family members and event organizers chose to ignore the weather forecast and attend the Rock Island Arsenal Military Family Fun Night at Longview Park, Rock Island, on Saturday, August 23 and were welcomed with a blue sky and a light warm breeze.

Military Family Fun Night was organized by Army Community Service and sponsored by the Rock Island Arsenal Chapter of the Association of the United States Army. The AUSA donated a picnic meal and soft drinks for all of the attendees.

The best way to get military families to clear out of a park pavilion is to announce that the swimming pool is open. In a matter of minutes, the military families picked up

their belongings and headed down the hill to enjoy the facilities at Whitewater Junction, Rock Island's local water park. The AUSA sponsored the rental of the water park for the military families to enjoy for two hours. The younger family members enjoyed the wading pools with tot slides, water jets, and showering water, while the older ones took advantage of no waiting lines for the slippery twists and turns of the long body slide and tube slide.

This event is just one of the many events hosted by Army Community Service to thank the Service Members and their families for sacrificing so much as a family so the rest of us can enjoy our freedoms.

"You all are bringing a lot of joy to these families", said Lloyd Duncan, Hampton Ill., as he watched his daughter and grandchildren playing in the water. Duncan's son-in-law, Spec. Francisco Cruz, is stationed at Camp Carroll, South Korea.

Family Action Program is mandated by the Department of Defense to strengthen family closeness and functioning, and increase the competency and self-sufficiency of military families.

The Exceptional Family Member Program is a DoD mandated mandatory enrollment program for family members of active duty Soldiers with any medical or educational disability that requires special medical treatment, educational services, or counseling.

Military families with special needs are encouraged to contact Jan Saito at (309) 782-4736 to learn about participating in future activities, upcoming support group meetings, and special programs and services they may be eligible for within our community.

(Article submitted by the Exceptional Family Member Program.)

Myths about terrorism

Seven years after 9/11, all too many Americans still have only a vague idea of what does -- and doesn't -- motivate terrorists. Here are five key urban legends:

1. *Terrorism is a random act carried out by irrational people who hate our way of life.*

Wrong. If only it were that simple. In fact, terrorists are typically motivated by geopolitical grievances, not blind hatred. The agendas of individual terrorist groups vary, but their tactical goal is always more or less the same: to sow fear and confusion by deliberately targeting civilians in order to intimidate a country into changing its policies and ways.

2. *Terrorists are no different than ordinary criminals.*

Wrong. Criminals tend to be poor and uneducated. But terrorists tend to come from families with above-average means and are often well-educated.

3. *Terrorists are likely to cross into the United States from Mexico.*

Wrong. Terrorists have rarely crossed into the United States from Mexico.

4. *Terrorism is mainly perpetrated by Muslims.*

Wrong. No religion has a monopoly on terrorism.

5. *Terrorism never succeeds.*

Wrong. If terrorism didn't work, it would be far more rare than it now is. Sometimes terrorists do achieve their goals, which is why others continue to try the tactic.

Source: Emergency Services

SHOULDER TO SHOULDER

NO SOLDIER STANDS ALONE



**NATIONAL
SUICIDE
PREVENTION
LIFELINE**

1-800-273-TALK

www.suicidepreventionlifeline.org



For more information or assistance, help is
Available by calling the USAG-RIA
Employee Assistance Program at 2-HELP