



Sept. 23, 2013

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: <https://home.ria.army.mil/sites/ii/ii.cfm>



Ask the Garrison Commander

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POW/MIA Ceremony at Rock Island Arsenal Honors Those Not Who Are Not Forgotten: Service members and civilians observed the National Prisoner of War/Missing in Action Recognition Day on Friday, at Rock Island Arsenal, Ill. The weather was cool and overcast on the day where a solemn observation was taking place by Americans worldwide. Col. Elmer Speights, Jr., RIA Garrison commander, gave a speech honoring those who have not yet

come home. This was the first POW/MIA observance conducted by a RIA Garrison commander. "Thank you for being here for our national observance, for those Prisoners of War and those who never came home and remain missing in action," said Speights. "This ceremony is our way of again welcoming home our POWs and assuring them that they were indeed not forgotten." The guest of honor for the ceremony was Pfc. Lyle Herman

Sheldon, POW during World War II. He was among the more than 1,300 members of the 34th Division, who were captured by elements of Rommel's Afrika Corps during the Battle of Fiad Pass, in February 1942. He survived multiple prison camps, being transported in overcrowded railroad



"HOME OF US ARMY LOGISTICS"



boxcars with little food and water and forced marches of more than 300 miles. ([More](#))

Army Civilian Lands Two Service Awards for Making a Difference:

"A recruiter came to my school, Bob Henderson, from the Industrial Base section. He was on campus and I interviewed for the job. I started May 1980 with the Cooperative Program. I'm in my 34th year. "And I guess the rest is history. That's how I started my government career." ([More](#))



RIA Conducts Ceremony Honoring 7 Retirees:

The Arsenal Island community said goodbye to seven of its members in a ceremony here in Heritage Hall Sept. 19. Maj. Gen. John Wharton, commanding general, U.S. Army Sustainment Command and senior commander of Rock Island Arsenal, bestowed two



Department of the Army civilians and five Soldiers with awards, certificates, flags and pins recognizing their accomplishments during their careers at the quarterly RIA Community Retirement & Retreat ceremony. ([More](#))

Tax Court Allows Medical Deduction for Home Health Care by Non-Professionals:

While generally I let the Tax Assistance Center handle tax related issues, I had a client with a legal question dealing with the deductibility of medical expenses for home health care by non-professionals under the Internal Revenue Code. These expenses were not compensated for by insurance and the services constituted qualified as long-term care services as defined in section of 7702B(c) of the Tax Code. ([More](#))



Memo Prepares DOD Employees for Government Shutdown:

Although Defense Department officials believe a government shutdown can be avoided when the new fiscal year begins Oct. 1, they want



Upcoming Dates

- Sept. 28:** Indian Pow-Wow Event, Memorial Field 1-6:30 p.m.
- Sept. 28:** Ghost Tales at Davenport House, 7 p.m.
- Oct. 1:** RIA Health Clinic Flu Vaccines Begin for Eligible Individuals, Bldg. 110, Basement
- Oct. 2:** Illowa CFC Kick Off, Bldg. 60, Heritage Hall
- Oct. 3:** Honor Flights of the Quad Cities
- Oct. 4:** Tailgate Scramble, Arsenal Island Golf Course, 10 a.m. 
- Oct. 5:** USO Discovery Kids, John Deere Pavilion
- Oct. 7-8:** Army Family Team Building Training, Army Community Service, Bldg. 110, 1st floor, SE, 9 a.m. - 2:30 p.m.
- Oct. 8:** Domestic Violence Awareness Month Proclamation Ceremony, Bldg. 60, Heritage Hall, 11:30 a.m.
- Oct. 8-10:** DA Photo Studio Availability
- Oct. 10:** Hispanic Heritage Month Observance Event, Bldg. 60, Heritage Hall, 11 a.m.
- Oct. 9:** Senior NCO Tenant Mtg., Golf Clubhouse, 11:30 a.m.
- Oct. 10:** Corps of Engineers' CFC Chili Cook-off, Clock Tower Building
- Oct. 12:** Operation: Family Timeout, Bettendorf YMCA
- Oct. 14:** Columbus Day (*Federal Holiday*)
- Oct. 15:** RIA Health Clinic Flu Vaccines Begin for Active Duty Dependents, Bldg. 110, Basement
- Oct. 16:** Disability Awareness Month Fair, Heritage Hall, Bldg. 60, 10:30 a.m. - 1 p.m.
- Oct. 17:** JMTC Pumpkin Carving Contest, Bldg. 299
- Oct. 19:** NOSC Navy Ball, Golden Leaf Banquet Center, Davenport, 6 p.m.
- Oct. 24:** SOHAC, Bldg. 90, Rm 25, 10 a.m.
- Oct. 26:** Rock Island Arsenal Retiree Appreciation Day, Bldg. 60, Heritage Hall, 7 a.m. - 1 p.m.
- Oct. 26:** Lagomarcino's Cocoa Beano 5k on Island



DOD employees to be prepared for the possibility, Deputy Defense Secretary Ash Carter said in a memo issued to the workforce today. The fiscal year ends Sept. 30, and Congress has not passed a budget. ([More](#))

Agencies Notifying Employees of Shutdown Effects: With a partial government shutdown five days away, at least some agencies are telling employees Thursday how they would be affected, according to officials and other sources. At the Defense Department, the government's largest civilian employer, supervisors are informally letting workers know whether they will be furloughed during a shutdown, spokesman Navy Cmdr. Bill Urban said. DoD Comptroller Robert Hale is set to discuss a shutdown's potential impact at a news briefing Friday afternoon, he said. ([More](#))



Federal Pensions Could Be At Risk -- Again: A provision that would require federal employees to contribute more to their pensions could end up as part of a House Republican plan to raise the debt

ceiling, according to several news reports. The House GOP leadership is expected to unveil a bill on Thursday that would increase the current \$16.7 trillion debt limit through 2014 in exchange for delaying the health care reform law for one year and implementing several other deficit reduction and economic growth proposals Republicans favor. Lawmakers reportedly are considering changing the federal retirement system by requiring employees to contribute more to their pensions to help pay for the debt ceiling increase. ([More](#))

After Past Shutdowns, Congress Gave Federal Workers Back Pay. This Time? Don't Count On It: A government shutdown next week would jeopardize the paychecks of more than 800,000 federal workers who could be told to stay home. More than 2 million other employees who are deemed essential by the government — including the active military — would be entitled to their salaries but might not get paid on time. While there is no law requiring that nonessential employees be compensated if they are ordered off the



job, Congress has in the past voted to reimburse their losses once shutdowns ended. ([More](#))

Odierno Answers Questions At His First Virtual Town Hall: Chief of Staff of the Army Gen. Ray Odierno held his first virtual town hall, where he fielded questions on a range of topics, including the budget, mental health counseling, and readiness. As Congress warns of a possible closure of the federal government, Odierno told the forum, Sept. 24, that a complete government shutdown could delay payments to Soldiers and Army civilians. ([More](#))



Federal Health Premiums to Rise 3.7 Percent in 2014: Federal employees, on average, will see a 3.7 percent increase in their premiums under the Federal Employee Health Benefits Program (FEHBP) in fiscal 2014. The Office of Personnel Management announced today the average increase for non-Postal Service employees is slightly more than this year, which was 3.4



percent. On the good news side, OPM said dental and vision program premiums will increase by less than 1 percent, and vision alone will decrease by 1.3 percent. OPM said it has kept premium increases relatively low in recent years. ([More](#))

Report: Pentagon Could Cut

Thousands of Employees: The Defense Department could shed 60,000 more troops than planned and 50,000 civilian employees without hurting U.S. fighting power, four former members of the Pentagon's Joint Chiefs of Staff said in a new report on military strategy and spending. Nearly \$50 billion in budget cuts are recommended in the report released Tuesday and authored by a 17-member panel including two former vice chairmen of the joint chiefs, a former Air Force chief and former Navy chief. Writing for the Stimson Center think tank, the authors suggested cuts they said would replace future rounds of automatic, across-the-board cuts in the Pentagon's budget called for in a deficit reduction deal two years ago. ([More](#))



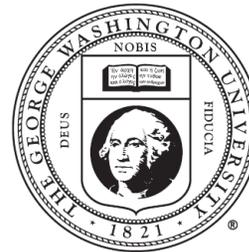
'Nonessential' Label Is Upsetting to Federal Workers: What's in a word?

Plenty, if you're a federal employee and the word is "nonessential." That's the term commonly, although not officially, used for employees who would be furloughed in a partial government shutdown, such as the one currently threatened by the deadlock over funding for the fiscal year that begins Oct. 1. ([More](#))



Survey: Fewer Americans Trust Feds:

A new survey finds that while trust in federal workers is declining, many still believe that working in federal government is an ideal career, Government Executive reports. The survey, conducted by researchers from The George Washington University, polled 800 registered voters by phone and found that 35 percent had "little or no confidence" in federal workers, up from 23 percent in 2011; 19 percent said they have "a lot of confidence" in federal



workers; 41 percent indicated "some confidence"; and 5 percent were undecided, the article notes. ([More](#))

Army Corps of Engineers waives fees on National Public Lands Day, Sept. 28:

The U.S. Army Corps of Engineers (USACE) announced today that it will waive day use fees at its more than 2,400 USACE-operated recreation areas nationwide in recognition of National Public Lands Day on Sept. 28. On this day, fees normally charged at boat launch ramps and swimming beaches will be waived. The waiver does not apply to camping and camping-related services, or fees for specialized facilities such as group picnic shelters. Other agencies and partners that manage recreation areas located on USACE lands are encouraged, but not required, to comply with this waiver of day use fees in the areas they manage.



US Army Corps of Engineers[®]
Rock Island District

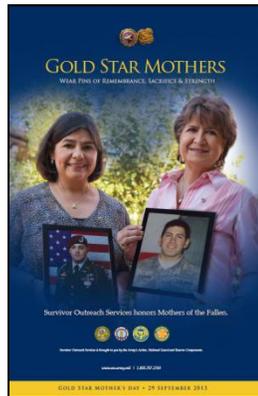
2013 FEHB Open Season

Information, Material: The 2013 Federal Benefits Open Season is just around the corner. While specific premium and plan information is not yet available, OPM has issued several



Benefits Administration Letters in anticipation of the 2013 Federal Benefits Open Season. BALs [can be found here at this link](#). CHRA supports OPM's Going Green initiative and encourages employees to use the electronic health plan brochures available [on the health plan's website or on OPM's website](#).

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



revolution. The Army cherishes the mothers of its Soldiers as bedrocks of support and comfort, and honors the mothers of its fallen as resilient legacies of their children's service. The United States began observing Gold Star Mothers Day on the last Sunday of September in 1936. This year, the Army joins the nation on **Sept. 29** in recognizing the sacrifice and strength of its Gold Star Mothers. ([More](#))

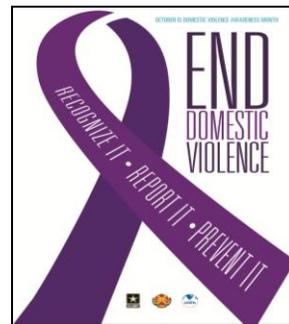
2013 Illowa Bi-State Combined Federal Campaign Kickoff:

The 2013 Illowa Bi-State Combined Federal Campaign Kickoff will take place Wednesday, **Oct. 2**, 11 a.m. - 12:30 p.m., on Rock Island Arsenal, Bldg. 60, in Heritage Hall. "Serving Our Cake, Supporting Our Community" is the theme specifically for the kickoff. Visit with local charities and vote for your favorite cake. Win a cake. Support the 2013 Combined Federal Campaign. One entry per command. Entrants in the cake competition will receive prizes. All votes will be entered into a drawing to win a cake to be delivered to your office. For official rules and entry forms visit www.facebook.com/illowacf



Domestic Violence Awareness Month Proclamation

Ceremony: The Rock Island Arsenal Army Community Service Victim Advocacy Program presents a Domestic Violence



Awareness Month Proclamation Ceremony on **Oct. 8**, in Bldg. 60, at Heritage Hall, 11:30 a.m. – Noon. Join leaders from the community in taking a stand by signing a pledge to end domestic violence. Refreshments will be served after the ceremony. To report Domestic Violence and obtain information on reporting options, please contact ACS Victim Advocacy Program at (309) 782-3773; and/or the 24/7 Victim Advocacy Hotline at (309) 912-6089.

CFC 17th Annual Chili Cook-Off:

The U.S. Army Corps of Engineers, Rock Island District's 17th Annual CFC Chili Cook-off will be held Thursday, **Oct. 10**, at 11:30 a.m., on the Clock Tower Lawn. The Corps is currently looking for entries from the Arsenal workforce. To enter the Chili Cook-off contact (309) 794-5300 or [email](#). The Cook-off will feature local celebrity judges who will select first, second, and third place winners. The Arsenal workforce is invited to attend and \$5 will get you all you care to sample and a beverage. In addition,



there will also be a cookie sale and a 50/50 contest. 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. ([More](#))

Workplace Violence: In the wake of the shooting incident at the Washington Navy Yard, the Defense Civilian Personnel



Advisory Services, Labor and Employee Relations Division (DCPAS-LERD) would like to remind the DoD community of the availability of Workplace Violence Web Based Training for [Supervisors](#) & [Employees](#). The web-based courses are free and can be accessed at those DCPAS-LERD hyperlinks. The Workplace Violence Web Based Training provides information that enables employees and supervisors to recognize the warning signs of workplace violence and the skills needed to take preventive actions. The supervisory course covers such topics Identifying Potentially Violent Situations, Counseling Intervention, Tools for Preventing Workplace Violence, and Responding to Violent Incidents Resolution. We hope that these courses will make a measurable

difference in enhancing awareness of warning signs of workplace violence and the skills needed to take preventive measures.

2013 Flu Vaccines at RIA Health

Clinic: The 2013-2014 Flu immunization season is here! The Rock Island Arsenal Health Clinic has received enough immunizations for all registered members in the clinic. Additional immunizations are available and will be given on a first come first served basis for those entitled. We will begin giving immunizations on **Oct. 1** in a predetermined order. Health care workers in the clinic and emergency personnel will receive their immunizations the week of **Sept. 23**. Active duty service members will receive their immunizations next, and will be given an assigned date and time, as scheduled by their command. Dependents will begin receiving their flu vaccines on **Oct. 15** three days per week: Tues., Wed., Thur. from 1-3 p.m. No appointment is necessary, first come, first served. If you have a scheduled appointment on or after **Oct. 1**, your flu



vaccine will be given at that time, you do not need to come back unless you are ill and running fever.

2013 NOSC Rock Island Navy Ball:

Navy Operational Support Center Rock Island will have its Navy Ball on **Oct. 19** 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 [Chief Petty Officer Charlotte Miller](#) at (309) 782-5345. We are asking that people interested in attending RSVP by COB **Oct 9**. [Oct. 13 marks the 238th Birthday of the United States Navy.](#)



VIOS Schedule for October: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Oct. 8, 9, and 10**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site at www.vios.army.mil for the available times: 7 a.m. - 3:40 p.m.



Click on "Frequently Asked Questions" on the VIOS site 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 DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Rock Island Arsenal Retiree

Appreciation Day: Mark your calendars and get ready to RSVP for the "social event of the year" - Retiree Appreciation Day. This year's event will be Saturday, **Oct. 26**, in Bldg. 60, in Heritage Hall, 7

a.m. – 1 p.m. Additional information is available by calling (563) 322-4823 or (563) 445-0191.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Club (First Floor, Bldg. 60), on

Thursday, Oct. 11, 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 Oct. 25**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Oct. 4**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Blood donations are needed this summer to assure a safe and stable blood supply in our community. To accommodate the impending



furlough schedules, we have amended the Rock Island Arsenal blood drive schedule for the months of July, August and September. We hope that these dates can be worked into your schedule, and that you'll be able to help with a blood donation(s) this summer."

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](#).

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –*

Double Tap

Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (A). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we



offer a 25 percent discount off your meal, any day any time (📍).

Pepperjack's Restaurant & Lounge in Davenport:

Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) (📍).

New Life

Chiropractic Clinic: Arsenal Island employees, we're offering you a 20 percent discount on our services (📍).

Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (📍).

Big Mouthz BBQ: We're offering all public employees (city, county, state, and federal) \$1 off their order every Monday (📍).

This information is included for general workforce interest and does not constitute endorsement of the businesses or products.

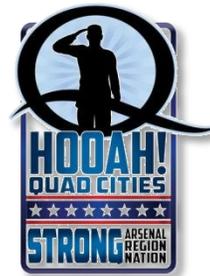
Ghost Tales at the Colonel Davenport House on Sept. 28:

Kick off the Halloween season as the Colonel Davenport Historical Foundation presents "Ghost Tales" with spooky stories told by local storytellers on the grounds of the Colonel Davenport House on Arsenal Island at 7 p.m. on

Saturday, **Sept. 28**. Admission for this family-friendly event is \$3 for adults; \$2 students; and families \$10. Enjoy the refreshments for sale. Don't forget to bring a lawn chair or blanket. (Rain location: nearby picnic pavilion just east of the house.) Come before the main event to get a complimentary guided tour of the Colonel Davenport House beginning at 5:30 p.m. Attendees age 16 and older must show U.S. photo I.D. since the Island is a working military facility. For more information, visit www.davenporthouse.org.

Hiring Initiative Continues for

Arsenal Workers: Six thousand Department of Defense civilians who work at Rock Island Arsenal dealt with pay cuts, thanks to unpaid furlough days. Now, the furlough days are over and have been completed for this fiscal year. But, while that's a little better, many Arsenal workers continue to live in an unstable reality of Sequestration, debt ceiling ramifications, and government shutdown talks. So, the Quad Cities Chamber of Commerce has launched a new initiative, called "Support Those Who Support Our Troops" to create additional



channels of employment for the talent and training gained through the tax payers' investment, which benefits Quad Cities communities and the resumes of Arsenal Island employees. "We've reached out to local staffing agencies and to our business community to see what sort of temporary, part-time needs they may have that can be filled," Jillian McClearly, communications director for the Quad Cities Chamber of Commerce, explained. ([More](#)) ([RIA Workforce Reminder: Secondary Jobs Must Be Announced and Ok'd by Supervisors, Furlough or No Furlough](#))

Arsenal Attic Thrift Shop & Boutique:

Visit the Attic every Tuesday and Thursday, 9 a.m. – 3 p.m. Thanks to everyone who shops with us. The Attic will be open Saturday, **Oct. 19**, as well as Saturday, **Oct. 26**, retirees and their families. POC: (309) 782-6977.



Safe Driving Course for Teens: The Street Survival™ teen safe-driving program will be offered at [Bettendorf High School](#), Sunday, **Oct. 6**, for drivers ages 15-21. 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 gcssregistrar@gmail.com. Time: 7:30 a.m. - 4:30 p.m.

WID Halloween Murder Mystery at the Moline Club: WID will be hosting a Murder Mystery fundraiser on Friday, Oct. 18, at 6 p.m. Price is \$40 for non-members, \$35 for members and \$45 for walk-ins. There will be door prizes and cash prizes for best costumes. ([Flyer](#))

Arsenal Traffic/Construction

There are no Arsenal Traffic / Construction Announcements this week.

Building/Space Closures

Visitor Center Closure: Effective Sept. 15, the Visitor Control Center at the Moline Gate permanently closed due to the elimination of Security Assistant authorizations within the Directorate of Emergency Services. The ID card section of the building is still operational. As a result, the services listed below will no longer be provided or resourced by the Garrison: • Foreign

National Processing for Official visits will be conducted IAW AR 380-10 guidelines by the Command/Tenant responsible for the visit. • Building / Facility Visitor Passes will no longer be issued by the Garrison for visits to your facilities. Commanders and managers may institute a visitor pass for their facility if so desired, or, escort visitors within their facility. • Camera passes will no longer be issued by the Garrison. Commanders and directors of facilities may post sensitive areas as no photography areas and either escort or provide local camera passes to take pictures in these areas under their control. All other access control requirements will be conducted at the gate effective Sept. 15. The POC for this action is the DES Physical Security Division Chief, Glen Steltenpohl, at (309) 782-2715.

Repairs to Handicap Ramp on Bldg. 62: Effective July 25, the Directorate of Public Works will begin a project to replace the deteriorated exterior handicap ramp on the southeast corner of Bldg. 62. The repair will include the replacement of the steps, ramp, adjoining sidewalk and handrails. The entrance doors will be blocked during construction. Signage and safety barriers will be positioned at appropriate

locations. The work is scheduled (attached) to be complete by Oct. 31.

Active Duty/Reserve Zone

Soldiers Told New Rules Governing Tattoos, Grooming Standards On the Way: In the works for more than a year, strict new rules governing things like tattoos and grooming for soldiers have been approved by the Secretary of the Army and are only awaiting a final signature, Sgt. Maj. of the Army Raymond Chandler said Saturday. Speaking to troops at bases in eastern Afghanistan, Chandler said Secretary John McHugh has approved but not yet officially put his name to the changes to Army Regulation 670-1. "We're just waiting for the secretary to sign," Chandler said during a town hall meeting with soldiers from the 4th Combat Brigade Team, 10th Mountain Division, at Forward Operating Base Gamberi. He made similar remarks to troops at FOB Fenty in Jalalabad. ([More](#))

Army Combat Uniform Without Permethrin: The U.S. Army is allowing Soldiers, trying to become pregnant, pregnant, or post-partum and nursing,



the option of temporarily wearing an untreated uniform where the probability of vector-borne disease transmission is remote. In order to protect Soldiers from the risk and annoyance of biting insects, the Army introduced the Army Combat Uniform (ACU) with Permethrin in October 2012. These uniforms are available at Army Military Clothing Sales (AMCS), Clothing Initial Issue Points, Kentucky Logistics Operation Center for Army National Guard (ARNG) and United States Army Reserve enlisted Soldiers' and Reserve Officers' Training Corps. The ACU with permethrin are factory treated with the Environmental Protection Agency approved insect repellent permethrin. The EPA, Centers for Disease Control and Prevention, and the World Health Organization advocate the use of permethrin-treated clothing to protect individuals, even pregnant women and children, who may be exposed to insect-borne diseases. ([More](#))

Attention Military Families: Grant funds from the Rock Island Arsenal Welcome Club are available for five military families, currently in service to our



country and veterans, to bring a dog or cat to the clinic and have their pet companion vaccinated free. Please present a valid ID. For more information, contact the Humane Society of Scott County at (563) 388-6655.

Ready and Resilient Campaign: Military Spouse Employment

Partnership: The Military Spouse Employment Partnership (MSEP) program is a Department of Defense (DoD) recruitment and employment resource for spouses and companies. MSEP connects spouses with employers seeking 21st century workforce skills and attributes. Corporate partners have access to a readily available, diverse, and talented pool of candidates. The partnership helps spouses achieve financial security and satisfies career goals through mobility and expanded employment options. The Army initiated the Employment Partnership in 2003. Because of its success, DOD adopted the program in June 2011 to incorporate the services and the Coast Guard. To date, 195 nationally recognized employers, Fortune 500 companies, military support organizations, and federal and military agencies have pledged to increase employment and career opportunities for military

spouses. Since June 2011, more than 50,000 spouses have been hired. MSEP has posted 1.2 million jobs on its website since its inception, augmenting the Services' spouse employment programs. Army Community Service Employment Readiness managers provide referral to the MSEP partners as a part of their direct job search assistance to military spouses, active-duty military, active Reserve and National Guard, wounded warriors, retirees, and DOD civilians. ([More](#))

Safety Spotlight

Fire Doors: Last year at the Senior Safety Symposium, I was fortunate enough to give a presentation regarding fire doors. Since then, I have received several emails and questions about fire doors, the code requirements, maintenance and testing, etc., so I thought this would be a good time to include this topic in this edition of the CP12 Safety Newsletter. Significant fires in the past have led to major revisions in the model codes and standards related to fire doors, which as fire or safety professionals we need to keep aware of. Fire rated doors are a key and essential part of a building's passive fire-protection design in the built



environment. The principal means of passive fire protection in structures is to completely enclose or “encapsulate” an area/s with fire barriers. Fire barriers include fire doors, walls, ceilings, and floors. Fire barriers play an integral role in managing a fire by interrupting the spread of smoke, other toxic gasses, and the fire itself by confining the fire in the area/room of origin, thus keeping the fire from spreading from one fire zone into another. ([More](#))

Headphone/Earphone Use Prohibited on Arsenal Island:

The Army Safety Program ([AR 385-10, Section 6-5](#)) states: Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental



injury. We ask for your kind cooperation in helping to prevent accidents due to distractions.



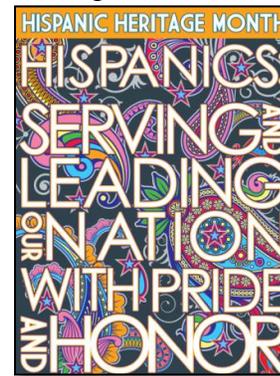
Equal Opportunity Focus



Traditional Pow Wow to Be Held on Arsenal Island: There will be a traditional Pow Wow on Arsenal Island on **Sept. 28**, 1-6:30 p.m., at Memorial Field, honoring women veterans and grandmothers. There will be dances, traders and vendors. Traditional dance categories will include seniors (68+), adults (30-67), and young adults (18+). POC: [Ruth Pushetonequa](#), (641) 260-1524.

Hispanic Heritage Month Observance

Event: The Rock Island Arsenal will be holding a Hispanic Heritage Month observance on Thursday, **Oct. 10**, 11 a.m. – Noon, at Bldg. 60, in Heritage Hall. 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 the [federal Hispanic Heritage Month site](#) for more information on the observance. We look forward to seeing you there. For additional information or accommodations please contact [Sgt. Raymond Gonzalez](#) at (309) 782-3021. Hispanic Heritage Month began on Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on Sept. 16 and Chile on Sept. 18. Each year, the U.S. Army takes time to reflect on and celebrate the tremendous contributions of Hispanic Americans to its force and to the nation. Some of the Army's prominent senior leaders proudly uphold the legacy of exceptional service begun by prior generations. The hard work and dedication of Soldiers like Under Secretary of the Army Joseph Westphal, Lt. Gen. Rhett Hernandez, Medal of Honor recipient Sgt. 1st Class Leroy Petry and, many other such Hispanic American servicemembers, has greatly benefited America and its armed forces. As a tribute, a [tri-signed letter](#), was signed by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army, encouraging units, agencies to plan and



execute appropriate commemorative activities to celebrate National Hispanic Heritage Month. The Army will also pay tribute to Hispanics by telling their stories in command information products at all levels. Army installations throughout the world will also honor its Hispanic American Soldiers through local events. ([StandTo!](#))

Mark Your Calendars -- Disability Awareness Month Fair: The Garrison EEO is hosting a Disability Employment Awareness Month Fair on **Oct. 16**, 10:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The theme for Disability Awareness Month this year is "Because We Are Equal to the Task." For any additional information or special accommodations needed – please contact [Carmen Ausborn](#), disability employment program manager, (309) 782-2927.



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, or Twitter [@golf1897](#), and stay up to date on all

the great MWR offerings here at the Arsenal.

Fitness Center Resumes Fall Hours: On Sunday, **Oct. 6**, the Fitness Center will once again resume Sunday hours of operation from 7 a.m. - 3 p.m. Please check the [MWR website](#) for a full listing of Fitness Center hours or call (309) 782-6787.

October is Fall Car Care Month: October is fall car care month and the Auto Skills Shop is ready to help make sure your ride is ready for safe winter driving. Stop by the shop on Saturday, **Oct. 5**, 9 a.m. - 2 p.m., for a free comprehensive vehicle inspection and enjoy the free refreshments while our techs give your car a good once over. All month long take advantage of \$20 standard oil changes (up to five quarts, excludes diesel and synthetic oils). Want to save even more money on oil changes? Come to the oil change clinic on **Oct. 16**, 5-6:30 p.m., and let the pros teach you how to change the oil in your own vehicle. The clinic is just \$5/participant and the first person to sign up will get a free oil change as we use your vehicle for the demonstration. Call (309) 782-8631 for more info for any of these events and to schedule your \$20 oil change appointment. ([October](#)

[Auto Shop Class](#)) ([October Oil Change Special](#)) ([Winter Inspection](#))

Fitness Center Seeking Additional Group Fitness Instructors: The Fitness Center is looking to supplement our staff of trained group fitness instructors. We are looking for high energy, reliable instructors to teach upcoming sessions of Zumba, Spinning, core basic (total body conditioning), and boot camp classes. Applicants must be certified and insured. Not certified but still want to teach? Give us a call, our veteran group fitness coordinator can get you started on the process. Call (309) 782-6787 for more info and to apply.

Trivia Night: Get up to 7 of your smartest friends together on Thursday, **Oct. 3**, at 6 p.m., and come wage a battle of wits against other trivia enthusiasts. Cost is just \$5/player or \$30 for a table of 8 (maximum of 8/team). There will be prizes for winning teams & door prizes including best buy gift cards, MWR gift certificates and much more. Call (309) 782-6319 for more info and to sign up. ([Flyer](#))

Tailgate Scramble Golf Tournament: Get your favorite sports team gear (hats, jerseys, flags, etc...) and get your foursome signed up to play in this fun,



four person best ball scramble taking place on Friday, **Oct. 4**, at 10 a.m. After the tournament come back to the clubhouse for a lunch buffet of your favorite tailgate foods like brats, chili, chips, & more. Cost is \$55/player and \$45/annual pass holder and includes golf, cart, lunch & prizes. Call (309) 793-1604 to sign up. ([Flyer](#))

Arsenal Club Bar (Bldg. 60) Change in Hours of Operation: The Arsenal Club Bar will no longer be open on Fridays, but will be open on Wednesday and Thursday evenings from 3-7 pm. Gather up your friends and coworkers and enjoy some après work food and drink. ([Menu available here](#))

MWR RV Lot Key Access: Authorized and paid up patrons of the MWR RV Storage Lots may now also sign out the access key out at the MWR RIA Golf Pro Shop seven days a week. The keys will still be available at Outdoor Recreation and at the Fitness Center. Call (309) 782-8630 for more info.

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is

closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Outdoor Recreation Entrance:

Outdoor Recreation is now using the South Entrance (Rodman Ave) for patrons. For more information please call (309) 782-8630.

Disney Junior Live: Producers of Disney On Ice and Disney Live!, is taking top performing cable TV series for preschoolers to the stage in Disney Junior Live On Tour! – Pirate and Princess Adventure. Featuring characters from the smash hits Sofia the First and Jake and the Never Land Pirates. \$20 lower and \$14 upper bowl. Date: **Friday, Oct. 18**
Time: **6:30 p.m.**

Circa 21: Things My Mother Taught Me:

Olivia and Gabe are moving into their first apartment together, halfway across the country from their parents, so imagine their surprise when both sets of parents show up to "help" them. The parents' words of wisdom come back to haunt them when the talk turns to life's big decisions. Seats available until **Oct. 5**.

Date: **Saturday, Oct. 19**
Time: **5:45 p.m.**

Adler Theatre Presents: Mamma Mia:

A mother. A daughter. 3 possible dads. And a trip down the aisle you'll never forget. More than 45 million people all around the world have fallen in love with the characters, the story and the music that make Mamma Mia. Reduced tickets on sale until **Nov. 15**. \$65 each
Date: **Tuesday, Dec. 17**

Adler Theatre: Green Day's

American Idiot: Direct from Broadway, the smash-hit musical American Idiot tells the story of three lifelong friends, forced to choose between their dreams and the safety of suburbia. Their quest for true meaning in a post-9/11 world leads them on the most exhilarating theatrical journey. On sale until **Dec. 6**. \$58 each.
Date: **Wednesday, Jan. 8**

Six Flags Great America: Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and Raging Bull, the world's first hyper-twister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.



Six Flags Saint Louis: An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Movie Night Gift Cards at Leisure Travel: Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

Child, Youth & School Services

Army Fee Assistance Program: Is your child in daycare? Did you know you can

receive a subsidy to help pay for your daycare costs? If you do not have access to an on-installation child care provider, you may be eligible to participate in the program. The Army Fee Assistance Program is available to employees - regardless of your household income. The program provides subsidy for daycare (to include before and after school care) if your child attends a National Association for the Education of Young Children accredited school. (If your child attends daycare on post, then you won't be able to apply—the money you receive is to subsidize the cost of paying for daycare off post.) To apply for the program, [go to this website](#) and select Military Families, Department of the Army, click on the Apply Now For Fee Assistance, and then select the Not registered yet? Sign up. To get an estimate of how much money you'd receive before you actually apply, call 1 (800) 424-2246. To determine if your daycare is NAEYC accredited, [checkout this link](#). If your daycare is not NAEYC accredited, you may still be eligible to receive the subsidy if there aren't a lot of NAEYC accredited schools in your area therefore you still want to apply. Even if you are just thinking about applying, apply. You will receive the subsidy back to the date of your application. It may take a month or so

until you're actually enrolled in the program so apply ASAP. If you have any questions, please ask an AAA employee that is enrolled - [Tiffanie Vieira](#).

Army Certified Family Child Care Provider: Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

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



Deaf Self-Advocacy Training: The first Deaf Self-Advocacy Training session in the Quad Cities is scheduled for **Oct. 19**. The training session is sponsored by the Quad Cities Chapter of Illinois Association of the Deaf and the Helen Keller National Center. The training session is intended for individuals who are deaf, hard of hearing, or deaf-blind and use sign language to communicate. Training is limited to the first 20 people who pre-register. Registration is required by **Oct. 15**. To register by email, to QCIADChapter@gmail.com, type "DSAT" in the subject line, and send your name, mailing address, phone number, and email address. The full day of training will begin at 8 a.m. (please show up at 7:30 a.m.) and run until 5 p.m. at Black Hawk College, Bldg. 1 on the 2nd floor at the Conference Room in One Stop Center, 6600 34th Avenue, Moline, Ill. Lunch, snacks, and water will be provided. For more information on special needs activities in the Quad Cities, contact the RIA Exceptional Family Member Program at Janice.n.saito.civ@mail.mil or (309) 782-4736.

Sergeants First Class May Seek Army Emergency Relief Directly: One of the recommendations from the AER 2013

World Wide Training Conference plus a survey of Command Sergeants Major was to include Sergeants First Class in an exemption from having the Commander or First Sergeant endorse an AER request for traditional assistance using AER Form 700 with budget. In a new AER policy effective **Oct. 1**, Senior Noncommissioned Officers in the rank of Sergeant First Class and above are not required to submit an AER traditional application through their Company Commander or First Sergeant. Assistance applications (AER Form 700) for SFC and above may be submitted directly to the installation AER office. Soldiers of all ranks seeking to use the Commanders Referral program for "quick loans" will still need to seek the commander's or 1SG's endorsement on the AER Form 600. The ranks of Active Duty Soldiers who may come directly to the AER Section at Army Community Service using AER Form 700 and budget are: Officers: CPT and above; WO: CW3 and above; and NCOs: SFC and above. Forms may be downloaded at www.riamwr.com/acs/emergency-relief. Points of contact for AER services are [Jon Cook](mailto:Jon.Cook@army.mil) (309) 782-1499 or [Chris Gegenheimer](mailto:Chris.Gegenheimer@army.mil) (309) 782-0815.

Operation: Family Timeout: Four hours of free childcare is available to military families and families of deployed civilian for children ages six weeks to 12 years old. Operation: Family timeout upcoming events will be: **Oct. 12**, at the Bettendorf YMCA, **Nov. 9**, at the Moline Two Rivers YMCA, and **Dec. 14**, at the Davenport YMCA. ([Flyer](#))

Army Family Team Building Training

Schedule: AFTB teaches knowledge of the military, personal growth and resiliency, and leadership skills to military families, family members, civilians and contractors with the military community. The following are AFTB training opportunity dates: • *Level K: Knowledge of the Military*, **Oct. 7-8**, 9 a.m. - 2:30 p.m. • *Level G: Personal Growth*, **Oct. 23-25**, 9 a.m. - 2:30 p.m. • *Level K: Knowledge of the Military*, **Nov. 4-5**, 9 a.m. - 2:30 p.m. • *Level L: Leadership Development*, **Dec. 17-18**, 8:30 a.m. - 2:30 p.m. All classes are held at Army Community Service, Bldg. 110, 1st floor, SE. To register for free classes call ACS at (309) 782-0829. Civilians can register in [TEDs](#).



Employee Assistance Program

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For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Recovery Month: [Recovery Month](#) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month,

now in its 24th year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments. The 2013 Recovery Month observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. Currently, 203 Federal,

State and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program at 782-HELP (4357).

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at 782-2552.

Mental Illness Awareness Week – Oct. 6-12: Mental Illness Awareness Week, sponsored by the National Alliance on Mental Illness takes place **Oct. 6-12** and is an opportunity to learn more about mental health challenges such as depression, anxiety, and bipolar disorder



that affect thousands of individuals and their family members. A mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable and most people diagnosed with a serious mental health challenge can experience relief from their symptoms by actively participating in an individual treatment plan. A first step towards addressing mental health concerns is by scheduling an appointment with a Rock Island Arsenal Employee Assistance Program counselor. Free and confidential counseling provided by master-level counselors is available to Rock Island Arsenal employees, their immediate family members, and military family members. EAP counselors provide short-term counseling, referral assistance, and follow-up services. The Rock Island Arsenal EAP is located in Bldg. 56, 1st floor, East Wing and can be

contacted by calling (309) 782-4357. Counselors are available Monday – Friday, 7:30 a.m. - 5 p.m. NAMI Greater Mississippi Valley is a local voice on mental illness, empowering individuals and their families toward recovery. As an affiliate of NAMI, the local group is part of the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. NAMI provides support, educational programs, advocacy, and funding to those individuals challenged with mental illness as well as to their family members. Contact our local NAMI at (563) 322-8870 or www.namiscottcounty.org for more information. It is important that people understand mental illness. The more people know, the better they can help themselves or help their loved ones get the assistance and support they need. Learn more about mental health conditions and support by contacting the EAP or NAMI. You can also access an anonymous free mental health screening at www.militarymentalhealth.org ... help is available.

Rock Island Arsenal Community Health Promotion Council

Announcement: The RIA Employee Assistance Program Presents: Real

Colors on **Oct. 16**. Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Sign up in [TEDs](#) (search key word "Real Colors") or for more information contact Lori Griffin at (309) 782-2551.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Oct. 15, Nov. 12, Dec. 17, Jan. 28, Feb. 25**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder **Oct. 29, Nov. 26, Dec. 10, Jan. 14, Feb. 11**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve



your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

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: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st Floor, East Wing.



Education/Training Review

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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.

Lunch and Learn at Arsenal Island Upper Iowa University Quad Cities Center:

The MBA program will be arriving at the Upper Iowa University Quad Cities Center on **Jan. 6**. We will be hosting a Lunch and Learn **Sept. 26**, 11:30 a.m. – 2 p.m. We will provide free Subway subs to those that attend. The event will be held in Bldg. 56, Classroom 122. The MBA program can be completed in one year. Attend to hear specifics about courses meeting every Saturday morning, 8 a.m. – 12:30 p.m., for eight weeks, and then switch courses. Finally learn about the many areas of emphasis. You can contact Dr. Daniel Marvin at (563) 359-7111 or Dr. Kris Blanchard at (563) 425-5977. We look forward to seeing you.

Maguire Scholarship Awarded: The 2013 Maguire Scholarship has been awarded to Lane Sunwall of Madison, Wis. The fund was established after Maguire's death in 1985. It is awarded annually to an individual studying for a Master's degree or Doctorate in history or related field. Congratulations, Lane.



Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The 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](#))

Fall Savings Highlight Return to Regular Hours:

As commissaries resume pre-furlough operations, patrons will see plenty of savings with sales events throughout the store that include Labor Day promotions, half-off sales, recipe contests, Oktoberfest celebrations and high-value coupons. Throughout September, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. One event in particular is a series of scan-down days in September offering 50 percent savings on certain items in



stateside commissaries. Customers should check with their local store manager for details on when they will be offering.

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. ([website](#))

Rock Island Arsenal Historical

Society Meeting: Guest Speaker Gretchen Small will talk about china painting at the Arsenal Golf Club. If you join us for dinner, advanced reservations must be made with Linda at (563) 355-6165, by **Sept. 30**. The 7 p.m. program is free and open to the public.

Date: **Thursday, Oct. 3**

Time: **6 p.m. Dinner, and 7 p.m.**

Speaker

This Week in Rock Island Arsenal

History – Sept. 23-29: On Sept. 23, 1864, the 108th Infantry, United States Colored Troops arrived at Rock Island to guard the confederate prisoners at the

Rock Island Prison Barracks. In September 1906, the Old Settler's Association of Rock Island County sponsored the initial repair of the dilapidated Colonel George Davenport House. On Sept. 28, 1970, the sun dial located at the end of Gillespie Avenue near Quarters One was rededicated after it had undergone extensive refurbishing.

Healthbeat

2013 Flu Vaccines at RIA Health

Clinic: The 2013-2014 Flu immunization season is here! The Rock Island Arsenal Health Clinic has received enough immunizations for all registered members in the clinic. Additional immunizations are available and will be given on a first come first served basis for those entitled. We will begin giving immunizations on **Oct. 1** in a predetermined order. Health care workers in the clinic and emergency personnel will receive their immunizations the week of **Sept. 23**. Active duty service members will receive their immunizations next, and will be given an assigned date and time, as scheduled by their command. Dependents will begin receiving their flu vaccines on **Oct. 15** three days per week: Tues., Wed., Thur. from 1-3 p.m.

No appointment is necessary, first come, first served. If you have a scheduled appointment on or after **Oct. 1**, your flu vaccine will be given at that time, you do not need to come back unless you are ill and running fever.

Taking Time for Health Means More Resilient Force:

Personal health and fitness took center stage at Friday's U.S. Army Installation Management Command town hall. "You need to take of yourself," said Command Sgt. Maj. Earl Rice, Installation Management Command, or IMCOM, senior enlisted adviser, to Soldiers and civilians gathered for the event. "The amount of work you do every day and your focus every day to take care of Soldiers, families, our Gold Star Families, and our wounded warriors means you have to have a high level of energy to get out there and get it done." Rice encouraged civilians at the IMCOM headquarters monthly meeting to focus on taking care of themselves and recognized team efforts to become a healthier workforce. Audience members clapped and cheered as Rice shared stories of individuals losing weight, reducing their blood pressure and body mass index. "PT (physical training) is low cost and high impact," said Rice. His sentiments were authenticated with hard statistics from



Karen Perkins, the director of Human Resources for IMCOM, who spoke about the command's wellness program. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. (closed for lunch). Clinic closed for staff meeting Friday, **Sept. 27**, 1-2 p.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

VA Announces Award of Patient-Centered Community Care

Contracts: The Department of Veterans Affairs announced today that Veterans will have greater access to quality health care through a new initiative: Patient-Centered Community Care (PCCC). "PCCC is an innovative solution that helps VA medical centers continue to provide quality care efficiently," said Secretary of Veterans Affairs Eric K. Shinseki. "This will be a valuable option for VA medical centers to use to expand our Veterans' access to care." Under PCCC, VA medical centers will have the ability to purchase non-VA medical care for Veterans through contracted medical providers when they cannot

readily provide the needed care due to geographic inaccessibility or limited capacity. Eligible Veterans will have access to inpatient specialty care, outpatient specialty care, mental health care, limited emergency care, and limited newborn care for enrolled female Veterans following the birth of a child. ([More](#))

Carpooling Announcements

Submit carpooling 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.

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.

- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.

- Sept. 27-29:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
- Sept. 28:** [Killer Bee & Bumble Rumble](#) (St. Ambrose Campus, Davenport)
- Sept. 28:** [Battle-on-the-Island Adventure Race](#) (Credit Island, Davenport)
- Oct. 5:** [USO Discovery Kids, John Deere Pavilion](#)
- Oct. 5:** [Inaugural Milan Fireworks Fun Run](#) (Camden Park, Milan)
- Oct. 5:** [Wells 4 Wellness 5k](#) (Moline)
- Oct. 6:** [Annual Arrowhead Ranch Round-up Auction](#) (12200 104th St., Coal Valley, Ill.)
- Oct. 6:** [42nd annual CROP Walk](#) (Modern Woodmen Park)
- Oct. 6:** [5th Annual Dogtoberfest](#) (Bier Stube, LeClaire, Iowa)
- Oct. 12:** [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)
- Oct. 12:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- Oct. 12:** [Running Dead 5k](#) (Moline)
- Oct. 19:** [Run with the Nation's 5k](#) (Moline)
- Oct. 20:** [9th Annual CBRC Pumpkin Dash](#) (Credit Island, Davenport)
- Oct. 24:** [Fright Night](#) (The District, Rock Island)
- Oct. 26:** [17th Annual Black & Gold Scholarship Ball](#) (iWireless Center, Moline)
- Oct. 26:** [Witches Walk](#) (Downtown LeClaire)



Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)

Nov. 9: [USO Discovery Kids, Hy-Vee, "Nutrition"](#)

Nov. 9: [Black Hawk College 5k Hustle - For The Hill Of It](#) (70th St entrance, Moline)

Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Nov. 22-Dec. 1: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 28: [Scott County Family Y Turkey Trot](#) (Downtown YMCA, Davenport)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 6-7: [Christmas in the Village](#) (Village of East Davenport)

Dec. 14: [USO Discovery Kids, "Winter Holiday Celebration w/ the Animals."](#) Naibi Zoo

Dec. 14: [Jingle Bell Run/Walk 5K for Arthritis](#) (South Park Mall, Moline)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)



Island Insight



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