

Oct. 21, 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>



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First Army Welcomes New Command

Sergeant Major: Command Sgt. Maj. Sam K. Young was welcomed by First Army in a change of responsibility ceremony held today at the Rock Island Arsenal's Heritage Hall. Young accepted the responsibility as the unit's senior enlisted leader from Lt. Gen. Michael S. Tucker, First Army commander. He replaced Command Sgt. Maj. Jesse L. Andrews Jr., who has

served since October 2010. A command sergeant major is the senior enlisted leader and advisor to the commander. Young will provide counsel and input for all matters pertaining to the health, welfare and discipline of all First Army Soldiers. "The formal transition of responsibility reaffirms the Army's steadfast commitment to provide superior leadership and senior enlisted oversight to our First Army Soldiers

who are responsible for the training of our Nation's Reserve Component Forces," said Tucker. "The mission of sustaining Reserve Component readiness is a tough and demanding job," added Tucker. ([More](#))



"HOME OF US ARMY LOGISTICS"



True Private Confessions of a

Building Energy Manager: It all started with the purchase of a new home with the new addition of a wife and young children in my life. No longer was I in total control, but on the other hand, I was the single income provider for the home. ([More](#))



Bloated Government? Federal

Employment at 47-Year Low: It was the summer of 1966. Lyndon Johnson was in the White House and the Great Society was roaring. In August, the federal government had 2,721,000 employees. Now it is the fall of 2013. There are complaints from Washington about a bloated federal government. Now, the federal government employs exactly 2 percent of the people with jobs in this country. In 1966, the figure was more than twice that, 4.3 percent. ([More](#))



Next Check to Include Retroactive

Pay: Most federal employees' next paycheck will include the pay they are due from the period of the government shutdown, Government Executive

reports. The news came via a spokesperson for the Department of Agriculture-run National Finance Center, which serves as paymaster for 650,000 feds. ([More](#))

Shutdown Cost Military \$600M,

Layoffs Looming: The government shutdown cost the Defense Department at least \$600 million in lost productivity and left DoD at funding levels that could force layoffs next year for the furloughed civilian personnel who just returned to work, Pentagon Comptroller Bob Hale said Thursday. "We haven't decided [on layoffs]," Hale said. "We're going to have to get smaller – that will mean fewer civilians. We're going to get smaller – I can't tell you how much." ([More](#))



US Army Official: Congress Will

Have to Authorize New BRAC

Round: Congress will eventually authorize another round of base closures to help the US Army cut its costs and shrink its footprint, according to a top



Upcoming Dates

Oct. 22-23: Prescription Drug Take Back Days, Memorial Field Pavilion & Arsenal Fire Station bay, 6-8:15 a.m. and 2:30-4:45 p.m.

Oct. 23: RIA Community Trunk or Treat, 3-5:30 p.m. [📍](#)

Oct. 23-25: Army Family Team Building at ACS

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

Oct. 30: RIA Tenant Leaders Luncheon, Golf Clubhouse, 11:30 a.m.

Oct. 31: Honor Flight of the Quad Cities

Oct. 31: Ghost Hunters Dinner & Tour of Quarters One

Oct. 31: Safety and Occupational Health Advisory Council (SOHAC) Mtg., Bldg. 90, Room 25, 10:30 a.m.

Nov. 2: Teen Night Out, Bldg. 150, 5-7 p.m.

Nov. 3: Daylight Savings Time Ends

Nov. 5-7: DA Photo Studio on RIA

Nov. 7: Community Health Promotion Council, Baylor Conf. Rm., 1 p.m.

Nov. 9: Hero Street Veterans Memorial Ceremony, Silvis, Ill., 10 a.m.

Nov. 9: Mallards Military Appreciation Night

Nov. 9: Augustana Military Appreciation Event

Nov. 9: USO Discovery Kids, Hy-Vee, "Nutrition"

Nov. 11: Veterans Day (*Federal Holiday*)

Nov. 11: City of Davenport Veterans Day Parade, 9 a.m. – 12 p.m.

Nov. 12: Federal Employees Health Benefits Open Season Begins

Nov. 13: Senior NCO Tenant Mtg., Golf Clubhouse, 11:30 a.m.

Nov. 13-14: FMWR Annual Holiday Fair, Heritage Hall, Bldg. 60, 9 a.m. – 2 p.m.

Nov. 28: Thanksgiving Dinner at Arsenal Island Golf Course Clubhouse



Army official. Katherine Hammack, assistant secretary of the Army for installations, energy and the environment, said at the annual Association of the United States Army convention here Tuesday that while Congress has opposed setting up a Base Closure and Realignment Commission (BRAC) to oversee a new round of base closings, it's the only way for the Army to substantially cut infrastructure costs amidst falling budgets. ([More](#))

Military Force-Outs, Civilian 'RIFs' Likely, DoD Comptroller Says:

Keeping the military as combat ready as possible, during this period of budget chaos will require an accelerated force drawdown starting in 2014, the Defense Department's chief financial officer explained Tuesday. That will mean more tumult for personnel because a steeper drawdown likely will require some involuntary separations of military careerists and reductions-in-force orders, RIFs, for civilian employees, warned Robert F. Hale, under secretary of defense and



comptroller, during an interview in his Pentagon office. ([More](#))

Army Undersecretary: Furloughs Disservice to Army Civilians:

In the last six months, Army civilians have faced two work stoppages: one in July with six weeks of four-day work weeks, and most recently, more than two weeks of a government shutdown. During an Oct. 21 interview with Army Broadcasting at the 2013 Association of the United States Army Annual Meeting and Exposition, in Washington, D.C., Under Secretary of the Army Dr. Joseph W. Westphal said that is no way to treat a workforce that has served the Army honorably during more than a decade of war. ([More](#))



Army Faces Era of 'Dynamic Uncertainty' Due to CR,

Sequestration: Army Chief of Staff Gen. Ray Odierno says the ups and downs caused by sequestration, a series of continuing resolutions and the partial government shutdown, have led to an era of "dynamic uncertainty" for



the Army. "The problem I see with sequestration is this continuing impact it's having on our civilian employees," Odierno told Federal News Radio's DoD Reporter Jared Serbu Tuesday at the 2013 AUSA Conference. ([More](#))

Army Seeks to Expand Privatization Efforts:

The Army is looking at issuing dining cards that could be used at its installations and at local restaurants, Army officials said Tuesday. Lt. Gen. Michael Ferriter, the assistant chief of staff for installation management and the commander of the Installation Management Command at the Army, said that its privatization of housing and utilities was a success and the Army is looking to expand privatization efforts further. "We will partner with anyone who can cut costs," he said. ([More](#))



You Thought the Government Shutdown Was Over. You Were Wrong.:

It was an awful time. Federal employees had to take unpaid furlough days. Beneficiaries were thrown off of federal programs.



Courthouses had to be sold. Federal agencies like the FBI, the Food and Drug Administration, and the National Institutes of Health strained to meet commitments, leading to more crime, more outbreaks of disease and less basic research, among other horrors. This may sound like a description of the recent government shutdown, which ended Oct. 16. But this describes the fallout from sequestration, the across-the-board cuts to discretionary spending that took effect March 1—arbitrary reductions that closely parallel the effects of the shutdown. [\(More\)](#)

'Non-Essential' Label Suggests Government Can Make Cutbacks:

Critics argue the number of federal workers deemed "non-essential" across many agencies during the partial shutdown suggests there's plenty of fat to trim, especially given that many of the federal government's key functions are automated. "Unlike local government which have a lot of useful services like fire and police and K-12 schools, the federal government is just like a giant cash transfer machine. It taxes people, then computers send the checks out the door to programs like



Social Security and Medicare," said Chris Edwards, editor of Downsizing.Org at the Cato Institute. [\(More\)](#)

Lesson from the Shutdown: A Need to Clarify Who's Furloughed:

Though nearly everyone unites around the goal of avoiding future government shutdowns, some key players coming off of the 2013 version offer varying ideas of how to improve the executive branch's guidance for determining who stays home and who continues to work as the crisis unfolds. In interviews with Government Executive, lawmakers and employee groups recommended changes ranging from a more consistent centralized taxonomy of which jobs are "excepted" to a new vocabulary more sensitive to the morale problems of employees tagged as "nonessential." [\(More\)](#)



Leave Federal Employees Alone:

House Democrats are calling on budget negotiators to protect federal employees and their benefits, arguing the federal workforce has



already borne the brunt of too many cuts. Rep. Marcia Fudge, D-Ohio, introduced a resolution "expressing the sense of the House of Representatives supporting federal employees," and dozens of her colleagues have signed on. [\(More\)](#) [\(Bill Tracker\)](#)

Survey: 62 Percent Have Favorable View of Federal Employees:

At last, some good news for federal employees — the public likes you. Sixty-two percent of those surveyed by the Pew Research Center said they had a favorable of federal workers, compared to 29 percent with an unfavorable view. [\(More\)](#)



Military to Reduce Community and Public Outreach:

Pentagon officials announced a plan today that will enable the military services to resume conducting community and public outreach activities in the new fiscal year, but at a significantly reduced capacity. This cost-cutting measure will yield a savings of \$104 million in fiscal year 2014. Defense Secretary Chuck Hagel outlined the Pentagon's new



strategic approach to community outreach in an internal memorandum to service chiefs and other military leaders. Many activities, including the Blue Angels and Thunderbirds air demonstration teams, will resume, but at a more limited frequency than in previous years. ([More](#))

Army Experts Discuss Ways to Stay Connected Via Social Media:

Commands and family support groups can use social media sites as force multipliers, experts said Oct. 23, and family members can stay connected while staying secure. Social media experts joined garrison leaders, family members, family readiness group leaders and military support group representatives at the fourth and final Association of the United States Army family forum in Washington to discuss the benefits of social media. ([More](#))



Social Media Creates Tricky Situation for Feds: Be careful what you tweet — just 140 characters could cost you your job. That's what happened to Jofi Joseph, an official in the National

Security Staff at the White House. Joseph was fired after he was caught using the Twitter handle @NatSecWonk to openly criticize the government. The Daily Beast reports that Joseph had been using the Twitter handle since February 2011. The Twitter feed was "famous inside Washington policy circles." ([More](#))

FMLA to Cover Feds with Same-Sex

Spouses: The Office of Personnel Management directed agency and department heads to make policy changes that will allow federal employees to use Family and Medical Leave Act leave to care for same-sex spouses. OPM acting Director Elaine Kaplan issued a memorandum Oct. 21 directing departments and agencies to discontinue use of the definition of spouse found in OPM's current FMLA regulation, and instead define spouse as a partner in any legally recognized marriage, regardless of the employee's state of residency. ([More](#))



Change in Base Supply Store Hours: Effective Oct. 21, the Base Supply Store

hours will change from 40 hours per week to 28 hours per week due to reduced sales volume, sequestration, and resulting viability concerns. The new hours will be Monday, 8 a.m. – Noon; Tuesday – Thursday, 8 a.m. – 4:30 p.m.; Friday the store will be closed.

CFC Resumption in DoD Memo:

Thank you for your role in the Department's efforts to conduct a high quality and energetic solicitation on behalf of the charities listed in the Combined Federal Campaign (CFC). We appreciate your patience during the recent government furlough when activities were suspended. Department of Defense employees are advised that CFC campaign activities in the Continental United States may now resume. We wish you much success as you carry on a vigorous campaign to help those people who rely upon these local, national and international charities. My point of contact is [Anthony DeCristofaro](#), Special Program Manager, Voluntary Campaign Management Office at (703) 601-0219. - *Susan A. Yarwood, human resources director, Washington Headquarters Services* ([DoD Article](#))



Rock Island Arsenal Military Retiree

Appreciation Day: Active duty military retirees from throughout the Quad Cities and beyond

are invited to the annual Military



Retiree Appreciation Day hosted on Rock Island Arsenal, **Oct. 26**, 7 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from active military service provides a chance for retirees to receive flu shots, update retiree identification cards, and return unused medications. Keynote speaker at this year's event is retired Navy Cmdr. Bill Finch, deputy director for financial information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; Association of the U.S. Army; Numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island

Arsenal Museum, will also be on hand. Retirees can also make reservations for the retiree luncheon. Cost for luncheon is \$11 per person. Please call (563) 508-5123 to make reservations.

Health Providers Benefit Fair Federal

Benefits Health Fair: This year's Health Providers Benefit Fair will be held **Nov. 5-7**, 9 a.m. - 1 p.m. in Bldg. 60. POC: Amber Ehrecke, (309) 782-1206.

Situational

Awareness - The annual federal

benefits open season will run **Nov. 11 - Dec. 9** this year. During that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures are Going Green this year and can be found online at www.opm.gov. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program. You can find more



information about these programs at www.opm.gov/insure.

Flu Vaccine Update:

The Clinic continues to administer flu vaccines daily. Active duty SMs are required to receive the vaccine and if they have not done so may come in any day during sick call from 7-8 a.m. Anyone with an upcoming appointment can wait until that time and we will administer it then. Effective Oct. 15, dependents may come in on a walk-in basis Tuesday, Wednesday, or Thursday from 1-3 p.m. to receive their vaccine. Then, beginning **Nov. 4**, any retirees with valid identification may come in Tuesday, Wednesday, or Thursday from 1-3 p.m. as well to receive their vaccines. Further information will follow regarding civilians.



QC Mallards Annual Military

Appreciation Night: Mark your calendars ... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays its last home



game before Veterans' Day on Saturday, **Nov. 9**, against the Denver Cutthroats. All current and former members of the military and their families will be able to purchase tickets to that game for just \$5.

Augustana Military Appreciation

Day: Mark your calendars ... on Saturday, **Nov. 9**, at 1 p.m., when the Augustana Vikings football team plays the Illinois Wesleyan Titans at the new Austin E. Knowlton Outdoor Athletic Complex at the Lindberg Stadium in Rock Island. The university is offering free entry to all active duty military members to include Guard and Reserve troops as well as military retirees, along with one guest simply by providing proper military credentials at the gate on game day.



Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Nov. 8 & 15, 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 **6:30 p.m. on Oct. 25 & Nov. 1**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 6**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **DMC Blood Drive** in Bldg. 350: This drive will be held **Thursday, Nov. 21, 1-4:30 p.m.** The drive will be held in the bus parked in front of Bldg. 350. Anyone who would like to donate at this blood drive may contact Master Sgt. Cronise at (309) 782-3711. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

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

WID Halloween Murder Mystery at the Moline Club: WID Halloween Murder Mystery: Due to circumstances beyond our control, our Murder Mystery fundraiser has been changed to Friday, **Oct. 25**, at 6 p.m. Price is \$40 for non-members, \$35 for members. There will be door prizes and cash prizes for best costume. ([Flyer](#))

VIOS Schedule for November, December, January, February, March, April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Nov. 5, 6, and 7; Dec. 10, 11, and 12; Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 8, 9 and 10; and May 6, 7, and 8.**

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.

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 (📍). **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.*

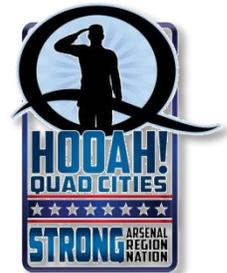
Arsenal Attic Thrift Shop &

Boutique: Visit the attic every Tuesday

and Thursday, 9 a.m. – 3 p.m. The Attic will also be open Saturday, **Oct. 19**, as well as Saturday, **Oct. 26**, retirees and their families. POC: (309) 782-6977.

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 Traffic/Construction

King Drive to Close Halloween

Morning for CYS Parade: King Drive will be closed to all traffic beginning at 9:20 a.m. on **Oct. 31** and will be re-opened to traffic no later than 10:30 a.m. For the duration of the parade, all personnel will be directed down Rodman Avenue. During this period, Rock Island Arsenal Children and Youth Services will conduct its annual Halloween parade. During the parade, all traffic will be directed away from King to Rodman Avenue.

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

Fatherhood Event: Pumpkin Carving:

Attn Military Dads: Bring your kids and join us at School Age Services to carve and decorate pumpkins. Carving tools and pumpkins will be provided, as well as dinner, at no cost to you. Don't miss this fun event. RSVP to FAP at (309) 782-3049 or [email](#).
Date: **Thursday, Oct. 24**
Time: **5:30-7:30 p.m.**



Vice Chief of Staff Campbell: NCOs

Still 'Backbone' of Army: Vice Chief of Staff of the Army Gen. John F. Campbell says non-commissioned officers remain the backbone of the force, and are especially critical as the Army downsizes and the world becomes more dangerous. The Army will have to make some "very tough decisions" as it downsizes, Campbell told non-



commissioned officers at the Sergeant Major of the Army Recognition Luncheon during the Association of the United States Army Annual Meeting and Exposition, Oct. 21. Non-commissioned leaders, however, need to continue their focus on training their Soldiers and expanding the Army's professionalism to preserve the nation's trust and prepare for the next war, he said. ([More](#))

Officials Announce Deadlines for Holiday Mail Delivery: Military Postal Service Agency officials recommend that parcel post packages for service members overseas be mailed by Nov. 12 for delivery by the holidays. Officials at MPSA, an extension of the U.S. Postal Service, have published a chart at <http://hqdainet.army.mil/mpsa/xmas.htm> that shows deadlines for various mailing options, broken down by the APO/FPO/DPO numbers of various destinations. USPS is offering a discount on its largest Priority Mail Flat Rate box at \$14.85. The price includes a \$2 per box discount for military mail being sent to APO/FPO/DPO destinations worldwide, officials said. Priority Mail Flat Rate boxes are available free at local post offices, or can be ordered from USPS online. Postage, labels and customs forms also are available online.

Soldier 2020: Standards for the Army Profession: Soldier 2020 is the U.S. Army's effort to capitalize on the last 12 years of battlefield lessons and advancements in the Army Profession. This effort will better match today's Soldiers - both men and women - with the demands of specific military occupational specialties. In order to validate the physical demands for occupational specialties currently closed to women, TRADOC assembled committees of proven leaders - experts in their fields - to identify and catalog the physically demanding tasks for each of those specialties. TRADOC representatives then visited numerous installations to validate the task standards. The goal was to make sure that the established standards for each task were accurate. ([More](#))

New Resource Library Available for Military Families: Resource materials are now available for check out in the School Support Services office, Bldg. 110, first floor. Materials available include SAT, ACT, ASVAB and GED guides, practice tests and flashcards, educational support materials, deployment and transitioning families support materials, parenting resources,

and special needs resources. POC: Lorna Wilson-School Liaison, (309) 782-6515.

Safety Spotlight

Just Click It: Soldiers are wearing seat belts at a substantially higher rate than the civilian population, according to recent data. A 2011 survey conducted by the U.S. Army Combat Readiness/Safety Center showed 95 percent of Soldiers wore their seat belts either always or most of the time. A report by the National Highway Traffic Safety Administration found an estimated 84 percent of civilians used seat belts during 2011. While the percentage of Soldiers using seat belts is high, those not doing so accounted for nearly 30 percent of fiscal 2013's PMV-4 fatalities through Aug. 8. "There is no question seat belts save lives and are critical for protecting all occupants in a crash, but they only work when they're used," said David Strickland, administrator, National Highway Traffic Safety Administration, Washington, D.C. "Thanks to the ongoing work of our state and local partners and national efforts such as Click It or Ticket, national belt use reached a record high of 86 percent in 2012." ([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

National Disability Employment

Awareness Month: National Disability Employment Awareness Month is an opportunity to recognize the talents, skills and dedication of Americans with disabilities who are a vital part of our

nation and workforce. From our disabled veterans and civilians to our Soldiers returning home as wounded warriors, these men and women overcome physical and personal difficulties and demonstrate admirable courage and resiliency. Their strength in the face of adversity provides a model of resilience for our Army. ([More](#))

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.

New 6 Week Session of Fitness Center Classes Begins:

Grab a friend and get signed up for the next session of group fitness classes that kick off on the week of **Oct. 28**. The full class schedule can be found [on our website](#). Please check back often between now and Oct. 28 as we will be adding new classes/times and changing up the schedule a little bit. Call (309) 782-6787 for more info.

Ghost Hunters Dinner and Tour of Historic Quarters One:

Join the Rock Island Paranormal Society, Thursday, **Oct. 31**, at 7 p.m., for a special Halloween edition of our ever-popular Ghost Hunters Dinner. Will All Hallows' Eve produce more paranormal activity than usual? There is only one way to find out ... by securing your reservation today. Cost is \$40 per person and includes a prime rib dinner at the Arsenal Island Golf Clubhouse followed by ghost hunting in Historic Quarters One. Reservations can be made by calling (309) 782-4372. ([Flyer](#))

Trivia Night: Get up to seven of your smartest friends on Thursday, **Nov. 7**, at 6 p.m., and come wage a battle of wits against other trivia enthusiasts. This fun, multi-media, family friendly trivia competition held in the Arsenal Club (Bldg. 60) features a wide range of topics and is open to the public so invite all your trivia junky friends, the more players we get the better the prizes become. Cost is \$5/player or \$30/table of eight. Call (309) 782-6319 for more info and to sign up in advance. ([Flyer](#))

FMWR Annual Holiday Fair: Come find some unique treasures and get into the holiday spirit Wednesday & Thursday, **Nov. 13 & 14**, 9 a.m. – 2



p.m., at the annual Holiday Fair in Heritage Hall (Bldg. 60). With more than 40 vendors selling various items like handmade quilts, baked goodies, home décor, jewelry, and so much more, this is a great place to get a jumpstart on your holiday shopping lists. Call (309) 782-5890 for more info. ([Flyer](#))

No Limit Texas Hold 'Em

Tournament: Get your poker face on Saturday, **Nov. 16**, at 5 p.m., and see if you have what it takes to bet, bluff and win your way to the championship. Doors open at 5 p.m. and the cards start flying at 6:30 p.m. The cost for this re-entry tournament is \$50 with a \$20 add-on. First place is guaranteed to walk away with \$1,000 and payouts via visa gift cards to the rest of the top 10 percent. Lots of other prizes and giveaways. Call (309) 782-4372 for more info. ([Flyer](#))

Wine Tasting at the Arsenal Island Golf Clubhouse:

Join your friends at the Arsenal Island Golf Clubhouse for a delightful evening of wine, hors d'oeuvres and good conversation. You'll be able to sample over 24 different wines. Tickets are available for \$20 in advance or \$25 at the door. Call (309) 782-4372 for more info and to purchase advance tickets. ([Flyer](#))

Date: **Friday, Nov. 22**

Time: **7-10 p.m.**

Thanksgiving Dinner Buffet at the Arsenal Island Golf Clubhouse:

Join us Thursday, **Nov. 28**, 10:30 a.m. - 2 p.m., at the Arsenal Island Golf Clubhouse for a delicious all-you-care-to-eat Thanksgiving dinner buffet featuring all of your favorite holiday dishes. Leave the hassle of planning, shopping, cooking, and clean-up to us so you can spend more time with your family and friends this holiday. Cost is \$20.95/adult and \$10.95/child (10 & under). Please call (309) 793-1601 for more info and to make your reservations. ([Flyer](#))

Fitness Center Resumes Fall Hours:

Effective Oct. 6, the Fitness Center resumed 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. All month long take advantage of \$20 standard oil changes (up to five quarts, excludes diesel and synthetic

oils). 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](#))

Now Booking Holiday Parties at the Arsenal Island Golf

Clubhouse/Historic Quarters One: It's not too early to start thinking about holiday parties and our schedule is filling up fast so call Damen at (309) 782-4372 to book your dates, discuss menu options, and plan all the details that will and ensure your holiday party is the one that people talk about for years to come. ([Flyer](#))

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.



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](#))

Ticket Ordering: The Leisure Travel Office can once again help you with ordering discounted admission tickets to major theme parks (Walt Disney, Universal, Sea World, etc.) Remember to allow up to three weeks for delivery.

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

Disney on Ice: Passport to Adventure: Grab your passport to four adventures in one spectacular show. From the wilds of Africa to soaring to Neverland, and don't forget diving under the sea or catching some waves. Leisure Travel has several shows for each day at discounted prices. On sale until **Oct. 28**.
Date: **Thursday, Nov. 14**
Time: **7 p.m.**

MWR Woodfield Mall Bus Trip: Don't wait till the last minute to do your holiday shopping this year. Join MWR Saturday, **Nov. 16**, 6:30 a.m. – 8 p.m. (approx.), for a fun day of shopping at the Schaumburg Woodfield Mall and leave the hassle of driving, traffic and parking to us. Surround yourself with fashion, food, and fun with the most distinctive collection of shopping, dining and entertainment. Woodfield has the finest collection of department stores and specialty shops in the Great Lakes region including Nordstrom, Macy's, Lord & Taylor, jcpenny, Sears and nearly 300 stores and restaurants. Seats are filling up fast. Price is \$41/person

which covers transportation only. Bus departs from COL Davenport Pavilion area at 6:30 a.m., and departs from Woodfield Mall at 5 p.m. Call (309) 782-5890 for more info and to sign up. ([Flyer](#))

Holiday Pops: This year's Holiday Pops will be featuring Debby Boone. Presented by the Quad City Symphony Orchestra. Leisure Travel has discounted seats available. Seats on sale until **Nov. 1**.
Date: **Saturday, Nov. 23**
Time: **7:30 p.m.**

Outdoor Rec. Size Up for Winter Event: Come into Outdoor Recreation (Bldg 333, next to the PX) on Saturday, **Dec. 7**, 8 a.m. - 12 p.m., and get sized up for all your winter sports gear to include skis, snowboards, boots, poles, ice skates, cross country skis and more. Outdoor Rec. will keep your sizes saved for future reservations so you'll never need to waste time getting fitted again, just make your reservation, grab your gear and get your recreation on. Call (309) 782-8630 for more info. ([Flyer](#))

Chicago Loop/Water Tower Bus Trip: Join MWR Saturday, **Dec. 14**, 6:30 a.m. – 8 p.m. (approx.), for an exciting day of shopping (or whatever you'd like to do)



in downtown Chicago. Price is \$41/person and which covers transportation only. Bus departs from COL Davenport Pavilion area at 6:30 a.m., and departs from Chicago at 5 pm. Call (309) 782-5890 for more info and to sign up. ([Flyer](#))

Adler Theatre Presents: Mamma Mia:

A mother. A daughter. Three 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**

Discount Tickets to Six Flags Great

America's Fright Fest: When the clock strikes 4 p.m., the Uprising Parade hits

the streets of Fright Fest and begins the transformation from theme park to haunted scream park. The biggest Fright Fest ever in 2013 with the addition of two new haunted houses, The Abyss and Total Darkness within the brand-new themed area, Bermuda Triangle.

Purchase your discount tickets at the Leisure Travel Office in Bldg. 60 for just \$36 each. Purchasing these same tickets at the gate will set you back \$63.99 each so call (309) 782-5890 or stop by Leisure Travel today. ([Flyer](#))

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

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☪
Teen Night Out: Hey Rock Island Arsenal Teens, get all your friends together Saturday, **Nov. 2**, 5-7 p.m., and join us at the Teen Center (Bldg. 150) for a fun night of games, pizza, and awesome prizes. Show your skills by getting into the air hockey, foosball, billiards, or Xbox Kinect tournaments or just chill out and have some free pizza with your friends and make some new ones too. Oh, did we mention that there will also be a drawing for cash prizes including two free savings accounts from our sponsor, Rock Island Arsenal Federal Credit Union? These accounts are pre-loaded with \$150 & \$50 each. What would you do with an extra \$150 in your pocket? Lots of other prizes and giveaways will ensure this is a fun night for all. Call (309) 782-1651 for more info. ([Flyer](#))



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**

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: **Nov. 9**, at the Moline Two Rivers YMCA, and **Dec. 14**, at the Davenport YMCA. ([Flyer](#))

Employee Assistance Program

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

Seasonal Affective Disorder – November 2013: The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can



trigger Seasonal Affective Disorder or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program (EAP) invites you to take advantage of free, confidential short-term counseling, referral services and follow-up. The RIA EAP is located in Building 56, 1st floor, East Wing. You may contact the EAP by calling 782-4357 to schedule an appointment. You can also access an

anonymous free mental health screening at www.militarymentalhealth.org.

Grief Support Group: Grieving? We can help. 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., Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **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: Help is available if you or a loved one are experiencing symptoms of 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: Winter's cold weather is approaching. What better time to kick the habit. The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1st floor.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

ACES Newsletter Hits the Streets: The RIA Army Education Center's Army



Continuing Education System November edition of its newsletter is out on the streets. [The quarterly publication is available for viewing off of the AEC's website.](#)

Get Ready, Get Set, Go-Go-Go to School!: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1st Floor, Room 121. • Ashford University: (563) 508-0927, **Oct. 24 & Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Eastern Iowa Community College: (563) 441-4060, **Nov. 7 & Dec. 5**; • Kaplan University: (563) 441-2485, Nov. 14; • Saint Ambrose University: (563) 333-6170, **Jan. 16**; • Trinity College of Nursing & Health Sciences: (309) 779-7812, **Nov. 21**. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

New Study Program Preps College-Bound Service Members: Are you truly ready for college? Think you might need a little refresher in math or English? Or could the knowledge you've already gained let you receive credit for

courses you will need for your degree? A new online program offered through DANTES and Peterson's Education Services can help prepare you for college –and perhaps save you time and money on your education. And it's available at no cost to military members and their families. The College Placement Skills Training assists students in building their academic skills or preparing for exams such as CLEP, ACT, SAT, LSAT, GRE or GMAT. The CPST serves as a companion tool and resource to the Online Academic Skills Course, which prepares service members for military advancement testing. This new prep program focuses on boosting math and language skills for those who are college-bound. The tutorials are self-paced and customized so students may focus on the subject areas where they are the weakest. The lessons include interactive exercises, video game-style Q&A, flash cards, quizzes and more. Students have the option of choosing a shortened version of each program, or tackling the more comprehensive tutorials. In addition to the two primary subject areas, the site also offers study tips and test-taking strategies to help students be successful academically. To access CPST, [log onto the system](#) and register for the service.

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](#))

Celebrate October Savings at Your Commissary: October represents the unofficial start of the holiday season, and that's great for commissary customers who want to see store promotions, giveaways and more discounts beyond their usual 30 percent or more savings, said the Defense Commissary Agency's director of sales. "Whether it is celebrating Oktoberfest



with friends or Thanksgiving with family and a big, plump, roasted turkey, your commissary wants you to know we are here with extra savings and grand opportunities - all part of your commissary benefit," said Randy Chandler, DeCA sales director. "In October, we also recognize Breast Cancer Awareness Month," he added. "Several of our industry partners are offering special in-store events that will be easily recognizable: They'll be wrapped in pink ribbons!" Throughout October, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings.



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 – November 2013: The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on

Thursday, **Nov. 7**, in the Ball Room of the Arsenal Island Golf Course Clubhouse. The menu will be a tossed salad with breadsticks, stuffed chicken breast with cranberry sauce, glazed carrots, garlic and shallot whipped potatoes, rolls; plus dessert prepared by the Golf Club Chef, all for \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the Program Portion of the meeting at 7 p.m. at no cost. Guest Gena Schantz, current president of Heritage Documentaries, will introduce the video "The Rock Island Civil War Prison: Andersonville of the North?" For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email chiicaliinda@aol.com. Reservations are due by noon on Monday, **Nov. 4**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal History – Oct. 21-27: On Oct. 30, 1882, construction work on Shop G (Bldg. 108) was completed.



Healthbeat

Army Promotes Healthy Lifestyle For Soldiers, Army Families: The Army is promoting healthy lifestyle choices to improve the readiness and resilience of Soldiers, and the health and well-being of Army families, said the Army's surgeon general. Lt. Gen. Patricia D. Horoho, commanding general, United States Army Medical Command, said simple lifestyle changes in three key areas -- nutrition, activity and sleep -- can vastly improve the health of the force and the nation. "By focusing on these three elements, we can improve health beyond our healthcare clinics and our military treatment facilities," she said. Horoho spoke at the 2013 Association of the United States Army Annual Meeting and Exposition, Oct. 22, in Washington, D.C. ([More](#))

New Doctor at Health Clinic: The Rock Island Clinic has a new doctor on the horizon. For all service members and dependents who are assigned to the clinic with Dr. Jauron as your primary physician, please be advised you will be assigned a new provider, Dr. Randel Cardott, effective in November



2013. You will likely receive a letter from TriCare stating your PCM has changed. Please do not be concerned, there will be nothing to do on your part; everything will automatically transfer and this will be a seamless transition for you. Dr. Cardott is a board certified family practice physician who is very well respected within the Quad Cities Community. He will be a great asset to our team and he will provide the quality medical care our members deserve.

Flu Vaccine Update:

The Clinic continues to administer flu vaccines daily. Active duty SMs are required to receive the vaccine and if they have not done so may come in any day during sick call from 7-8 a.m.



Anyone with an upcoming appointment can wait until that time and we will administer it then. Effective Oct. 15, dependents may come in on a walk-in basis Tuesday, Wednesday, or Thursday from 1-3 p.m. to receive their vaccine. Then, beginning **Nov. 4**, any retirees with valid identification may come in Tuesday, Wednesday, or Thursday from 1-3 p.m. as well to receive their vaccines. Further information will follow regarding civilians.

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic hours 7 a.m – 4 p.m. (closed for lunch). Clinic closed for staff meeting Friday, **Oct. 25**, 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 Resuming Normal Operations as Government Shutdown Ends:

Employees at the Department of Veterans Affairs are working to resume normal operations as quickly as possible. Veterans Benefits Administration (VBA) regional offices are re-opening their doors and resuming public contact services for Veterans today. “With the shutdown over, we are all very grateful that the Nov. 1 benefit checks will go out to approximately 5 million Veterans and other beneficiaries as scheduled,” said Secretary of Veterans Affairs Eric K. Shinseki. “We at VA are working quickly to resume normal operations in order to fulfill our solemn obligation – to ensure that Veterans receive the benefits and services they have earned through their service. I want to thank all of our VA employees for their dedication and

resolve during this difficult period.”

[\(More\)](#)

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.



Oct. 26: [4th Annual Halloween Themed Trivia](#) (St. Alban's Episcopal Church, 3510 W. Central Park, Davenport)
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. 4: [A Better Way to Treat Teen Anxiety, a free seminar](#) (St. Ambrose University, Rogalski Center)
Nov. 9: [Veteran's Day 5K Run/Walk](#) (American Legion Post 711, 106 Juanita St., Blue Grass, Iowa)
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. 23: [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



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island](#)

Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is [available on-line](#).

