

# THE ROCK



Serving the Employees and Residents of Rock Island Arsenal

June 2009 Vol. 8 No. 5

# Commitment a Hallmark of Service

How do you define “commitment”?

The men and women who wear the Army uniform are living examples of commitment to nation – commitment to service – commitment to their comrades – commitment to a cause higher than themselves.

Being a Soldier truly is the ultimate commitment. It is a commitment of time: time spent performing the mission until it’s completed; time spent thousands of miles away from family and friends in distant lands. It is a commitment to duty, to a willingness to go where duty calls, moving on a regular basis to new locations far from home. It is, above all, a commitment of self, a commitment that runs strong and deep - so much so that it includes a willingness to make the ultimate sacrifice.

Today, our Army is actively engaged in operations in Iraq and Afghanistan, and is honoring other national commitments in places such as Germany and Korea. Many members of our Active Component have experienced multiple deployments and spent thousands of hours on patrol and in the line of fire. Many citizen-soldiers from our Reserve Component have been called up and have left their civilian jobs and daily

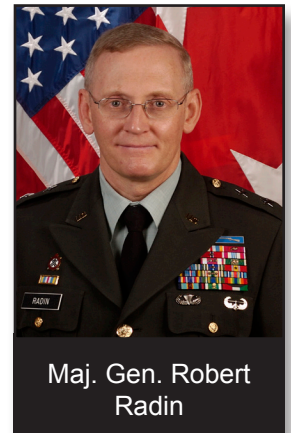
lives behind to go where the Army needs them, and to do what the America needs them to do.

It takes that type of commitment to defend and preserve freedom, and to keep our nation strong and united. The commitment shown by our Soldiers is a shining example for us all, and can serve as a model for the commitments made in our own lives. We honor their commitment by thanking them for their service, but also by using it to guide us as we perform our own duties and serve others in our families and our communities.

On June 14, the Army celebrated its 234th birthday, another milestone for an organization that has never wavered in its commitment to America and to the values our nation was founded upon. The same commitment which sustained ragtag revolutionaries charging a bridge in a New England village in the face of superior British forces also sustains highly trained Special Forces operatives battling insurgents in a remote valley in Afghanistan. It is an unbroken line that runs more than two centuries and that will run into a third century and a fourth, and for as long as the enemies of freedom choose to do battle.

Many have served in our Army over the years, yet few are remembered. All of them represent the commitment it takes to stand tall in the face of danger and fight for what is right. All are honored by the celebration of the Army Birthday.

I am proud to be part of the U.S. Army, the greatest fighting force the world has ever seen, and I stand by my commitment to the Army and to its people and values. I humbly honor and thank all Soldiers – past and present, active and retired, living and dead – on the occasion of the Army’s birthday, and I ask you to do the same. Their commitment was the cost paid for our freedom – let us never forget that, and let us always pay them the respect they earned. 🇺🇸



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## *Arsenal Garrison Manager Reads Army Birthday Book to CDC Children*

By

MARK KANE  
Rock Island Garrison Public Affairs

Joel Himsl, Rock Island Arsenal Garrison Manager, read “Sam The Army Dog,” a children’s book created in celebration of the Army’s 234th Birthday this year, to a room full of children at the Arsenal’s Child Development Center on June 15.

The book reading was part of a week of activities from June 15-19 at the CDC, which included Army birthday art projects, a toddler carnival and patriotic pathway, a customer appreciation night, and an Army birthday carnival.

This 234th birthday commemorate America’s Army - Soldiers, Families and Civilians - who are achieving a level of excellence that is truly Army Strong both here and abroad. Their willingness to sacrifice to build a better future for others and to preserve our way of life is without a doubt, the Strength of our Nation.

Himsl was joined at the CDC by deputy, Brian Swiss, Mike

Bobie, chief, Garrison Plans, Analysis & Integration Office, and Benny Wild, Rock Island Arsenal ASPI (Arsenal Support Program Initiative) Program Manager.

The Army’s birthday officially took place on June 14. 🇺🇸



Joel Himsl, Rock Island Arsenal Garrison Manager, reads “Sam The Army Dog,” a children’s book created in celebration of the Army’s 234th Birthday, to a room full of children at the Rock Island Arsenal’s Child Development Center on June 15. Photo by Mark Kane, Rock Island Arsenal Garrison Public Affairs

# Be Water Wise

By

CARLLA JONES  
Health Educator

U.S. Army Center for Health Promotion and Preventive Medicine

Did you know that drowning can happen in just a few seconds? On average, it takes only 20 seconds for a child and 60 seconds for an adult to drown. Drowning is often a silent event, especially for children; those 5 years and under don't understand the danger of falling into water and don't usually splash, cry or call out for help.

According to the Centers for Disease Control and Prevention, in 2005 an average of 10 deaths per day occurred due to drowning. More than one in four drowning victims were children aged 14 and younger. For those that only "nearly drown," the end result is often tragic. Near-drowning may result in memory lapses, learning disabilities or severe brain damage.

As the weather gets warmer, many Soldiers and their families will seek recreation in or around water. While having fun may be the top priority, it is important to take steps like these to prevent drowning and near drowning:

- Designate a responsible adult "water watcher" to super-


vise all children swimming or playing in or around water. This adult should not be distracted by anything else; that means no chatting with other people or book reading, no cell phone texting or grilling.

- Avoid drinking alcohol before or during swimming, boating or water skiing. Be especially careful not to drink alcohol while supervising children.
- For home pools, install a four-sided, isolation pool fence that completely separates the house from the pool area. The fence should be non-climbable and at least 4 feet tall. Use self-closing, self-latching gates that open outward and have latches above the reach of children. Place items that can be used for climbing (like tables and chairs) away from fences.
- Remove all floats and other toys from the pool immediately after use. These toys can tempt children to enter the pool area or lean over the pool and potentially fall in.
- Know the local weather conditions and forecast before swimming or boating. Bad weather can make swimming and boating very dangerous.
- Use only U.S. Coast Guard-approved life jackets when boating. Always use life jackets, regardless of the distance to be travelled, the size of the boat or the swimming ability of the boaters. Do not use air-filled or foam toys (like "water wings") in place of life jackets.
- Never swim alone, even if you are an excellent swimmer.

You should also plan ahead for water emergencies. Teach everyone how to use safety equipment and how to call 9-1-1. Finally, learn cardiopulmonary resuscitation. Your CPR skills could make a difference in someone's life in the time it might take for paramedics to arrive.

Summertime means fun in and around the water. But be water wise and prevent drowning and other water injuries.

In an effort to reduce the number of incidences of water related deaths and injuries to Soldiers, Family members and Civilians, the U. S. Army Combat Readiness/Safety Center has launched an interactive, Web-based, multimedia Water Safety tool available on the USACR/Safety Center home page at <https://safety.army.mil/WaterSafety>.



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**THE ROCK**

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On the Cover: *Spc. Julio Petersen performs at the iwireless center as part of the 2009 U.S. Army Soldier Show May 20 in front of nearly 3,000 people. For more about the event see pages 4 and 5. Photo by Mark Kane, Rock Island Arsenal Garrison Public Affairs.*



The U.S. Army Corps of Engineers' water safety mascot, Bobber – The Water Safety Dog, is a consistent advocate of wearing your lifejacket ... check out his website and award winning safety cartoons at [www.bobber.info](http://www.bobber.info).



Entertainers with the 2009 edition of the Soldier Show perform at the i-wireless center in Moline, Ill., on May 20, in front of nearly 3,000 people. Photo by Mark Kane, Rock Island Arsenal Garrison Public Affairs

# Nearly 3,000 Attend U.S. Army Soldier Show

By

ERIC CRAMER

Rock Island Arsenal Garrison Public Affairs

The 2009 edition of The U.S. Army Soldier show brought nearly 3,000 people to the i-wireless Center May 20, according to figures from Rock Island Arsenal. A total of 2,968 people attended the variety show performance by serving Soldiers in the United States Army.

"This is just an outstanding opportunity for us to give back to the Quad Cities," said Rock Island Arsenal Garrison Manager Joel Himsl. "This is a perfect end to the outpouring of community support we received from Military Appreciation Week here in the Quad Cities."

This year's show "Lights! Camera! Action!" attempted to give the audience a behind-the-scenes look of a simulated live television broadcast. After breaks in the show, cast members gave the audience

a simulated countdown to going "back on-the-air," in "five, four, three, two, one" before the beginning of a new set of numbers.

"The audience is going to have the rare experience of feeling and being in a live television studio, including commercial breaks," said Soldier Show production director Victor Hurtado, who spent much of the past year working on TV productions "Nashville Star," "America's Got Talent," "Clash of the Choirs," and country performing artist Michael Peterson's "My Real Life - Strong For America Tour," presented by the U.S. Army.

"I thought, what's going to be an exciting piece for the audience. Wouldn't it be cool to call it 'Lights! Camera! Action!' bring that feeling to the audience," Hurtado said.

Kathrine Schaeffer, an Army Specialist, was a performer in the 2008 edition of the show. This year, she was a lighting techni-

cian for the performance. She said she learned lighting techniques while working with the show last year. "I got to the point where I liked it so much more than actually performing," Schaeffer said. "It's a lot of work to be a performer, a LOT of work. I don't know that I could do it all over again."

Sgt. Maj. Tammy Coon, senior enlisted advisor for Soldier entertainment programs, is a native of Galesburg, Ill., and relished her return to the Quad Cities area. She said the Army's anti-sexual assault program known as "I. A.M. Strong" - the first three letters stand for "intervene," "act," and "motivate," was the military sponsor for the show.

"It's a very motivated and robust program where we're trying to get the message out on a peer-to-peer basis so those sort of things don't happen in our military. It's a deterrent to make certain sexual assault doesn't happen in our ranks," Coon said. ➔



Soldier Show entertainers perform at the i-wireless center on May 20. From left to right, Sgt. Dawn Florence, Sgt. Jennifer Noel, and Staff Sgt. Nafrettifi Griffin. Below, Pfc. Susan Noga entertains the crowd. Photos by Mark Kane, Rock Island Arsenal Garrison Public Affairs




**I.A.M. S' STRONG**  
INTERVENE • ACT • MOTIVATE

[www.preventsexualassault.army.mil](http://www.preventsexualassault.army.mil)



[www.armymwr.com/recreation/entertainment/soldiershow](http://www.armymwr.com/recreation/entertainment/soldiershow)



*"Entertainment For The Soldier. By the Soldier"*

☛ I. A.M. Strong videos aired during breaks in the performance, and its logos and images showed on the i-wireless Center's video ribbon during the performance.

He said he recommends the Soldiers who devote six months to the tour look at it as a developmental opportunity.

The show featured 15 U.S. Army Soldiers who performed a variety of musical and dance numbers.

When the Soldier Show rolls into a location, almost regardless of where it is, each show is highly anticipated.

The show opened with Kirk Franklin's upbeat "Declaration [This is It!]," co-written by Kenny Loggins and Michael McDonald, which addresses survival of the everyday trials and tribulations through a positive declaration of one's purpose in life.

"It makes use of the tune of Kenny Loggins' "This is It," Hurtado said."But it has

been completely redone in a very inspirational way."

Another scene featured the new retro sounds of Duffy's "Mercy," Dominican Juan Luis Guerra's "La Llave de Mi Corazon," which translates in English to "Key to my Heart," and "I Decided," by Solange Knowles, younger sister of Beyonce.

"It has a little bit of English, a little bit of rap, it's all meringue - so it moves," Hurtado said. "There are also some really cool Kanye West and Rhianna numbers, with black lights and interesting drums - a lot of visuals."

A lot of dance, rap, English R&B, visuals, patriotic tunes, movement, love of country - even a roller skater - graced the stage of the 2009 U.S. Army Soldier Show during the 90-minute theatrical concert production.

Soldier-performers wore traditional attire from India during "Jai Ho," a soundtrack piece from "Slumdog Millionaire,"

the 2008-09 Oscar Award-winning best motion picture of the year.

The Soldiers performed Frankie Smith's 1981 funk song, "Double Dutch Bus," while playing the streets of Philadelphia-acclaimed jump rope game on stage. Raven-Symone covered the tune in 2008 and it was released to promote the film "College Road Trip." There was also a throw forward to modernized versions of more '80s hits, complete with choreography and costuming reminiscent of the "Solid Gold" television show.

For the finale, the troops combined "The Warrior's Anthem," by Michael Peterson, with the late Robert Humphreys' "Warrior's Creed," and put it to music.

"It's a combination of that and a song called "Make Them Hear You," Hurtado said. "It's a declaration of being heard."

*This article contains information provided by Tim Hips, (Family and MWR Command).*

# RIA-JMTC Celebrates Machinist Apprenticeship Program Graduation

By

RHYS FULLERLOVE  
JMTC Public Affairs

All across the country, high school and college students are celebrating the end of a long four year journey with commencement. The same was celebrated at the Rock Island Arsenal Joint Manufacturing and Technology Center when 11 people graduated from the Machinist Apprenticeship Program May 22.

The Apprentice Program at Rock Island Arsenal can trace its roots to just before World War I. The first class graduated in 1910. Today, the program is partnered with Black Hawk College, a partnership that has helped the program expand and improve.

“These machinist graduates will continue a tradition, providing a backbone to a highly-skilled workforce who are all working diligently to supply our nation’s warfighters with the best equipment possible,” Rock Island Arsenal Joint Manufacturing and Technology Center Commander Col. Craig Cotter said.

The current apprenticeship program has been linked with Black Hawk College for three years.

“When you partner with education, it better your relationship with the whole community,” said Chairman of the Apprenticeship Committee Lon Lukavsky. The four-year program consists of more than 700 hours of classroom training as well as more than 7,000 hours of on the job training. The training program is certified through the Department of Labor, Bureau of Apprenticeship and Training.

After completion of the program, many graduates find jobs at the RIA-JMTC while others venture into private industry.

“Many of our leaders at RIA-JMTC,



Apprentice graduate Shawn Kraft, and her grandson John talk with Rock Island Arsenal Joint Manufacturing and Technology Center Commander Col. Craig Cotter after the ceremony on May 22. Photo by Rhys Fullerlove (RIA-JMTC)

have been graduates of the apprenticeship program,” Lukavsky said. “We have also had graduates that have been successful in private industry or started their own business.”

“The importance of this program can be realized when you consider how imperative machining is throughout the manufacturing processes,” Cotter said. “Most items produced here require some sort of precision work, something only a machinist can provide.”

Many of graduates take pride in knowing that they are working on items that will help support the warfighter in battle. Shawn Kraft, who is 53-year-old, had 11 grandchildren at the ceremony today. Kraft entered the program off a dare from her son who graduated the program.

“As someone who is older, I take pride in knowing that I am helping those men and women who are fighting for my freedom,” Kraft said.

East Moline Mayor, John Thodos gave the keynote address. He stressed the importance of the work that is done at the Rock Island Arsenal.

“What you make here protects our men and women in the armed services,” said East Moline Mayor John Thodos. “For parents with children in the service, what you do here does not go un-noted.”

More than 1,200 have graduated from the apprenticeship program since its inception in 1910.

2009 Graduating Class members include: Scott E. Ambort - Long Grove, Iowa; Colin M. Booker - Davenport, Iowa; Eric J. Calloway - Rock Island, Ill; Bradley L. Hessell - East Moline, Ill; Andrew J. Hudson - Bettendorf, Iowa; Shawn L. Kraft - Annawan, Ill; Matthew M. Nelson - Davenport, Iowa; Scott L. Parker - Silvis, Ill; Quentin R. Rodriguez -Moline, Ill; Charles P. Till - Dubuque, Iowa. 🍷

# You Can Help Rock Island Arsenal Meet Our Energy Mandate

By

WENDY HOLLADAY  
Rock Island Arsenal-Garrison

You may have noticed that individuals are paying attention to the environment and energy conservation now more than ever. Due to the current state of economic affairs, many are adopting the use of green products and concepts in an attempt to not only help the environment, but also to help keep more money in their wallets.

The Rock Island Arsenal is no different. Our annual energy costs can be upwards of \$5 million annually across the installation. In addition to the desire to save funds, Rock Island Arsenal has federal mandates that must be met in regards to energy consumption reduction. Per the Energy Policy Act of 2005, the Energy Independence and Security Act of 2007, and Executive Order 13423, we are required to reduce our energy intensity by three percent annually, with a total reduction of 30 percent by the end of fiscal year 2015. This is a challenging goal for us to achieve, in light of increased factory production to support overseas contingency operations, extreme weather patterns, and incoming tenants as a result of Base Realignment and Closure.

In order to meet our goals we need the help of every person on this installation. The following are some things you can do to help your installation, your Army, and your environment:

- Turn off your computers and monitors every night. This is mandated by AR 420-1 and local policy. Recent software

changes have been made allowing computer support staff to “wake” your computer when updates need to be installed. It may be a minor inconvenience, but it will reap big savings if everyone complies with this policy.

- Ensure lights are turned off in unoccupied areas, even if you will be returning shortly. Many have heard in the past that it takes more energy to turn a light on and off than to just leave it on. However, technological advances have made this policy obsolete.
- Ensure that scanners, copy machines, faxes, printers and other office equipment are Energy Star rated. Program the sleep modes on this equipment to activate automatically. This is also required by the Energy Policy Act of 2005, Energy Independence and Security Act of 2007, and AR 420-1.
- Doors and windows between conditioned spaces and non-conditioned spaces should never be left open.
- Eliminate all extra refrigerators, microwaves, coffeepots and other personal appliances that are no longer in use. Try to share these appliances in your areas as much as possible. Also, attempt to ensure the appliances that you do use are Energy Star rated.
- Report any heating, cooling, and lighting problems to the Rock Island Directorate of Public Works Work Order Desk. (Include e-mail and telephone number).

Remember: we can reach our 30 percent energy reduction goal with a mix of an ownership attitude, individual responsibility, and teamwork. 🍌

## Rock Island National Cemetery Final Resting Place for Fallen Hero



Sgt. Justin Duffy, 31, formerly of Moline, Ill., was buried at the Rock Island National Cemetery with full military honors on June 12.

The Arsenal workforce lined Rodman Avenue for Duffy's procession as a mark of respect for the fallen hero on his way to his final resting place at the national cemetery.

Duffy was killed in action June 2, in Baghdad when an improvised explosive device detonated near the Humvee he was riding in. Four other paratroopers also were wounded in the blast.

Officials said Duffy served with distinction, earning the Bronze Star Medal, the Purple Heart, the Good Conduct Medal, the National Defense

Service Medal, the Iraq Campaign Medal, the Global War on Terrorism Service Medal, the Army Service Ribbon, the Overseas Service Ribbon, the Combat Infantryman Badge and the Parachutist Badge.

“His legacy as a Gladiator and Panther Paratrooper will endure.” said Lt. Col. Kenneth Rector, commander, 3rd Brigade Special Troops Battalion, 3rd BCT, 82nd Abn. Div.

Although his family moved to Cozad, Neb., when he was in the sixth grade, Duffy still considered Moline his home, his father said. The family still has relatives here.

*Anthony Watt, Rock Island Argus/Moline Dispatch, contributed to this article. 🍌*

Sgt. Justin Duffy's casket is taken out of the horse during his burial ceremony held at the Rock Island National Cemetery June 12. Photo by Mark Kane, Rock Island Arsenal Garrison Public Affairs

# Ooh! Ahh! Ow?

## Fireworks Officials Encourage Parents to Light Safety Spark

By

MOLLIE MILLER

U.S. Army Combat Readiness/Safety Center

The colorful sparkles of fireworks have rained down on celebrations around the globe for thousands of years. From bottle rockets to comets and palm trees to sparklers, fireworks have lit up the skies of many warm summer nights.

Although beautiful, the delicate sprays of green, gold and orange can quickly turn into the red and white strobe of an ambulance if extreme caution is not exercised while handling fireworks.

The Centers for Disease Control and Prevention reports that in 2006, the last year a fireworks-related injury report was generated, 11 people died and an estimated 9,200 were treated in emergency departments for fireworks-related injuries in the United States.

The Army is not immune to these statistics. Just four years ago, a Soldier lost his eye after a firework ignited prematurely and hit him in the face.

“Due to their explosive and heat related nature, fireworks must be handled with extreme caution,” Tracey Russell, a safety specialist at the U.S. Army Combat Readiness/Safety Center, said. “Those who choose to handle fireworks must always be mindful not only of themselves and how they are handling the fireworks but also where they are handling them, who else is around and what the weather conditions are.”

Ralph Apel, president of the National Council on Fireworks Safety (NCFS), said fireworks safety simply comes down to one important tool – common sense.

“If consumers would use common sense and read all label warnings and performance descriptions on the fireworks they purchase, they would know what to expect when they light them,” he said.

Russell said the common sense approach to fireworks safety also includes understanding that alcohol and explosives don’t mix.

“When you are dealing with fireworks, something that burns very hot, you need to use extreme caution,” she said. “If you are impaired by alcohol, you may not be using the amount of caution you should and could end up hurting yourself or someone else.”

Apel said this year, he and his team at NCFS are working hard to remind parents that fireworks are not toys and that all fireworks, including the universally recognized sparklers, present the potential for danger and injury.

“If parents took the time to explain fireworks to their children and demonstrate safe use, injuries from sparklers and other fireworks could be reduced,” he said. “Right now, 16 percent of all consumer fireworks injuries are caused by sparklers and we want this number to go down, we want parents to know that a bucket of water and some supervision could greatly reduce these injuries.”

**No One Sparkles Alone**

Sparklers account for one-third of all fireworks injuries to children 5 years or younger.

To prevent needless injuries, teach children how to use sparklers safely and always ensure adult supervision. Visit [www.fireworksafety.com](http://www.fireworksafety.com) to learn safety steps for sparklers and fireworks.

**SAFE Summer**

Have fun and look out for each other this summer. Do your part to protect your Band of Brothers and Sisters.

ARMY STRONG  
U.S. ARMY COMBAT READINESS/SAFETY CENTER  
<https://safety.army.mil>  
ARMY SAFE IS ARMY STRONG  
A BAND OF BROTHERS & SISTERS

Russell said because all fireworks present some level of danger, the best thing to do to ensure a safe and fun fireworks experience is to simply watch a professional show.

“Go out, relax and let someone else do the dangerous work while you sit back and enjoy,” she said.

For more information about fireworks safety, visit [www.fireworksafety.com](http://www.fireworksafety.com). For information about the Army’s Safe Summer Campaign, visit <https://safety.army.mil>.

### Sparkler Safety

- Sparklers should always be used under close adult supervision.
- Always remain standing while using sparklers.
- Never hold a child in your arms while using sparklers.
- Never hold or light more than one sparkler at a time.
- Sparklers and bare feet can be a painful combination. Always wear closed-toe shoes when using sparklers.





Dark clouds and drizzle hang over the Transcontinental Convoy as it arrives in Clinton, Iowa, having covered about 1,000 miles in its coast-to-coast journey. Poor weather didn't deter more than 100 area residents and veterans from attending the event. Photo by Eric Cramer, Rock Island Arsenal Garrison Public Affairs

# Transcontinental Convoy Rolls Through Clinton, Iowa

By

ERIC CRAMER

Rock Island Arsenal Garrison Public Affairs

More than 200 people greeted the Transcontinental Convoy when it rolled through drizzling rain into Clinton, Iowa, on its re-creation of the 1919 convoy commanded by Lt. Col. Dwight Eisenhower.

The original convoy traveled to California, stopping at Rock Island Arsenal on its return trip.

Terry Shelswell, convoy director, said

its reception has been remarkable everywhere the new convoy has stopped.

"It's been wonderful," Shelswell said. The response from the public has been inspirational."

Shelswell said traveling with a hundred or more vehicles, some of them more than 90 years old, is not without challenges.

"We have a few breakdowns, but we also have a lot of people with experience, and what breaks down, we fix, and if we can't fix it, we tow it," he said.



Participants in the Transcontinental Convoy line up for lunch in Clinton, Iowa, served by the local troop from Boy Scouts of America. "First gear at 1400 was the message to participants," who had to head to the convoy's next stop in Cedar Rapids, Iowa. Photo by Eric Cramer, Rock Island Arsenal Garrison Public Affairs

Clinton, a city of about 26,000 people on the banks of the Mississippi River in Eastern Iowa, corresponds to one of the original stops taken by the 1919 convoy.

"All of our stops are at or near the original stops," Shelswell said. He said Clinton is slightly less than half-way through the

planned coast-to-coast route.

"We've covered just over a thousand miles so far," he said.

The original convoy was designed to test the feasibility of moving troops and materiel, and to showcase the Army's use of then-cutting-edge technology. Today's convoy has different goals, according to Shelswell.

"We have two missions - the first is to say thanks to our veterans, active duty military members and their families," he said. "The second is to pay honor to the first group that did this in 1919, when it was very important."

Shelswell said a third key for the convoy is education. "We want to educate the public, and present these vehicles to the public so that they can learn more about them."

Lined up for the free lunch provided by a Clinton-area troop from the Boy Scouts of America, the convoy members were already planning to head out for their next stop in Cedar Rapids, Iowa.

"We're in first gear at 1400," was a message passed up and down the line. At 1400, the big engines wound up and the convoy left Clinton.

More can be found about the Convoy at [www.army.mil/convoy/](http://www.army.mil/convoy/)



Don Chew's 1917 Four Wheel Drive Co. truck is one of two vehicles in the Transcontinental Convoy old enough to have participated in the original convoy in 1919. Chew believes that some parts he bought during his restoration of the truck came from the three original FWD trucks that were in the 1919 Transcontinental Convoy. Photo by Eric Cramer, Rock Island Arsenal Garrison Public Affairs

# Four Wheel Drive Co. Truck May Have Parts Used in 1919 Transcontinental Convoy

By  
ERIC CRAMER  
Rock Island Arsenal Garrison Public Affairs

Only two of the many vehicles in the Transcontinental Convoy are old enough to have actually taken part in the original convoy, a 1918 Dodge command car, and the 1917 Four Wheel Drive Co. truck belonging to Don Chew.

"There were three of these in the original convoy," Chew said.

Chew said the Four Wheel Drive Co., of Clintonville, Wis., built 6,000 of the vehicles between 1917 and the company's failure in the 1920s.

"There were two original owners of the company who created the four-wheel-drive system and created the whole concept, and they used an attorney. The attorney stole the company from them," Chew said. One of the company's founders went on to work as a designer for the famed Oshkosh heavy equipment manufacture in the Wisconsin city of the same name.

Chew's truck is part vehicle, part restoration, and part archeology project.

"I didn't dig it up, but I did dig up some of the parts," he said. "The body came out of a cornfield near Mason City, Iowa, and I've bought and purchased parts from all over the country."

He said he strongly suspects that some of the parts he purchased came from among the three original Four Wheel Drive Co. trucks used in the 1919 convoy.

"I bought three batches of parts from Riverside, Calif. When I got to researching, I found out that very few of these trucks ever made it to California, but among those very few trucks were the three that were in the 1919 convoy. I think the parts I bought probably came from them," Chew said.

Restoring the vehicle was a year-long project that consumed all of his time. "I'd get up, work on it, go to bed and get four or five hours of sleep and then get up and work on it again."

The truck is making the trip, this time, on a flat-bed trailer. It's engine pulls it along at a stately 12 miles per hour, too slow to maintain the 30-mph pace of the rest of the convoy. "You can get it up to 15, but its hard on the engine," Chew said.

He said he plans to tear down the engine when he returns to his home in Colorado following the completion of the convoy. Improper piston rings don't allow the engine to develop enough compression to operate correctly at the 6,000-foot elevation where he lives. He's having new pistons and piston rings custom manufactured to allow the vehicle to operate more efficiently. 🍷

# Employees Gain Eye Opening Experience at Safety Fairs

By  
RHYS FULLERLOVE  
JMTC Public Affairs

The National Safety Council declared June as National Safety Month and the Rock Island Arsenal chose to participate by hosting the National Save a Life Tour, which travels around the U.S. to spread its message about a problem that kills or injures more than 500,000 people each year – drinking

and driving. Along with the presentations and experiential events of the Save a Life Tour, safety fair also featured motorcycle safety, fire safety, boating safety and other summer safety displays.

On June 2, the Save a Life Tour was also made available to the entire RIA installation in Bldg. 60, Heritage Hall.

At JMTC alone, more than 200 Rock Island Arsenal employees attended the event. The main attraction at the

ment for all JMTC employees. Drivers took a seat behind the wheel of a Ford Taurus. Drivers felt like they were truly in the car since the simulator had all the controls of a real car, including air conditioning, sound, and a 225-foot field of vision through the use of three monitors that surround the driver's seat. The simulator presenters used a non-traditional, "Shock Jock" approach to alcohol awareness and anti-drinking and driving. They provided participants with hard facts about the consequences of drinking and driving.

In addition to the driving simulator, other booths were on hand to share safety tips and advice. Other participants included the RIA-JMTC Safety Office, RIA Garrison Safety Office, RIA Arsenal Fire Department, the Employee Assistance Program, the Coast Guard and the RIA health clinic.

"The safety fair was a great way to make people aware of safety issues that we face every day," said RIA-JMTC Safety Manager, Scott Nelson.

The RIA Fire Department sponsored fire extinguisher hands-on training. Participants learned how to check an extinguisher as well as how to properly use it to put out a fire.

"Even though I have a fire extinguisher in my house, I have never used one on a real fire," said RIA-JMTC Protocol Officer Trish Swanson.

Another event was the fork lift rodeo sponsored by the RIA-JMTC Supply Chain Management Directorate. Anyone who had a valid fork lift driver's license had a chance to compete for bragging rights in the factory.

Kurt Hurst took first place in the rodeo while, Ron Smithson was runner up. Other participants from RIA-JMTC included Brian Fry, Russell Coons, Doug Strohbehn, Ben Warren.

The safety fair was also part of the Army's 101 days of Summer Safety campaign. 🍓



RIA-JMTC Maintenance Electrician, Thomas Barnes, listens to instructor as he tries to correct the wheel during the drunk driving simulation at the RIA-JMTC Safety Fair. Photo by Rhys Fullerlove (RIA-JMTC)

and driving. The six hour high impact media event features no holds barred video presentations coupled with multi-million dollar features and offers a drinking and driving simulation experience.

On June 1, the Joint Manufacturing and Technology Center partnered with the Arsenal's Army Substance Abuse Program to hold a safety fair in the loading dock area of Bldg. 212 with lots of giveaways, food and entertain-

ment for all JMTC employees. The simulation is designed to educate people about the dangerous effects of alcohol impairment on driving skills.

"It is pretty realistic, starting and stopping was very difficult," said RIA-JMTC Electrical Maintenance Technician. "Trying to correct yourself and keep the wheel straight when you were beginning to serve was also hard."

# New Training Aims to Reduce Suicides

## 2009 Trend Heading in Wrong Direction

By

JON CONNOR

Army Sustainment Command Public Affairs

This is not business as usual.

With these words, Army leaders up and down the chain of command are sending the message out to the rank and file that the Army is combating an insidious enemy – one as deadly as war.

In 2008, the Army experienced an all-time high in suicides – 143 – which quickly caught the attention of leadership and media. At the current rate, 2009 Army suicides will surpass last year's troubling figure.

The Army's second-in-command testified in a Senate hearing in mid-March that 48 Soldiers have taken their own lives this year. If that rate continues, more than 200 Soldiers will be dead as a result of suicide by the end of the year.

That's unacceptable, the Army's vice chief of staff, Gen. Peter Chiarelli, told the Senate Armed Services Committee.

Army leadership acknowledges increased stress from a high operations tempo resulting from two wars. Yet, as Chiarelli told the media earlier this year, 2008 statistics show 35 percent of those who committed suicide had no deployment experience at all.

Since the beginning of the wars in Iraq and Afghanistan, the Army has lost more than 580 Soldiers to suicide. In 2008, the number of reported suicides jumped 21 percent from the previous year, Army officials said.

To combat this elusive enemy, the Army is in the midst of fielding a new type of training to educate Soldiers and civilians alike on suicide. While the content is drawn from existing sources, presentation is both more widespread and participatory.

Formerly, the Army conducted Suicide Prevention Week in September to highlight concerns.

Alarming trends prompted better methods of training and awareness. On April 16, Chiarelli approved the Army Campaign Plan for Health Promotion, Risk Reduction and Suicide Prevention. The plan requires careful examination of the Army's doctrine, organization, training, materiel, leadership and education, personnel and facilities to improve the physical, mental and spiritual health of Soldiers. One element of the campaign is the new suicide prevention training.

This training comes in three phases. The first phase was a "stand-down" which began Feb. 15. This phase offered real-life scenario video vignettes that allowed audience members to interact with what they saw based on the decisions they made throughout the example. The video is called "Beyond the Front."

At Rock Island Arsenal, Army Sustainment Command conducted its Phase 1 training with Chaplain (Lt. Col.) Joel Russell spearheading efforts, and assisted by his staff.

"What I think is great about this particular training is that it's a new mode," Russell said, noting the improvement from the traditional slide show, narrated from a lesson plan. "I like it a lot. It really engages the audience.

"With this, we're presenting the same information of a standard suicide prevention briefing, but we have an interactive video ... to have the opportunity to make decisions ... to do the right and proper prevention."

All attendees are also given the Suicide Prevention

Training Top Card or SPTTC, which highlights the signs and symptoms of depression, causes of depression, suicide warning signs, and related risk factors. Likewise, everyone is given the wallet-sized "ACE" card which is an acronym for Ask, Care and Escort.

"The ACE card is basically a short way of saying the three key things in assisting someone who is suicidal," said Sgt. Gary McCracken, ASC chaplain assistant.

McCracken said you must be blunt and ask, "Are you suicidal? Do you have a plan?"

Additionally, battle buddies, friends, and work colleagues must show a potential suicide victim that they care and will stay and listen to them. And finally, one must see that an at-risk person is escorted to a treatment facility.

"A lot of people don't give themselves permission," Russell said. "It's an uncomfortable subject to ask someone 'Are you suicidal today?' But I think it [the ACE card] gives you empowerment to do that in case you see that in yourself or someone else."

And what are the signs of a suicidal person?

"Withdrawal from normal activities, excessive drinking ... alcohol abuse, giving away personal items, depression, isolation, sadness, saying things like 'I'd be better off if I was gone; nobody needs me.' They almost have a sense of hopelessness, like they're use-less," McCracken said.

Phase II, which started March 16, is an Army-wide, 120- ➔

### **Suicide Risk Factors**

- **Relationship problems**
- **History of previous suicide attempts**
- **Substance abuse**
- **History of depression or other mental illness**
- **Family history of suicide or violence**
- **Work-related problems**
- **Transitions (retirement, PCS, discharge)**
- **Serious medical problem**
- **Significant loss**
- **Current/pending disciplinary or legal action**
- **Setbacks (academic, career or personal)**
- **Severe, prolonged and/or perceived unmanageable stress**
- **A sense of powerlessness, helplessness, and/or hopelessness**

Source: USACHPPM

day activity with designated personnel conducting training in a smaller, more intimate setting, again with interactive video.

This “chain-teaching” training is called “Shoulder-to-Shoulder: No Soldier Stands Alone.” It offers three vignettes called “Prior to Deployment,” “Deployment and Employment” and “Following Deployment,” all with different scenarios driven by trainees. Like Phase 1, it involves everyone to discuss the situation, make choices, and see the consequences.

Each scenario engenders discussion by asking tactical, operational and strategic questions like “As a unit commander, do you want to take this Soldier into combat? Why or why not?” (tactical), “This Soldier agrees to speak with you only if you promise not to tell anyone else. What should you do?” (operational), “How could you have prepared your troops in a manner that they do not experience excessive anxiety about deploying?” (strategic).

But as Russell points out, suicide prevention is a program for everyone – because it affects everyone. While watching the vignettes, participants see a Soldier in the Army Combat Uniform,

but as it progresses, one no longer sees the uniform, but rather a human being that needs help.

“You learn how to provide assistance, should you feel someone you know or love” wants to commit suicide, Russell said.

Phase 3 will be sustainment of previous training and is concurrent with phases I and II.

Family Readiness Groups and similar family support programs. Organizations will encourage family members to participate as they are an important behavioral health influencer and could also be a potentially at-risk population, Army officials said.

How successful the suicide prevention training will be remains to be seen. But, in order for the training to be effective, it must be addressed at all levels throughout the Army. “It can happen to anybody,” Russell said. “We need to watch the people we work with, the people that we love. If we see any change in their behavior that might create some anxiety in us, we first confront them about it. If we’re still uncomfortable, then we need

to get them the help they need.” Suicidal awareness and taking action cannot be ignored, Russell said. “We need to make the intervention. We might be wrong; maybe they’re not suicidal at all, but we need to give them the opportunity,” the ASC chaplain said. “I would rather err on the side of caution and help someone, and maybe lose a friend at worst, then to have someone kill themselves on my watch and me not do anything about it.”

**Life Lines**

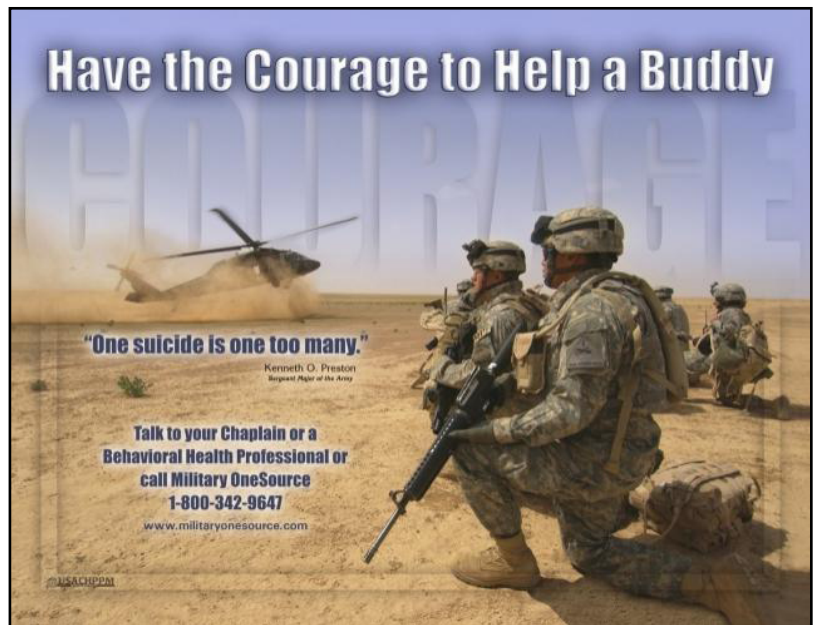
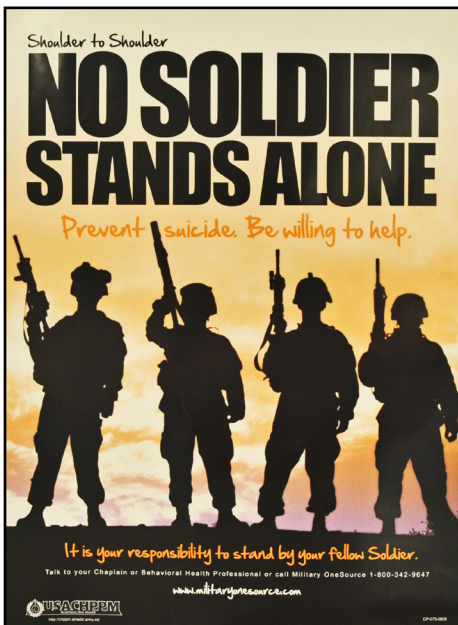
- **National Suicide Hotline, 1-800-SUICIDE**
- **[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), 1-800-273-TALK**
- **[www.armyfamiliesonline.org](http://www.armyfamiliesonline.org), 1-800-833-6622**
- **[www.militaryonesource.com](http://www.militaryonesource.com), 1-800-342-9647**
- **VA Readjustment Counseling Services, 1-800-827-1000, [www.va.gov/rcs](http://www.va.gov/rcs)**
- **Army G-1, Army Well-Being Liaison Office, 1-800-833-6622**
- **Wounded Soldier and Family Hotline, 1-800-984-8523, Overseas DSN: 312-328-0002, Stateside DSN: 328-0002, E-mail: [wfsupport@conus.army.mil](mailto:wfsupport@conus.army.mil)**

**Emergency, dial 911**

*Source: U.S. Army*

This phase establishes routine annual training requirements and institutionalizes Army Suicide Prevention measures in Army policy and procedures. Units and organizations will conduct annual mandatory suicide prevention training and ensure participation records are maintained by name and directorate, business group, or staff section, Army plans stated.

Additionally, organizations will make suicide prevention training available to





# Water Safety

Water safety is an interactive community that puts challenging and fun online activities, and links to useful information, right at your fingertips.

ARMY SAFE IS ARMY STRONG  
A BAND OF BROTHERS & SISTERS

USARMC/S&T CENTER HOME | ABOUT US | HELP | CONTACTS & FEEDBACK

**Safety Resources**

- Water Safety
- Boating Safety
- Naval Safety Center
- Basic Water Safety
- National Water Safety Program
- Water Safety Tips
- United States Army V Corps - Safety
- CCDC - Water Related Injuries
- USCGC - Licensing and Fee Safety Division
- Recreational Water Safety
- Home American Safe Boating Campaign
- River Safety Tips
- National Safe Boating Council
- National Water Safety Congress
- Summer Safety Tips
- Pool Safety Publications

Driving Safety  
Home Safety  
Gun Safety  
Fire Safety

**Related Videos**

- 402009 Jet Ski Safety
- 402009 Boat Safety 11 Jet Ski and Water Skiing Rules
- 402009 Beach Hazards

Water Safety

Minimum POWER Maximum

Wind: 7 mph Score: 0

comment on this challenge email to a friend

**WELCOME! to Water Safety**

Water Safety is an interactive community that puts challenging and fun online activities, and links to useful information, right at your fingertips. Challenge your friends, beat the high score and show off your skills, by competing in Water Safety Challenges.

**Jet Ski Challenge**

Use a Personal Flotation Device

Review Safety Rules

Review Challenge

start

**Life Ring Toss Challenge**

4 Steps to drownproof:

- Relaxing is the most important part of drownproofing. Relax your arms and legs (keep your head above water) and float on your back.
- After a few seconds of floating, slowly raise one arm up and down (keep your head above water) and repeat with the other arm.
- As your head and body become vertical, bring legs back together, with your feet in a V-shape. Breathe through your nose, with your eyes open so you don't lose your bearings.

Instructions: Relaxing is the most important part of drownproofing. Relax your arms and legs (keep your head above water) and float on your back. After a few seconds of floating, slowly raise one arm up and down (keep your head above water) and repeat with the other arm. As your head and body become vertical, bring legs back together, with your feet in a V-shape. Breathe through your nose, with your eyes open so you don't lose your bearings.

**Swimming Challenge**

PROPER SENBLOCK

SWIMMING REGULATIONS

CHALLENGE RULES

**Beach Hazard Challenge**

Choose Your Cover

- Seek Shade from UV rays, especially during midday
- Cover Up to protect exposed skin
- Get a Hat with a wide brim
- Grab Shades that block both UVA and UVB rays
- Rub On Sunscreen - at least SPF 15 or higher and both UVA and UVB protection

Safe Trip to the Beach

Challenge Rules

<https://safety.army.mil/WaterSafety>



ARMY SAFE IS ARMY STRONG

