

Jan. 24, 2011



Island Insight



IMCOM
SOLDIERS • FAMILIES • CIVILIANS



Force Protection Level – Alpha
Homeland Security Advisory System – Yellow/Elevated
Transportation Security Administration Threat Level – Orange/High
Coast Guard Maritime Security (MARSEC) Level – 1/Significant Risk



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: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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Illova Combined Federal Campaign

Reaches Goal: Employees from multiple federal agencies across a 37-county area celebrated reaching their fundraising goal. Employees with the Combined Federal Campaign held an awards ceremony and luncheon Jan. 20 recognizing federal, military and postal employee donations to local, national

and international charities. Employees pledged \$827,470 and exceeded last year's total of \$821,390. Maj. Gen. Yves Fontaine, commanding general of the Army Sustainment Command and the 2010 CFC Honorary Chair served as the keynote speaker. "This is all about you guys. Thanks," he said. "This takes leadership, focus and time. You took the



time out of your busy schedule to make this successful. Without you this would not be a reality. I thank you and the Army thanks you." Organizational awards were also presented during the luncheon. Organizational Participation Awards (greatest participation per group size): - Transportation Security Administration: 79 percent (small organization) - U.S. Army Garrison Rock Island Arsenal: 58 percent (medium organization) - Joint Munitions Command: 48 percent (large organization) ([More](#))

AESD Implementation in Effect – Attention All x0900 IT Support Callers:

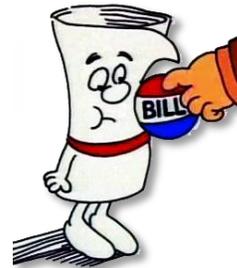
Effective **Feb. 1**, 5 a.m., x0900 will no longer auto-forward your calls to the Army Enterprise Service Desk (AESD), 1-866-335-2769.



You will need to dial the AESD directly if you are still dialing x0900 for computer support. Please continue to use your specific support numbers for Operator support, SIPRNET, LMP, and your specific mission applications. You can still e-mail problems and questions to NEC-RIA at rock-helpdesk@conus.army.mil.

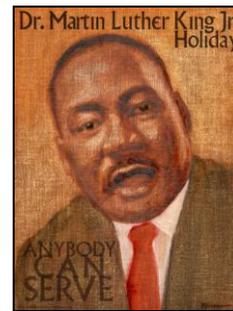
Lawmakers Propose Five-Year Pay Freeze, Federal Job Cuts:

Republican lawmakers are seeking a five-year federal pay freeze and additional workforce cuts in an effort to rein in spending. The 2011 Spending Reduction Act, unveiled on Thursday by Republican Study Committee Chairman Rep. Jim Jordan, R-Ohio; Rep. Scott Garrett, R-N.J.; and Sen. Jim DeMint, R-S.C.; outlines \$2.5 trillion in cuts by dropping current spending to fiscal 2008 levels and freezing budgets at fiscal 2006 levels for 10 years beginning Oct. 1. The legislation, which was slated to be introduced on Jan. 24, would reduce the size and cost of the federal civilian workforce and cut a number of federal programs. ([More](#))



ASC Event Honors Dr. Martin Luther King, Jr. Legacy:

Marking the 2011 Martin Luther King, Jr. Day observance at Rock Island Arsenal Jan. 20, Dr. Cyrus M. Ellis addressed a large group of civilians



Upcoming Dates

- Jan. 23-29:** Tobacco-Free Awareness Week
- Jan. 23-29:** National School Choice Week
- Jan. 24-28:** No Name-Calling Week
- Jan. 25:** State of the Union Address
- Jan. 27:** National Eosinophilia Day
- Jan. 29:** Thomas Paine Day
- Feb. 1:** National Freedom Day
- Feb. 1-7:** National Patient Recognition Week
- Feb. 2:** Groundhog Day
- Feb. 2:** National Junior Achievement Groundhog Job Shadow Day
- Feb. 3:** Lunar New Year
- Feb. 3:** National Patient Recognition Day
- Feb. 4:** National Wear Red Day
- Feb. 4:** USO 70th Birthday
- Feb. 5:** Army Emergency Relief 69th Birthday
- Feb. 5:** National Weatherman's Day
- Feb. 6:** Super Bowl Sunday
- Feb. 6-12:** Burn Awareness Week
- Feb. 7-13:** World Salt Awareness Week
- Feb. 11:** National Inventors' Day
- Feb. 12:** Abraham Lincoln's Birthday
- Feb. 12:** Darwin Day
- Feb. 13-19:** Children of Alcoholics Week
- Feb. 14:** Valentine's Day
- Feb. 14:** National Pet Theft Awareness Day
- Feb. 14:** National Donor Day
- Feb. 14-18:** Random Acts of Kindness Week
- Feb. 14-21:** Sexual Health Awareness Week
- Feb. 19:** 70th USCG Reserve Birthday
- Feb. 20-26:** National Engineers Week
- Feb. 20-27:** Military Saves Week
- Feb. 20-26:** National Eating Disorders Awareness Week
- Feb. 21:** Presidents' Day (*Federal Holiday*)
- Feb. 22:** World Thinking Day
- Feb. 22:** National Spay Day
- Feb. 24:** Great American Spit Out
- Feb. 24:** Introduce a Girl to Engineering Day



and Soldiers. Invited to speak by the U. S. Army Sustainment Command's Equal Employment Opportunity Office, Ellis is an award-winning social justice and civil rights advocate. He is a Louisiana native but currently lives in the Chicago, Ill., area and works as a college professor. He has authored and published works discussing the negative emotional responses to being in a constant state of distress over issues of racism, gender and class. "It is my honor," Ellis said, "to be here among my family." Ellis is a retired veteran, having served in both the U.S. Army Reserve and the New Jersey Army National Guard. ([More](#))

RIA-JMTC Armed Forces Network

News Spot: Check out RIA-JMTC news spot on the Armed Forces Network. This will be distributed worldwide on AFN. Now Soldiers, Sailors, Airmen and Marines will know where some of their equipment is built. Stories like this couldn't be possible without the hard work of everyone at RIA-JMTC. ([More](#))



ASC Takes Operational Control of Directorates of Logistics In Korea, Japan: Army Sustainment Command took operational control of the Directorates of Logistics in Korea and Japan on Jan. 1. This transition is the first step in a process that will transfer the DOLs, including personnel and resources, from the Installation Management Command to the Army Materiel Command, set to take place Oct. 1. AMC has delegated responsibility for the management of the DOLs to ASC. ([More](#))

Army Contracting Command Renames Contracting Centers, Rock Island Included:

The U.S. Army Contracting Command announced Jan. 19, the renaming of its major contracting centers to reflect their geographical locations. The centers provide comprehensive acquisition, contracting, business advisory, production support, and depot-level maintenance services in acquiring, fielding, and sustaining Army weapon systems, services and Soldier support. ACC Soldiers and civilians work with commercial firms to acquire



equipment, supplies and services for America's Army. If a Soldier shoots it, drives it, flies it, communicates with it, wears it, or eats it -- ACC contracts for it. ([More](#))

Administration to Agencies – Involve Unions Early In Decisions: Agency managers should talk to labor representatives as soon as possible after they know a problem requires a decision or action, not after managers come up with their own solutions, according to a memo from administration officials. The Office of Personnel Management and Office of Management and Budget on Wednesday issued a memo reminding agencies that President Obama wants managers and employees to discuss issues predecisionally - or before a decision has been made - through labor-management partnership councils. Labor leaders have complained they are being frozen out of the decision-making process at some agencies and consulted only after key workplace decisions are all but made. ([More](#))

Your Financial Future – Your Federal Employee Benefits and the Deficit Commission

Recommendations: This document describes the effects that the implementation of the recommendations



of the National Commission on Fiscal Responsibility and Reform would have on the benefits to which federal employees and retirees are entitled. It will focus on federal employee and retiree benefits and not Social Security (though the Commission proposed some changes in that area too). Some of the effects can be easily computed, but others are speculative. ([More](#))

Quad City Engineering & Science Council Annual Banquet,

Scholarships and Awards: The next banquet dinner is fast approaching –

Feb. 24 at the

Putnam. If you know a Jr./Sr.

Engineer or Scientist, or STEM Teacher worth nominating, please

feel free to share this information with them. The information on

applying for one of these awards is on the QCESC [website, here](#). Submission deadline is **Feb. 4**. The QCESC past awardees can be [found here](#). QCESC will also award and recognize scholarships winners similar to last year to deserving High School and Freshman College students within the QC Area.



ENGINEERS WEEK® 2011
FEBRUARY 20-26

Please feel free to share with those in need of a scholarship. You will also see on the website links to all the other local technical societies offering scholarships. The information on applying for a scholarship is on the [QCESC website, here](#). Submission deadline is **Jan. 28**.

Army Minimizes Stress Suffered By Victims of Domestic and Child Abuse:

The Army Family Action Plan has once again proved invaluable for Soldiers and Families. On **Jan. 21**, eligible enlisted Family members began receiving 36 months of Transitional Compensation, the same as officer Family members, rather than the average of 22 months of payments they formerly received. The change ensures payments are standardized for all approved applications. ([More](#))

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Feb. 11, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their



Donor Center at (563) 359-5401, ext. 119. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 11**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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 see:

www.cpol.army.mil/library/permis/5012b.html

Rock Island Arsenal Historical Society Meeting:

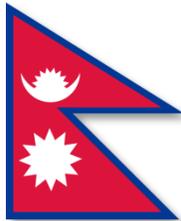
The Rock Island Historical Society meeting will meet in Bldg. 60. Guest speakers will be Curtis and Libby Roseman, Board Officers of the Heritage Foundation. The cost is



\$12.50 per person. Call (309) 796-0616 for reservations by Monday, **Jan. 31**. For clarification, call Kris Leinicke (309) 782-3518.

Date: **Thursday, Feb. 3**
Time: **6 p.m.**

Travel Alert – Nepal: The State Department alerts U.S. citizens of the risks of travel to the Nepal. Nepal has experienced significant political violence in the past and, although there have been markedly fewer major disturbances in recent months, political tensions remain. Protests, demonstrations, and disruptions continue to occur, often without advance notice. Military and DoD employees traveling outside the United States are required by regulation to attend and Area of Responsibility briefing within 90 days of travel. To attend a brief, contact the Garrison AT/FP officer at (309) 782-0116.



Arsenal Attic Thrift Shop and Boutique: The Attic currently needs donations and consignments for children's clothing, for babies, boys and girls. Our "Quarter Room" is full of great bargains. Come browse and remember that your purchases contribute

to a great cause. Open Tuesday and Thursday from 10 a.m. – 2 p.m. POC: (309) 782-6977

Travel Alert – Mexico: Recent information from Federal Agencies indicates that a Mexico-based kidnapping cell operating in Central Mexico plans to target US persons visiting friends or relatives in Mexico for kidnapping and ransom this upcoming holiday season. Travel to various areas within Mexico should be deferred due to increased violence on streets and other public venues. Military and DoD employees traveling outside the United States are required by regulation to attend and Area of Responsibility briefing within 90 days of travel. To attend a brief, contact the Garrison AT/FP officer at (309) 782-0116.



CSRS and FERS Retirement Planning Program: CSRS and FERS Retirement Planning Program. Rock Island Arsenal Employees. Bldg. 102, 2nd floor, SW wing, Classroom 1 & 2. POC: Debra Carlson, (309) 764-8354, (888) 516-6357, Debra.Carlson@mranet.org
Date: **Tuesday, April 12**

Time: **7 a.m. - 3:30 p.m.**

Level I Antiterrorism Training: Level I Antiterrorism Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **Jan. 27**. The training is offered Arsenal wide and enrollment is encouraged thru TEDs. Course Title: Garrison Antiterrorism Level I training (New Employees), then enroll under the appropriate date. For more information, contact the USAG-ATO at (309) 782-0116.
Time: **8-9 a.m.**



Rock Island Arsenal Tax Center: The Rock Island Arsenal Tax Center will be open from **Jan. 24 thru April 15** in Bldg. 390. We will begin setting appointments on **Jan. 17**. To schedule an appointment please call (309) 782-8076. Before scheduling an appointment please ensure you have all needed tax records.



Retirement Planning Program: CSRS and FERS Retirement Planning Program for Rock Island Arsenal employees.



Bldg. 102, 2nd floor, SW, Classrooms 1 and 2. POC: Debra Carlson (309) 764-8354, Debra.Carlson@mranet.org
Date: **Thursday, Feb. 17**
Time: **7 a.m. - 3:30 p.m.**

Deep in Debt? Know the Facts About Debt Relief Companies:

Financial troubles can leave people feeling overwhelmed and under water. But there's a new rule in place that offers protection from companies that falsely promise an easy out for people in debt. The usual pitch from outfits peddling debt relief services is that they can convince your creditors to reduce the amount you owe them – for a hefty fee, of course. If your cards are maxed out and you're getting deeper in debt, it's easy to see why a pitch like that would prove popular. But if the dozens of cases filed by federal and state law enforcers are any indication, many companies are making promises they can't live up to. They're quick to cash a customer's check, but don't follow up with any meaningful help. ([More](#))



Military, Retirees, and Eligible Family Members Using Safari Books

Online's On-Demand Digital: The leading on-demand digital library for technology, digital media, and business professionals, has been chosen by the Department of Defense to provide eligible active and retired military personnel and their family members with access to thousands of books via their designated service portal: Army Knowledge Online (AKO), Navy Knowledge Online (NKO), Air Force Portal (AFP) or Military OneSource.com. The complimentary access to [Safari Books Online](#) is realized by funding appropriated by MWR.

Arsenal Traffic/Construction

Closure of Parking Spaces: Effective **Nov. 15**, 10 parking spaces located along the southwest perimeter of Lot 0L will be barricaded to position construction equipment and materials for renovation of the 3rd floor of Bldg. 56. Alternate parking is available in Lots 0J and 0K further west of the building. Resumption of parking expected by **Feb. 28**.

Sidewalk Closure - Main South Entrance to Bldg. 390: A new entrance and circle drive to Bldg. 390 will be constructed and require sidewalk

closures in order to perform the required work. Closure dates are: Main South Entrance to Bldg. 390, **Dec. 15 - April 11**; Sidewalk Directly South, **Dec. 15 - April 11**; Sidewalk along Rodman South: **Dec. 17 - April 11**.

Building/Space Closures

C
Bldg. 350 NE Corner Door Closure: Bldg. 350 NE corner door will continue to be closed until approximately **Feb. 7** to complete construction of new entrance.

Closure of Stairwell: Effective **Nov. 16**, the "southwest" stairwell of Bldg. 56 will be closed to allow for construction to extend it to the 3rd Floor. All work on the stairway including the remodeling of the 3rd Floor is scheduled to be completed by **Feb. 28**. Access to all floors in the building will continue to remain available by the elevator and remaining stairway(s).

Restroom Closure: On **Jan. 17**, as part of the restroom renovation project at Bldg. 390, DPW and its contractor Swanson Construction will be closing the 4th floor restrooms for renovation. This closure commenced at 6 p.m. on **Jan. 17**. It is anticipated at this time



that the 4th floor will be open for use on or about **March 7**. There will be closures on 3rd and 2nd floors once the 4th floor is completed and open for use. POC: terry.l.harris@us.army.mil, (309) 782-2038

Active Duty/Reserve Zone

Strengthen Your Family with Marital Counseling: As service members and their spouses face the stressors of multiple deployments, seeking marital counseling both pre- and post-deployment is becoming increasingly common. Separation from a spouse or loved one, coupled with the uncertainties of deployments, may result in additional stress for military families. However, DoD is taking steps to improve access to a continuum of counseling support for married service members and their families, and to inform service members and military families that seeking marital support is a sign of strength. ([More](#)) ([Pentagon Channel](#))

Army Sees Slight Reduction In Active-Duty Suicides: The Army vice chief of staff reported a slight reduction this past year in suicides committed by

Soldiers on active duty, from 162 in 2009 to 156 in 2010. "While we achieved modest success in reducing the number of suicides of these Soldiers on active duty," said Gen. Peter W. Chiarelli, "we saw a significant increase in the number of suicides of Soldiers not serving on active duty, to include a doubling in the Army National Guard." ([More](#))

Commission to Recommend Lifting Ban on Women in Combat: A commission of current and retired officers, senior noncommissioned officers and civilians charged with evaluating Defense Department policies to ensure they promote equal opportunity plans to recommend lifting the ban on women in combat. The nonpartisan Military Leadership Diversity Commission will make 20 recommendations to President Barack Obama and Congress to increase diversity and inclusiveness and develop "a demographically diverse leadership that reflects the forces it leads and the public it services," according to a pre-decisional draft document posted on the commission's website. ([More](#))

Free Credit Scores for Service Members and Spouses: Free credit scores and reports available through

ACS to active duty Service Members and their Spouses. They must have low FICO scores and are seeking ways to improve their credit rating. Contact Jon Cook (309) 782-0815, jon.c.cook@conus.army.mil

Safety Spotlight

Winter Weather Warning – CPSC and USFA Issue Home Heating Safety Alert: The U.S. Consumer Product Safety Commission (CPSC) and the United States Fire Administration (USFA) are urging consumers to play it safe as winter weather blankets the United States. According to USFA, home fires spike in winter months. Cooking and home heating are the leading causes of residential building fires during the winter. The risk of fires also increases with the use of supplemental heating, such as space heaters. CPSC estimates that home heating was associated with an average of 33,300 fires and 180 fire



deaths per year from 2005 to 2007. Carbon monoxide (CO) is also a serious threat in the winter months. Any fuel-burning appliances in the home, including furnaces and fireplaces, are a potential CO source. Carbon monoxide is called the "invisible killer," because it is an odorless, colorless and poisonous gas. ([More](#))

Equal Opportunity Focus

☐ **The EEO Initiative:** The January issue of "The EEO Initiative" has hit the street and is available to download at https://home.ria.army.mil/docs/the_eeo_initiative.pdf. This month's issue features the following articles: Disability Committee Strikes Gold with VA, Public Dressing Down Doesn't Rise to the Level of Discrimination, Category Rating, and What is Priority Placement Program (PPP) and How Does It Work? ([More](#))

Prevention of Sexual Harassment Training (POSH) for New Hires:

Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for new hires. The location will be the



Blackhawk Conf. Room, Bldg. 108, 3rd Floor, new hires at 8:30 a.m. on the following days: **Jan. 11, April 13, July 12, and Oct. 11.** To sign up for this mandatory training, please register through [TEDs](#); key word: "posh for new hires." POC for POSH training (or to receive special accommodations) is mary.gale@us.army.mil at (309) 782-5024.

Garrison EEO Interactive Customer

Evaluation: The Garrison Equal Employment Opportunity office Interactive Customer Evaluation (ICE) is now available by clicking [HERE](#) to go to their website to complete the Ice survey. If you are commenting on a Special Emphasis Program select the program from the drop down menu provided.

Morale, Welfare & Recreation (MWR)

☐ **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 and stay up to date on all the great MWR offerings here at the Arsenal.

Golf Fitness Training Class: This class, led by PGA Professional Todd Fowler teaches students the basic concept of a proper golf swing and how these fundamentals are related to golf specific flexibility and strength. The course is low impact and will focus on improvement regardless of current ability, flexibility, or strength. Course will be held on Mondays and Wednesdays from **Jan. 31 to March 14.** Cost is \$35/student and is payable when you sign up at the Fitness Center. Call (309) 793-1604 for more info.

RIA Fitness Center's 2011 Health

Fair: Together We Achieve Stronger, Healthier Lives; **Feb. 9, 10 a.m.** to 2 p.m. at the Fitness Center. There will be more than 70 exhibitors offering a mind boggling array of health and fitness information, products and services. Call (309) 782-6789 for more info or check out the [flyer here](#).



MWR Outdoor Ice Rink: The MWR Outdoor Ice Rink is open for the season. The rink is located next to the Moline Gate. Bring your own skates or check



out skates for a small fee from Outdoor Recreation. For more info contact (309) 782-8630.

Public Ghost Hunters' Dinner at the Arsenal Island Golf Course:

The Arsenal Island Golf Course announces an open invitation to the public to attend our 5th "ghost hunters'" dinner on **Friday, Feb. 4**. You will hear from the Rock Island Paranormal Society on their investigation of the historical Quarters One built in 1871 as well as the Colonel Davenport home. George Eaton, Arsenal historian, will tell you the history of Quarters One. Following dinner we'll all make our way to Quarters One to search for the ghosts using the equipment of the paranormal society. Many of us may choose to go to the Col. Davenport home instead. Please bring a small flashlight to help light the way. Cocktails are at 6 p.m. with dinner at 6:30 p.m. Reservations are required; please call (309) 793-1601. Cost is \$30 inclusive per person. The Arsenal Island Golf Course is located at 1838 Gillespie Street.



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, anna.winters@us.army.mil, <http://riamwr.com/BusPgms/special.htm>

QC Mallards: The Quad City Mallards are offering heavily discounted tickets to Arsenal employees for all remaining home games this season. Lower level tickets which are normally priced at \$15 will be sold for only \$9 and are available through the Leisure Travel Office in Bldg. 60.



Date: **Friday, Jan. 21**
Time: **7 p.m.**

iWireless Presents – Thomas &

Friends: This 90-minute live musical adventure is based on the stories of the famed Thomas & Friends brand that has been enjoyed by millions of children in the popular television series, home video programs, books and a complete line of preschool toys. Seats are on sale until Feb. 1. \$28.50, \$20.50 & \$12.50.

Date: **Wednesday, Feb. 16**
Time: **6 p.m.**

Cirque du Soleil:Darlion: Performing at the iWireless Center for two nights. It's a mix of the occidental and the oriental circuses, horoscopes and symbols from both worlds, Dralion is a fusion between the dragon and the lion. Discounted adult price tickets only \$45.75 & \$31.75. On sale until **March 21**.

Date: **Tuesday, April 19**
Time: **7:30 p.m.**

Armed Forces Vacation Club:

Discounted vacation stays for Military Personnel, Active or Retired, DoD and their families. Great choices, access to more than 200,000 accommodations in 100 countries. Installation #90. Contact the Leisure Travel Office for more details.

World's Toughest Bulls & Broncs:

World's Toughest Rodeo promises all the family entertainment of rodeo including bareback bronc riding, saddle bronc riding and bull riding. Fans will also be treated to the action of women's barrel racing and the wild antics of the rodeo clowns. \$30, \$20, \$13 seats on sale until **Jan. 25**.

Date: **Friday, Feb. 25**
Time: **7:30 p.m.**



Outdoor Recreation Snow Tubing:

Join Outdoor Recreation for the last snow tubing event of the season at Ski Snowstar. The cost is \$12 per person. No cost to sit and watch by the bonfire. Participants must preregister and pay at the Leisure Travel Office in Bldg. 60. Phone (309) 782-8630 for more info.

Date: **Friday, Feb. 18**

Time: **5-9 p.m.**

2011 Chicago Auto Show: First staged in 1901, the Chicago Auto Show is the largest auto show in North America and has been held more times than any other auto exposition on the continent.

Exhibitions include a complete range of domestic and imported passenger cars and trucks, sport utility vehicles; and experimental or concept cars and competition vehicles.

Date: **Saturday, Feb. 12**

Time: **6:30 a.m. - 5 p.m.**

Circa 21 Presents: All Shook Up: Set in Smalltown, USA around 1955, a rolling roustabout with a song in his soul and an eye for the ladies rumbles into town shakin' up new attitudes. This rockin' musical features hilarious comedy, heartwarming romance, and over 25 legendary Elvis hits. Seats on sale until **Feb. 18**. Cost is \$43.50 per person.

Date: **Saturday, Feb. 26**

Time: **5:45 p.m.**

Moline Great Escape Theatre Tickets:

Need some stocking stuffers or last minute gift idea, let Leisure travel help. We have discounted Great Escape unrestricted movie tickets for \$8 each.

Disney Military Salute: America's military personnel will have opportunities to make memories through special offers on theme park tickets. Contact the Leisure Travel office for more details.

Child, Youth & School Services

Summer Day Camp: The School Age Center offers a 10 week Summer Day Camp Program for children who have completed Kindergarten thru 7th grade. This program is open to all AD Military and DoD Civilian and DoD Contractor employees. Participants must be registered with Child, Youth and School Services by **Feb. 28**, in order to participate in this program. For more information please call (309)782-5019.

Part Time Care Now Available at CYSS: Child, Youth and School

Services (CYSS) is now proud to offer part time care for children who need regularly scheduled care for 25 hours or less per week. Call (309) 782-6806 for more info or to reserve your space.

Putting Baby Safely to Sleep: The launch of the Back to Sleep Campaign (<http://bit.ly/g5VQBI>) in 1994 resulted in tremendous strides in the practice of infant back sleeping among all those who care for infants, and national rates of Sudden Infant Death Syndrome have declined significantly. Although a large majority of parents understand and practice "back to sleep," creating a safe sleep environment involves more than placing a baby on his or her back. Additionally, the unique features of military life, which involves frequent relocation and deployment, often mean military parents must create and maintain a safe sleep environment while also juggling the demands of changing life circumstances. ([More](#))

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our ACS website at



riamwr.com/ACS/acsnew.htm 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

Free Credit Scores for Service

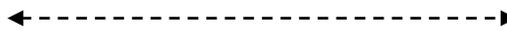
Members and Spouses: Free credit scores and reports available through ACS to active duty Service Members and their Spouses. They must have low FICO scores and are seeking ways to improve their credit rating. Contact Jon Cook (309) 782-0815, jon.c.cook@conus.army.mil

Get Out of Debt with PowerPay: Get out of debt and plan your credit pay-off for free at www.powerpay.org (sponsored by the Utah Extension Service). For information and assistance contact Jon Cook, Army Community Service, (309) 782-0815 jon.c.cook@conus.army.mil

AER Scholarships 2011 Applications

Available Online: The Army Emergency Relief Scholarship Applications 2011 are available on line at www.aerhq.org. Scholarships are for dependent children and spouses of Army personnel and retirees. For more

information contact Jon Cook at (309) 782-0815.



Employee Assistance Program



Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com

New AA and Al-Anon Meetings: The EAP is starting two new meetings on Rock Island Arsenal.

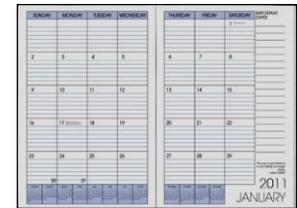
Alcoholics Anonymous, which is a support group for people struggling with addiction, and Al-Anon, which is a support group for those affected by a loved one's drinking problem. If you would like more information on these two meetings, please call the EAP at (309) 782-HELP (4357).



Anonymous Online Mental Health Screening - January: Beat the post-

holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, Jan. 17, offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider taking a free screening offered by the Rock Island Arsenal Employee Assistance Program. ([More](#))

Log Books: There may not be such a thing as a free lunch, but there is such a thing as a free 2011 log book planner. The Army Substance Abuse Program / Employee



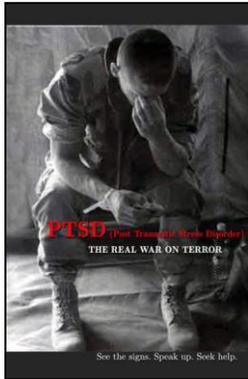
Assistance Program is giving away free log books to RIA civilian and military personnel. Just print off the voucher on the ASAP/EAP website by [clicking HERE](#) and clicking on the "Date Log Voucher" link on the right hand side. Print off your voucher and bring it to the ASAP/EAP, Bldg. 110, first floor, SE Wing, and receive your free planner. Feel free to cruise our new website



when you're done printing off the voucher and look at what the ASAP/EAP has to offer.

EAP Offers Grief Group: The RIA EAP is now offering a new service – Grief Group. This group discusses the latest research on bereavement and coping with loss. Topics include divorce, aging, deployment, retirement, and much more. The group meets every Wednesday from 3-4:30 p.m. at the EAP office, Bldg. 110, 1st Floor, SE Wing.

PTSD Support Groups: Post-Traumatic Stress Disorder - You don't have to go through this alone. 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 information. (Additional resource: [T2 Virtual PTSD Experience](#))

Smoking Cessation Group: Are you ready to quit smoking? The Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday from 3-4 p.m., at the EAP office located in Bldg. 110, 1st floor, SE wing.



Education/Training Review



Women in Defense (WID)

Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking [HERE](#). Application submission must be post marked no later than midnight **April 28**. For more information, call (309) 792-4102.

Commissary Scholarship: Follow the link to read more about the scholarship program at the commissary <http://www.militaryscholar.org>

Rock Island Arsenal Welcome Club 2011 Merit Scholarship: Applications for the 2011 High School Senior and

Continuing Education Student Merit Scholarships are available. Download applications will be available to download from the RIAWC website <http://riawc.org>. Hard copies can be picked up at the School Liaison Office and the Arsenal Attic. Deadline is **March 15**.

NDIA 2011-2012 Scholarships: The Iowa Illinois Chapter of NDIA announces its scholarship program for academic year 2011-2012. High school senior children of all Arsenal Island employees are eligible to apply. Applications can be found at www.ndia-ia-il.org. Call (563) 650-3252 if additional information is desired. Date: **Monday, March 21, 2011**

Rock Island Women's Club 2011 Merit Scholarship: Applications for the 2011 High School and Continuing Education Merit Scholarships became available **Jan. 1**. Applications will be available to download from the Rock Island Arsenal Women's Club website <http://riawc.org> (programs & events tab) and hard copies can be picked up at the School Liaison Office and the

Sgt. Paul Fisher Scholarships: The Iowa Illinois Chapter NDIA announces that applications for two \$1,500



scholarships for academic year 2011-2012 are now being accepted. Applications and eligibility criteria may be found at www.nida-ia-il.org. Call (563) 650-3252 for additional information.
Date: **Monday, March 21, 2011**

2011 Scholarships for Military

Children: Applications for the 2011 Scholarships for Military Children are now available at the commissary or online at militaryscholar.org. For more information on the scholarship program call us (309) 782-4614 or stop in and see us.

Defense Commissary Agency / PX

The [Rock Island Commissary](http://www.commissaries.com) 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

Commissary Scholarship: Follow the link to read more about the scholarship program at the commissary <http://www.militaryscholar.org>

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.



Rock Island Arsenal Historical

Society Meeting: The Rock Island Historical Society meeting will meet in Bldg. 60. Guest speakers will be Curtis and Libby Roseman, Board Officers of the Heritage Foundation. The cost is \$12.50 per person. Call (309) 796-0616 for reservations by Monday, **Jan. 31**. For clarification, call Kris Leinicke (309) 782-3518.

Date: **Thursday, Feb. 3**

Time: **6 p.m.**

This Week in Rock Island Arsenal

History – Jan. 24-30: Col. David King, one of two RIA Commanders buried on the Island, died Jan. 27, 1932. Burial ceremony for Col. David King was held at Arsenal Island on Jan. 30, 1932. King joined General Rodman as the only two RIA Commanders to be buried on Arsenal Island.

Healthbeat

Insufficient, Irregular Sleep Tied to Kids' Obesity: Sleeping in on the weekend may help children fight obesity, a new study suggests. Too little sleep puts kids at risk of obesity and other health conditions, but "catch-up" sleep on weekends and holidays can mitigate the effects of weekday sleep deprivation, researchers say. "In the United States, the sleep of our children is clearly not enough," said lead researcher Dr. David Gozal, chair of pediatrics at Comer Children's Hospital at the University of Chicago. ([More](#))

Drug May Guard Against Lung

Cancer Death: Tamoxifen, a drug commonly used to treat breast cancer, may also help reduce the risk of death



from lung cancer, said a study published in the US peer-reviewed journal Cancer on Monday. Tamoxifen works by blocking estrogen. Previous studies have shown that women undergoing hormone replacement therapy to boost estrogen during menopause showed an increased risk of dying from lung cancer. Based on the hypothesis that blocking estrogen might also cut lung cancer death risk, researchers examined data from 6,655 women diagnosed with breast cancer between 1980 and 2003 in Switzerland's Geneva Cancer Registry. ([More](#))

Health Clinic Announcement: Sick Call Hours, 7-8 a.m. Clinic closed Jan. 28 at 12 a.m. for staff meeting and training.

Notes for Veterans

VA Office Developing Innovative Patient-Centered Model of Care for Veterans: The Department of Veterans Affairs (VA) is creating a new office to develop personal, patient-centered models of care for Veterans who receive health care services at VA's more than 1,000 points of care across the Nation. "VA has become one of the Nation's leaders in quality health care and is increasingly cited as the standard to

emulate," said VA Under Secretary for Health Dr. Robert A. Petzel. "However, we must always continue to find ways to deliver more with our systems to the incredible patients we are honored to serve. We need to be data-driven, providing the treatments and therapies with the best clinical evidence, and we need to be patient-centered, never losing sight that we have been given the noble mission to care for our Nation's Veterans, families and survivors." ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool/Ride:** Commuter living in downtown Davenport looking for a ride across the bridge to Bldg. 350. Employee works anytime between 6-8 a.m. Willing to pay for ample gas. POC is Tom: (563) 650-3540.
- **Carpool:** Looking to carpool with someone from Fulton/Albany area to Bldg. 390. Contact Carole at

Carole.Mitchell@us.army.mil or (309) 782-1892.

- **Carpool:** Ride needed from East Davenport to Arsenal. Time is flexible. Will share cost. Please call (563) 271-8873.
- **Carpool:** Looking to carpool with anyone from the Western Illinois University Macomb Campus for the 2010/2011 school year. Call Nicole Suthard at (815) 345-1360, nicole.suthard@us.army.mil.
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.

Around the Q.C.

- Jan. 15-Feb. 20: [Eagle Watch/Clock Tower Tours](#) (Mississippi River Visitor Center)
- Jan. 28: [Family Carnival Night](#) (Coolidge Gym, Moline)
- Jan. 28-30: [Big Brothers Big Sisters Snowbird Softball Co-Ed Classic](#) (The Dugout, Davenport)
- Jan. 29: [Hand In Hand Chili Cook Off](#) (Hand In Hand, Bettendorf)
- Jan. 29: [Muscatine Bald Eagle Watch](#) (Muscatine Riverside Park, Muscatine)
- Jan. 29: [Davenport Jaycees Bridal Expo](#) (RiverCenter, Davenport)



Jan. 29-30: [Bald Eagle Trolley Tours](#) (Mississippi Valley Welcome Center, LeClaire)
Jan. 29-30: [LeClaire Bald Eagle Watch](#) (LeClaire, Iowa)
Jan. 30: [5th Annual Chocolate Festival](#) (Quad City Botanical Center, Rock Island)
Feb. 5: [22nd Annual Wendy's Chili Golf Open](#) (Credit Island, Davenport)
Feb. 5: [Healthy Living Day](#) (iWireless Center)
Feb. 5: [Make A Wish 11th Annual Riverbend Gala](#) (RiverCenter, Davenport)
Feb. 8: [Waking Woodchucks](#) (Vander Veer Conservatory, Davenport)
Feb. 10: [Accessory Swap Meet](#) (Quad City Botanical Center, Rock Island)
Feb. 10 & 15: [Dad & Daughter Sweetheart Date Night](#) (Deere-Wiman House, Moline)
Feb. 11: [Mom & Son "Night Out"](#) (The Cellar, Moline)
Feb. 11-13: [Big Brothers Big Sisters Snowbird Softball Men's Classic](#) (The Dugout, Davenport)
Feb. 12: [Princess Valentine Party](#) (Hauberg Civic Center, Rock Island)
Feb. 11-13: [Iowa/Illinois Regional Auto Show](#) (RiverCenter, Davenport)
Feb. 12: [Valentines Indoor Fun Run/Walk](#) (Life Fitness Center, Bettendorf)
Feb. 12-14: [QC Home Builder's Show](#) (QCCA)
Feb. 17-20: [Hunting, Fishing and Outdoor Show](#) (QCCA)
Feb. 20: [Daddy Daughter Dance](#) (RiverCenter Miss. River Hall, Davenport)
Feb. 20: [Hockey Weekend Across America](#) (The River's Edge, Davenport)
Feb. 21: [Holiday Sports Day](#) (The River's Edge, Davenport)

Feb. 24: [QCESC Engineers Week Banquet](#) (Putnam Museum, Davenport)
Feb. 25-27: [RV, Camping & Travel Show](#) (QCCA)
Feb. 26: [Family Fun at Shedd Aquarium](#) (Moline Public Works, Moline)
March 5: [KWQC Women's Health and Lifestyle Fair](#) (RiverCenter, Davenport)
March 8: [Mammal Mayhem](#) (Vander Veer Conservatory, Davenport)
March 11: [Henry Farnam Dinner](#) (Radisson Quad City Plaza, Davenport)
March 17: [St. Patrick's Day Parade](#) (Rock Island to Davenport)
March 18: [St. Patrick's Dance](#) (Bettendorf Comm. Center)
March 19: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
March 25-27: [Flower & Garden Show](#) (QCCA)
March 26-27: [Annual Pelican Watch at Locks and Dam 14](#) (LeClaire)
March 27: [Mother Son Formal Dance](#) (River Center Miss. River Hall, Davenport)
April 1: [Gallery Hop!](#) (The District, Rock Island)
April 2: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
April 9: [Hershey's Track & Field Games](#) (Browning Field, Moline)
April 11-13: [Iowa Park & Recreation Assoc. Spring State Conf.](#) (RiverCenter Radisson Hotel, Davenport)
April 16: [5th Annual City Moline Parks & Rec. Easter Egg Hunt](#) (Riverside Park Field, Moline)
April 16: [Spring Egg Hunt](#) (Lincoln Park, Rock Island)
April 16: [Earth Week Fair](#) (QCCA)
April 16: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)

April 23: [23rd Annual Easter Egg Hunt](#) (Mississippi Valley Fairgrounds)
April 23: [Disc Golf Skills Challenge](#) (Grand Pavilion, Moline)
April 23: [12th Annual Eddy Awards](#)
April 29-30: [Village Spring Fling](#) (Village of East Davenport)
April 30: [Gone-to-the-Dogs Egg Hunt](#) (Moline Dog Park)
April 30: [Spring Community Garage Sale](#) (Upper Longview Park, Rock Island)
April 30: [Venus Envy](#) (BucktownCenter, Davenport)
April 30: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
May 5: [Mystery Club Fiesta Follies](#) (Hauberg Civic Center, Rock Island)
May 7: [Derby Day Party](#) (Arsenal Island Golf Course)
May 7: [Downtown Clean Up Day](#) (The District, Rock Island)
May 7-8: [Beaux Arts Fair](#) (Figge Art Museum, Davenport)
May 12: [Princess Enchantment Ball](#) (Hauberg Civic Center, Rock Island)
May 14: [MLB Pitch, Hit & Run](#) (Stephens Park Diamond, Moline)
May 14: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
May 21: [Armed Forces Day](#) (Brady Street Stadium, Davenport)
May 21: [Bugles Across America](#) (Rock Island National Cemetery)
May 21: [Start! Heart Walk](#) (Great River Plaza, Rock Island)
May 21: [American Girl Little House Party on the Prairie](#) (Stone House at Saukie Golf Course, Rock Island)
May 30: [Memorial Day Ceremony](#) (Rock Island National Ceremony)



May 30: [46th Annual Modern Woodmen Bank Quad Cities Criterium](#) (The District, Rock Island)

June 3: [Trivia Night](#) (Schwiebert Riverfront Park, Rock Island)

June 4: [QC Pride Fest](#) (LeClaire Park, Davenport)

June 4: [Spring Pops](#) (Adler Theatre, Davenport)

June 10-11: [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)

June 14: [Flag Day Ceremony & Celebration](#) (Moline Memorial Cemetery)

June 15-18: [Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)

June 16-22: [Quad Cities Navy Week](#) (throughout the QC) 🏠

June 17-18: [Rock The District](#) (The District, Rock Island)

June 17-18: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

June 18: [Juneteenth](#) (LeClaire Park, Davenport)

June 18: [12th Annual Quad Cities Triathlon](#) (West lake Park, Davenport)

June 18-19: [Quad City Air Show](#) (Davenport Municipal Airport)

June 19: [Ride the River](#)

June 26: [QC Jewish Feast-ival](#) (Tri-City Jewish Center, Rock Island)

July 1-3: [IH Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 2: [Red, White, and Boom](#) (Rock Island & Davenport)

July 4-10: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 6: [John Deere Classic Pro Exhibition](#) (Arsenal Island Golf Course)

July 9-10: [Village Summer Stroll](#) (Village of East Davenport)

July 17: [Classic Car Show](#) (Village of East Davenport)

July 19-24: [Rock Island County Fair](#) (East Moline)

July 21-24: [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)

July 29-30: [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)

July 30: [Quad-City Times Bix 7 Race](#) (LeClaire Park)

Aug. 2-7: [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)

Aug. 4-7: [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)

Aug. 11-13: [25th Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)

Aug. 12-13: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 19-20: [River Roots Live](#) (LeClaire Park, Davenport)

Aug. 26-28: [All Era Veterans Healing Field of the Quad Cities](#) (Davenport Memorial Park Cemetery)

Aug. 27: [Quad Cities Irish Festival](#) (Downtown Rock Island)

Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)

Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)

Sept. 10: [¡Viva Quad Cities!](#) (Bass Street Landing)

Sept. 10: [Quad-City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)

Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)

Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)

Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)

Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)

Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)

Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)

Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)

Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)



Island Insight



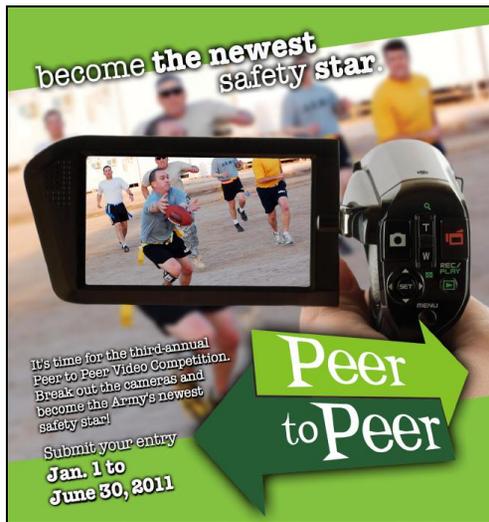
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Island Insight

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become the newest safety star.

It's time for the third-annual Peer to Peer Video Competition. Break out the cameras and become the Army's newest safety star!

Submit your entry Jan. 1 to June 30, 2011

Peer to Peer



Help Them Get There Be a Mentor

SERVE.GOV/MENTOR

January is National Mentoring Month

You don't need special skills to be a mentor. You just need to listen, show that you care, and share your experience. Becoming a mentor is one of the best investments you can make for the future. Just imagine how you'll feel when graduation day arrives.

SERVE.GOV/MENTOR HARVARD SCHOOL OF PUBLIC HEALTH MENTOR CORPORATION FOR NATIONAL & COMMUNITY SERVICE



GEAR UP! FOR THE BIG GAME!



SAFE CELEBRATING

- Be a good host and have plenty of healthy snacks, low-alcohol and alcohol-free drinks available.
- If you plan to drink, have a designated driver.
- Have a fire extinguisher nearby when cooking or using a grill in case there's a flare-up.

ARMY SAFE
FallWinter
NO TIME TO CHILL



ARMY SAFE
IS ARMY STRONG

