

Jan. 31, 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](http://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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## White House Making Plans For Government Reorg:

The Obama administration is identifying Executive branch officials inside and outside of the White House to figure out how best to reorganize government. White House press secretary Robert Gibbs said on Wednesday during his press conference on Air Force One that the administration

is setting up a structure to reduce duplication and prioritize substantive and structural changes to how agencies are organized. President Obama called for a major reorganization of the government in the State of the Union speech Tuesday night. The President said it has been more than 50 years since the last significant changes to the

structure of the government. "And obviously a lot of this is going to require ultimately some congressional action, the authority to pursue executive reorganization," Gibbs said. "But I think given the fiscal times that we're in, this



makes a lot of sense right now -- not just to meet the challenges but in understanding that we all agree that we are going to have to cut the amount of money government spends." ([More](#))

**Chinese New Year Buffet:** Please note that we are postponing our Chinese New Year Buffet scheduled for today until **Tuesday, Feb. 8**, due to inclement weather. ([More](#)) ([Event](#))

**Obama Cites Military Successes in State of Union Address:** In a State of the Union address here marked by a call for renewed American innovation and cooperation, President Barack Obama pointed to the nation's military as an example to follow. "Look to Iraq, where nearly 100,000 of our brave men and women have left with their heads held high. American combat patrols have ended. Violence is down, and a new government has been formed," the commander in chief said. ([More](#))



**More Budget-Cutting, Other Bills Offered:** The caucus of House Republican conservatives has offered a wide-ranging deficit cutting proposal

that includes extending the federal pay freeze to five years and cutting the workforce by 15 percent through attrition and a partial hiring freeze, steps that would go farther than an earlier proposal sponsored by the GOP leadership. The plan also would step up collection of overdue taxes by federal employees and cut the federal travel budget in half. ([More](#))

**Unions to Try to Turn Tide of Negativity Against Feds:** Federal employee unions are getting ready for a potential battle over spending freezes and workforce cuts. And starting on Feb. 6 in Washington part of their strategy is to remind lawmakers and the rest of the country that federal employees are not to blame for the government's woes. In Tuesday's State of the Union address, President Obama announced an economic plan that includes a five-year federal pay freeze and proposed a reorganization of the government. The leadership of two of the largest federal employee unions released statements Wednesday in which they expressed caution about the reforms. ([More](#)) ([Gage Intv.](#))



## Upcoming Dates

- 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 70<sup>th</sup> Birthday [📅](#)
- Feb. 5:** Army Emergency Relief 69<sup>th</sup> 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:** 70<sup>th</sup> 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 Spy Day [📅](#)
- Feb. 24:** Great American Spit Out [📅](#)
- Feb. 24:** Introduce a Girl to Engineering Day [📅](#)
- March 2:** Read Across America Day [📅](#)
- March 3:** 96<sup>th</sup> Navy Reserve Birthday [📅](#)
- March 4:** National Grammar Day [📅](#)
- March 6-12:** Save Your Vision Week [📅](#)
- March 6-12:** Nat. Consumer Protection Week [📅](#)



## NWS Predicts Higher Chance of Flooding on the 'Mighty Miss' This Spring:

The first official flood outlook of the season was issued from the National Weather Service in the Quad Cities, and all of the snow here and up north could lead to a very wet spring. Based on the latest conditions, the National Weather Service predicts there is a much greater than normal potential of flooding along the Mississippi River this spring season. With the higher than expected river levels, tributary rivers throughout the area could also be affected. ([More](#))



## Photography on Rock Island Arsenal – Camera Pass:

Prior to the use of any photographic - capable devices individuals will need to obtain a Camera Pass. Passes are authorized by the Security Operation Division, located in Bldg. 102, 2<sup>nd</sup> Fl., NW corner. Once approved, an RIA Form 190-1 will be issued. A camera pass is not required to take pictures in the following "common areas" at Rock Island Arsenal: National & Confederate Cemeteries; Museum; Memorial Field;



Mississippi River Visitor Center; and the Col. Davenport House. Always remember the use of photographic devices must be strictly controlled as required by applicable directives and regulations. Any questions concerning this policy may be addressed to the Security Operation Division at (309) 782-2747.

## Strengthening Our Military Families – Meeting America's Commitment:

Multiple deployments, combat injuries, and the challenges of reintegration can have far-reaching effects on not only the troops and their families, but also upon America's communities. These challenges should be at the forefront of the national discourse. ([DoD Special](#))

## Wounded Warrior Chili Cookoff:

Come join us on **Sunday, Feb. 13, at 3 p.m.** (contestants at 2 p.m.), at VFW Post 2153, 1721 7<sup>th</sup> St., Moline, Ill., and enjoy a variety of flavors along with helping to raise money for your local wounded warriors and their families; \$5 sample as many as you can handle. We are in need of contestants as well as public support for judging. To compete -



call officer candidate Hollie Bedford at (309) 751-8552 or Pete Holst at (309) 764-3344. Prizes awarded to the top three contestants. Proceeds go to AUSA for the Wounded Warriors.

## Travel Alert – Egypt: The State Department alerts U.S. citizens of the risks of travel to Egypt due to political and social

unrest. Violent demonstrations are taking place in several areas of Cairo and



other parts of the country, disrupting road travel between city centers and airports. 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.

## 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



**Give Blood.**



at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3<sup>rd</sup> 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 2<sup>nd</sup> or 3<sup>rd</sup> 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](http://www.cpol.army.mil/library/permis/5012b.html)

**Rock Island Arsenal Tax Center:** The Rock Island Arsenal Tax Center will be open from **Jan. 24 thru April 15** in

Bldg. 390. To schedule an appointment please call (309) 782-8076. Before scheduling an appointment please ensure you have all needed tax records.

**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.



**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.

### **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



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FEBRUARY 20-26

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



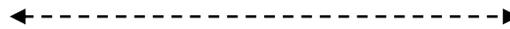
to deserving High School and Freshman College students within the QC Area. Please feel free to share with those in need of a scholarship. You will also see on the website links to all the other local technical societies offering scholarships.

**Retirement Planning Program:** CSRS and FERS Retirement Planning Program for Rock Island Arsenal employees. Bldg. 102, 2<sup>nd</sup> floor, SW, Classrooms 1 and 2. POC: Debra Carlson (309) 764-8354, [Debra.Carlson@mranet.org](mailto:Debra.Carlson@mranet.org)  
Date: **Thursday, Feb. 17**  
Time: **7 a.m. - 3:30 p.m.**

**CSRS and FERS Retirement Planning Program:** CSRS and FERS Retirement Planning Program. Rock Island Arsenal Employees. Bldg. 102, 2<sup>nd</sup> floor, SW wing, Classroom 1 & 2. POC: Debra Carlson, (309) 764-8354, (888) 516-6357, [Debra.Carlson@mranet.org](mailto:Debra.Carlson@mranet.org)  
Date: **Tuesday, April 12**  
Time: **7 a.m. - 3:30 p.m.**

**Executive Women Golf Association Meet & Greet:** Open House Come learn about our leagues, educational clinics, social/golf events. If you join that night at the Classic level you receive \$20 off. Free admission. The Phoenix, 1500 3<sup>rd</sup> St., Davenport. Win tickets to Cirque Du

Soleil at iWireless. There will be other drawings every 10 minutes.  
Date: **Thursday, Feb. 24**  
Time: **5:30-7:30 p.m.**



## 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 3<sup>rd</sup> 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



**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 3<sup>rd</sup> Floor. All work on the stairway including the remodeling of the 3<sup>rd</sup> 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 4<sup>th</sup> floor will be open for use on or about **March 7**. There will be closures on 3<sup>rd</sup> and 2<sup>nd</sup> floors once the 4<sup>th</sup> floor is completed and open for use. POC: [terry.l.harris@us.army.mil](mailto:terry.l.harris@us.army.mil), (309) 782-2038



## Active Duty/Reserve Zone





## **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](mailto:jon.c.cook@conus.army.mil)

## **Benefits for Active Duty Personnel and Their Families:**

Palmer College of Chiropractic is now offering 100 percent free chiropractic care for active duty military members as well as their families. This includes physicals (vitals, neurological testing, orthopedic tests), x-rays if needed, a full chiropractic workup, and chiropractic adjustments. Please Contact Staff Sgt. Jordan for more info. (262) 327-4300.



## Safety Spotlight



## **Motorcycle Class Registration Now On-Line:**

The U.S. Army Installation Command Registration system (AIRs) is a web-based scheduler and tracking tool for the Army Traffic Safety Training Program. AIRs allows military and civilian personnel to electronically register for traffic safety courses

(Motorcycle Safety Classes and Intermediate Driver Training Classes) conducted at IMCOM garrisons. The tool requires each Garrison Safety Office to create their own training schedules for everyone's viewing on the AIRs website. The tool makes it easier for military and civilian employees to find and register for the required traffic safety courses they need, and helps Garrison Safety personnel manage course registrations, fill classes, and track training statistics. Statistical reports offer commands, regions, and garrisons analyses of training registrations, cancellations, completions, and no-shows. ([More](#))



## Equal Opportunity Focus



## **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, 3<sup>rd</sup> Floor, new hires at 8:30 a.m. on the following days: **April 13, July 12, and Oct. 11.** To sign up for this mandatory training, please register through [TEDs](#);

key word: "push for new hires." POC for POSH training (or to receive special accommodations) is [mary.gale@us.army.mil](mailto: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](http://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.

**New Army MWR iPhone App:** It's out, it's here. If you are an iPhone user, you will want to download your free Mobile MWR app. It has all the latest in news from FMWRC, as well as twitter and facebook feeds, plus plenty of extras. This is an IO 4.2 or later system requirement. Go to [ArmyMWR.com](http://ArmyMWR.com) to find out more.



## **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](mailto:anna.winters@us.army.mil).

<http://riamwr.com/BusPgms/special.htm>

## **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.

## **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 7<sup>th</sup> 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.



## Army Community Service (ACS)



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

[riamwr.com/ACS/acsnew.htm](http://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](mailto: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](http://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](mailto: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](http://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](http://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 -- February:** We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would

feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year their initial diet or weight loss tricks spiraled out of control into a mess of isolating rituals, despair, and medical complications. ([More](#))

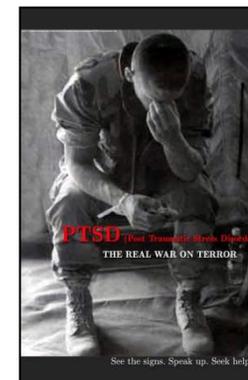
**Log Books:** There may not be such a thing as a free lunch, but there is such a thing as a free 2011 log book planner. The Army Substance Abuse Program / Employee Assistance Program is giving away free log books to RIA civilian and military personnel. Just print off the voucher on the ASAP/EAP website 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, 1<sup>st</sup> 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, 1<sup>st</sup> floor, SE wing.



## Education/Training Review



### **Earn College Credit By Testing Out of Courses:**

Available on Rock Island Arsenal are exams from College Level Examination Program (CLEP) and DSST (formerly DANTES). These exams are free to active duty military personnel. The total cost of each exam is under \$100 for most government civilian employees, retired military, veterans and adult family members of civilian employees. Most colleges award at least three credits provided your score meets the minimum required by that college. Credits earned via these exams may apply to your civilian job related minimum business credit requirement (discuss with Testing Center administrator). The [Western Illinois University-Rock Island Arsenal National Testing Center](#) for CLEP and



DSST is located in Bldg. 56, Rm. 103, and administered by Advisor Jacquelyn Holan. Questions may be directed to Jacquelyn at (309) 558-6444 or via email at [JA-Holan@wiu.edu](mailto:JA-Holan@wiu.edu). It's advisable to schedule exams at least two weeks before your desired testing date.

### **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](http://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](http://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](http://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](http://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.



**This Week in Rock Island Arsenal History – Jan. 31-Feb. 6:** In February 1918, the first battalion of the 10<sup>th</sup> U.S. Infantry arrived for guard duty at the Rock Island Arsenal. The battalion comprised nearly 1,000 Soldiers. On Feb. 1, 1958, the Ordnance Management Engineering Training Program was transferred from the RIA and assigned as a special mission support activity of the Headquarters of Ordnance Weapons Command. The forerunner to AMETA. On Feb. 3, 1966, the commanding officer of Springfield Armory requested that two mechanical engineers and four armorers from RIA be trained to support the National Match activities at Camp Perry. Boresighting method of targeting rifles adapted at

RIA in February 1920.

## Healthbeat

**110<sup>th</sup> Anniversary Celebration of the Army Nurse Corps:** Feb. 2 marks the 110<sup>th</sup> anniversary of the inception of the Army Nurse Corps. The celebration in the National Capital Region will be held on February 5th at the Crystal Gateway Marriott in Arlington, Va. The theme for this anniversary celebration is "Touching Lives for 110 Years" and we would like to welcome all to attend. The Army Nurse Corps has a wonderfully rich history. Both men and women have served as Army nurses since 1775; however the Nurse Corps did not become part of the Army Medical Department until 1901 when the Army Reorganization Act was passed and became law. ([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

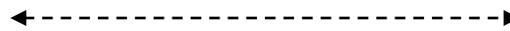


### **VA Automating Educational Benefits under Post-9/11 GI Bill:**

The Department of Veterans Affairs (VA) has successfully deployed a new automated system that is delivering faster, more accurate payments to Veterans attending school under the Post-9/11 GI Bill. "VA is relying upon the latest technology to provide a high-tech solution for administering the most generous educational benefits since the original GI Bill in 1944," said Secretary of Veterans Affairs Eric K. Shinseki. ([More](#))

### **VA Expands Outreach to American Indians, Hawaiians, Alaska Natives:**

The Department of Veterans Affairs has announced the creation of a new Office of Tribal Government Relations to ensure the more than 200,000 Veterans who are American Indians, Alaska Natives and Native Hawaiians receive the VA benefits they have earned. "There is a long, distinguished tradition of military service among tribal peoples," said Secretary of Veterans Affairs Eric K. Shinseki. "VA is committed to providing these Veterans with the full range of VA programs, as befits their service to our nation." ([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:** Commuter will be moving to Iowa City area. Looking to organize car pool with someone in Iowa City area or along I-80 to RIA. Will share cost. Contact [Brad](#) (563) 447-0548
- **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](mailto: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](mailto: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)
- Feb. 5:** [22<sup>nd</sup> Annual Wendy's Chili Golf Open](#) (Credit Island, Davenport)
- Feb. 5:** [Healthy Living Day](#) (iWireless Center)
- Feb. 5:** [Make A Wish 11<sup>th</sup> 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:** [5<sup>th</sup> 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:** [23<sup>rd</sup> Annual Easter Egg Hunt](#) (Mississippi Valley Fairgrounds)  
**April 23:** [Disc Golf Skills Challenge](#) (Grand Pavilion, Moline)  
**April 23:** [12<sup>th</sup> 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:** [46<sup>th</sup> 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:** [12<sup>th</sup> 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:** [40<sup>th</sup> 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:** [25<sup>th</sup> 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:** [17<sup>th</sup> 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



**Joel Himsl, Garrison Manager; Eric Cramer, Public Affairs Officer; Mark Kane, Editor**

*The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For submission of announcements to the Island Insight: [www.ria.army.mil/sites/IslandAnn/announcement.cfm](http://www.ria.army.mil/sites/IslandAnn/announcement.cfm), E-mail address: [ROCK-RIA-PA@conus.army.mil](mailto:ROCK-RIA-PA@conus.army.mil), Phone: (309) 782-1121. The Island Insight is available on-line at [www.ria.army.mil/sites/news](http://www.ria.army.mil/sites/news).*



# 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

