

April 11, 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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Deputy Secretary of Defense William J. Lynn III Message to DoD Workforce on Potential Government Shutdown:

“The department remains hopeful that a government shutdown will be averted. The President has made it clear that he does not want a government shutdown, and the administration is working to find a

solution with which all sides can agree. However, prudent management requires that we plan for an orderly shutdown should Congress be unable to pass a funding bill before our current funding expires on April 8. “The President and the secretary know that the uncertainty of the current situation puts federal employees in a difficult position, and are

very much aware that a shutdown would impose hardships on our military and civilian personnel as well as our military families. As we approach the expiration of the current continuing



resolution, we will provide you with updated information as soon as it becomes available. For now, I want to provide you with information on how the potential shutdown - should it occur - will impact our military and civilian personnel. ([More](#))

Bednarek Takes Command of First Army:

Lt. Gen. J. Michael Bednarek became the 36th commander for First Army April 6, in a ceremony at Fort McPherson's Hedekin Field. Bednarek took over for the retiring Lt. Gen. Thomas Miller, who began his command at First Army Jan. 11, 2008. Gen. James Thurman, commanding general of the United States Army Forces Command, Fort McPherson, Ga., passed the First Army colors from Miller to Bednarek on the historical parade field. Bednarek was joined by Command Sgt. Maj. Jesse Andrews Jr., who assumed First Army's top enlisted responsibilities Oct. 12. Bednarek's assignment here will soon take him and the Soldiers assigned to the HQ's, First Army, to Rock Island Arsenal. The unit is currently preparing to vacate its facilities at Fort Gillem, Ga., & move north this summer as part of the '05



BRAC Commission's recommendation to DoD, which in turn agreed to the recommendation, following approval by Congress. ([More](#))

New OMB Guidance Explains

Shutdown Procedures: If a shutdown happens, furloughed employees will get up to four hours on their next scheduled workday to go to their offices and turn in equipment, change voicemail messages, and take other steps to proceed with the closing in an "orderly" way, according to new Office of Management and Budget guidance. Budget Director Jack Lew said in a [16-page memo](#) posted on the agency's website Thursday that some agencies may order furloughed workers to turn in their BlackBerrys, while "others may determine that circumstances warrant a different approach." ([More](#))



OPM Issues Guidance for Possible

Shutdown: As the government teeters toward a shutdown this weekend, the [Office of Personnel Management has issued a guidance](#) to help agencies compose contingency plans, and to

Upcoming Dates

- April 10-16:** National Library Week [📅](#)
- April 12:** National Library Workers Day [📅](#)
- April 12:** National Equal Pay Day [📅](#)
- April 13:** National Bookmobile Day [📅](#)
- April 14:** 63rd USAFR Birthday [📅](#)
- April 14:** Support Teen Literature Day [📅](#)
- April 15:** National Buy a Gun Day
- April 16:** National Healthcare Decisions Day [📅](#)
- April 16-24:** National Park Week [📅](#)
- April 16:** Emancipation Day [📅](#)
- April 17-23:** Animal Cruelty/Human Violence Awareness Week [📅](#)
- April 17-23:** National Shaken Baby Syndrome Awareness Week [📅](#)
- April 18:** Tax Day [📅](#)
- April 18-25:** National Screen-Free Week [📅](#)
- April 19:** 16th Oklahoma City Bombing Anniversary [📅](#)
- April 19:** National Recall Round-Up Day
- April 21, 22:** Lyrids Meteor Shower [📅](#)
- April 22:** Earth Day [📅](#)
- April 23-30:** Nat. Infant Immunization Week [📅](#)
- April 23:** 103rd Army Reserve Birthday [📅](#)
- April 24:** Easter Sunday
- April 24-30:** Administrative Professionals Week [📅](#)
- April 24-May 1:** National Safe Kids Week [📅](#)
- April 25-29:** National Playground Safety Week [📅](#)
- April 27:** Administrative Professionals Day [📅](#)
- April 28:** Take Our Daughters and Sons to Work Day [📅](#)
- April 28:** Great Central U.S. ShakeOut [📅](#)
- April 29:** Arbor Day [📅](#)
- April 29:** Distracted Driving Awareness Day [📅](#)
- May 1-7:** Public Service Recognition Week [📅](#)
- May 1-7:** Arson Awareness Week [📅](#)
- May 1-7:** National Drinking Water Week [📅](#)
- May 1-7:** Wildfire Awareness Week [📅](#)
- May 1-7:** North American Occupational Safety & Health Week [📅](#)



answer questions about how a shutdown would affect federal employees. ([More](#))

White House Backs Pay For Furloughed Employees:

The Obama administration Thursday said it wants the estimated 800,000 federal employees who would be furloughed under a possible government shutdown to be paid for any time they are forced to take off. "It's Congress' decision, but the administration will support reimbursement," Jeffrey Zients, deputy director for management at the Office of Management and Budget, said at a White House news briefing. The National Treasury Employees Union, which represents 150,000 federal employees at 31 agencies, pressed lawmakers in a letter Thursday to provide retroactive pay to any federal employees who may be furloughed under a shutdown. ([More](#))



OPM Furlough Guidance Includes Details on Insurance Benefits:

Insurance is a key concern among federal employees in the



event of a government shutdown. The furlough guidance issued April 5 by the Office of Personnel Management includes a detailed rundown of the status of employee insurance benefits should a shutdown occur. ∞ To see more on these and other benefits, go to: www.opm.gov/furlough2011/ ([More](#))

Federal Times, Federal News Radio Shutdown Threat Coverage:

The Federal Times and Federal News Radio have created a pages specifically for their coverage of the possible government shutdown. ([FT](#)) ([FNR](#))

Enterprise E-mail Migration:

Beginning on **April 14**, Arsenal Area Processing Center e-mail users will transition to an Army Enterprise Email service managed by the Defense Information Systems Agency. This new email system will affect and migrate all DoD personnel (military, civilian, contractor, etc). Users will access e-mail services from centralized servers in the DoD cloud instead of through Army APC or local NEC e-mail servers. This new approach will eventually provide significantly improved capabilities for e-



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Rock Island Arsenal

via LTG Rick Lynch & Army IMCOM:

Celebrating Month of the Military Child: R strong kids year round
www.army.mil
ARLINGTON, Va. —The Army first observed the Military Child in 1986, to honor the youngest mer Army community.

2 hours ago · Like · Comment

Bill Gabbard likes this.



Marco Di Giulio

MWR Great Lakes is proud to announce that as part of our 4th of July Centennial Celebration, the headlining entertainment for "Rock, White Night" (July 3rd) will be rock band Saving Abel!

This event is sponsored in part by 95.1 FM WILK Rock, and is FREE & public! For updates on this event, please Like & follow our fac...

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US?

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mail users. Initially, there will be challenges especially during migrations from the legacy to the new environment. DoD\Army are still developing guidance and naming conventions for team\office mailbox and distribution lists. That info will be provided when it is available. Migrations will occur Monday through Thursday at 6 p.m., with approximately 250 persons each night. A notification concerning a user's scheduled migration will be sent five days prior to migration, then again at three days, again at two days, and finally the day of migration. Further detailed information has been, and will continue to be, sent via e-mail to the installation workforce. ([Background from DISA](#)) ([StandTo!](#))

FEA-OC Chapter Employee Awards Ceremony & Luncheon: The Federal Executive Association-Quad City Chapter Employee Awards Ceremony & Luncheon will take place **May 19**, 11:30 a.m. – 1:30 p.m., at Heritage Hall, in Bldg. 60. Luncheon tickets for the event are \$10.75 and will be on sale in the Retail Store, Bldg. 60, or you may purchase them electronically by e-mailing Sheridan Island Catering at dmcdevitt1584@hotmail.com.



Luncheon tickets must be purchased by **May 6**.

FY11 RIA Volunteer Recognition Ceremony: The FY11 RIA Volunteer Recognition Ceremony is coming soon. Mark your calendars for **May 4**. The Ceremony will be held at the Arsenal Island Golf Course clubhouse from 3-4:30 p.m. Registration starts at 2:15 p.m.

Celebrating Month of the Military Child – Raising Strong Kids Year Round: The Army first observed the Month of the Military Child in 1986, to honor the youngest members of the Army community. As we celebrate it again this month, 25 years later and in the 10th year of ongoing conflict, recognition of the sacrifices and strength of our military children is more vital than ever. The life of military children has always had its challenges, foremost among them being frequent relocations. Every time Families move, children have to make new friends, get used to new schools, and find new clubs and teams to join. A lot of military children take these changes in stride and some even thrive on them, but it is hard - kids



have to rebuild their world every time and find their place in it. ([More](#))

CBWTU-IL Wounded Warrior Banner Signing: The CBWTU-IL FRG will have a banner signing to kick off our April Muster. Stop by the Bldg. 60 cafeteria and show your support for our Wounded Warriors. Date: **Monday, April 11** Time: **11 a.m. – 1 p.m.**



CBWTU-IL FRG Wounded Warrior Bake Sale: The CBWTU-IL FRG will be holding a bake sale in the Bldg. 60 cafeteria to kick off our April Wounded Warrior Town Hall Muster. Stop by to pick up some goodies and show your support for our Wounded Warriors. Date: **Tuesday, April 12** Time: **11 a.m. – 3 p.m.**

FLTCIP Open Season: (FLTCIP) Federal Long Term Care Insurance Program Open Season: **April 4 - June 24**. To apply during FLTCIP Open Season please visit the Apply section of [FLTCIP's website](#) to download or complete online FLTCIP Open Season



application. 1 (800) LTC-FEDS (582-3337) TTY: 1 (800) 843-3557

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



Friday, April 15, 10 a.m. – 12 p.m. Give Blood.

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 May 6**. 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 Tax Center: The Rock Island Arsenal Tax Center will be open from **Jan. 24 thru April 18** in Bldg. 390. To schedule an appointment please call (309) 782-8076. Before scheduling an appointment please ensure you have all needed tax records.

ASC & JMC Chaplains Office

National Prayer Breakfast: The ASC and JMC Chaplains office

will be hosting a National Prayer Breakfast **May 5**, 6:30-8 a.m., at The Lodge, 900 Spruce Hills Drive, Bettendorf.

Space and seating is limited and therefore personnel should sign up as soon as possible. Sign up in **TEDs**, keyword "PRAYER" Any questions related to the Prayer Breakfast or alternative sign up methods should be directed to (ASC) Staff Sgt. Noel (309) 782-0910 or (JMC) Staff Sgt. James (309) 782-2737.



Women in Defense WISDOM: WID WISDOM featuring Mimi Donaldson, author of Necessary Roughness on **May 4**, 6 p.m., at Arsenal Golf Club.

Advance reservations required by April 29. Register by April 15 and get extra door prize ticket. Hors d'œuvres, cash bar and door prizes. \$20 members, \$25 non-members. RSVP to dianne.wheeler5033@sbcglobal.net

NDIA Awards: NDIA is taking nominations for awards for Lifetime Contributions to National Defense and the Industrial Base. Submit nominations to Jimmy Morgan at 289 Niabi Zoo Road, Coal Valley, IL or at jimcmorgan@aol.com. More details at www.ndia-ia-il.org. Nominations due by **April 15**.



Taco Tuesday Benefit for Garrett

Jacobs: Join us for taco Tuesday at Mulligan's Valley Pub, RT 6, in Coal Valley, Ill. Benefit proceeds for Garrett Jacobs who has VACTERL



Syndrome. When: Tuesday, **April 12**, Time: 5-9, Cost: \$5 minimum donation, Silent auction, raffle prizes, and 50/50 raffle, need not be present to win.

ASMC-Rock Island Mini-PDI:

American Society of Military Comptrollers-Rock Island is hosting its annual Professional Development



Institute on **April 21**. The agenda includes a variety of topics: Current Resource Issues (Greg Boddorf, AMC RM), Investments, The "Internal" Customer, Mentorship, and more. Attendance open to all government employees. Training is available in TEDs. For more information, send questions to asmcri@asmcri.org. (ASMC-Rock Island) Time: **8 a.m. – 4:15 p.m.**

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.**

Trivia Night & Silent Auction Benefit

for Joann Gray: Join us for Trivia Night & Silent Auction at Knights of Columbus in Davenport. Benefit proceeds Joann Gray who was diagnosed with Multiple Myeloma. When: Friday, **May 6**, Time: 7pm (Doors Open 6pm), Cost: \$80/table or \$10 individually, Silent auction, raffle prizes, and 50/50 raffle.

Rock Island VFW Post 1303

Breakfast Fundraiser: The Rock Island Veterans of Foreign Wars Post 1303 is hosting an All-You-Can-Eat All-American Breakfast Special on Sunday, April 17, at 3715 9th Street in Rock Island, from 7:30 a.m. – 12 p.m. (while supplies last), and will include scrambled eggs, sausage, bacon, biscuits and gravy, and American fries. Cost is \$6 per adult; \$5 seniors (50+); and \$3 children 10 and under. For more info: (309) 786-6798

Arsenal Attic Thrift Shop and

Boutique: Beginning in July, the Arsenal Attic will be open from 9 a.m. until 3 p.m. every Tuesday, Thursday and 3rd Saturday. The extended hours are our attempt to serve you better. As new personnel arrive at the Arsenal, let

us know what else the Thrift Shop can do to help you. POC: (309) 782-6977

American Legion Breakfast: \$6 all you can eat breakfast. American Legion #26, 702 W. 35th St., Davenport. Serving pancakes, eggs, breakfast meats, potatoes, biscuits & gravy, pastries, coffee, juice and milk. (563) 322-4971

www.iowalegion26.org

Date: **Sunday, May 1**

Time: **7-11 a.m.**

Annual Red Cross Golf Outing at

TPC Deere Run: Mark your calendars now for this premier golf fundraiser in the Quad Cities. For information & registration, go to www.qcredcross.org or contact Kasey at (309) 277-4027 (kellykas@usa.redcross.org)

Date: **Monday, Sept. 19**

Time: **1 p.m.**

Arsenal Traffic/Construction



Flood Preparations/Closure(s): In preparation for the forecasted flood, crews have begun erecting a flood wall on top of the north levee from Gillespie Street to the east end of the island. This

Spring 2011
FLOOD



area has been designated as a restricted area, barricaded, and can only be used by security and personnel working the flood situation. We appreciate everyone respecting the designated restricted area and not walking, jogging, or driving in these areas. As the river level rises, additional areas will become restricted. POC: joseph.e.gumpert@us.army.mil, (309) 782-1389. ([Arsenal Flood Page](#))

Intermittent Lane Closure- Government Bridge – April 11-24:

There will be Intermittent Lane Closures on the Government Bridge, Structure 320 during "non-peak" traffic hours (8:30 a.m. to 2:15 p.m.) **Monday, April 11, thru Sunday, April 24.** The lane closure is necessary to facilitate the inspection of the bridge structure. Flagmen will be present at all times to direct traffic. Signs will be positioned at the ends of the bridge to direct bicyclists and pedestrians to the "designated walkway" of the bridge to transit between Iowa and Illinois during the lane closure(s). No interference to train traffic is anticipated.

Building/Space Closures

Bldg. 390 Restroom Closure: As part of the restroom renovation project at

Bldg. 390, Public Works and its contractor Swanson Construction closed the 3rd floor restrooms on March 28. The 4th floor restrooms are complete and will open simultaneously with this closure. Estimated completion for 3rd floor is on or about **May 3.**

Bldg. 350 Door Closure: The Bldg. 350 northeast corner door will remain closed until further notice due to inclement weather at the beginning of the month and the cold weather last week. The contractors were unable to pour concrete, set safety bollards, and place the card reader outside the building. Further delays are possible due to a backlog of work with communications, (PSGS), programming the simplex card reader. POC: [E-Mail](#), (309) 782-2440

Active Duty/Reserve Zone

Service Members Would Earn Pay During Shutdown: Military members would continue to earn wages in the event of an April 8 shutdown of the federal government, but they'd have to wait to collect them until Congress agrees on a budget, a senior administration official said here today. During a telephone briefing

administered by the Office of Management and Budget, a senior administration official detailed the consequences of a possible federal government shutdown that will occur April 8 if Congress doesn't agree on a budget. Service members, the official said, "will continue to earn money" in the event of a shutdown. But because there wouldn't be any money to pay out to service members during a shutdown, the official said, they would have to wait to be reimbursed. ([More](#))

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 two-day Basic Rider Motorcycle Course is scheduled for **June 28 and 29**; the one-day



Experienced Rider Motorcycle Course is scheduled for **April 26, 27 or 28, June 30, and Aug. 10 or 11**; two sessions of the Intermediate Driver Training Course are scheduled for **Aug. 9**. ([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, 3rd 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: "posh for new hires." POC for POSH training (or to receive special accommodations) is mary.gale@us.army.mil at (309) 782-5024.



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.

Change to the Process for Submitting Messages to the Outdoor Electronic Marquees:

Effective immediately, requests should now be made by visiting www.riamwr.com and clicking on the Electronic Marquee Info link on the right side of the page. Due to the loss of public folders we will not have access to the ROCK-SIGN e-mail address so any requests sent here will not be received. For more info please call (309) 782-1183

Spring Car Care Month: April is Spring car care month, make sure your ride is ready for those summer road trips. The Auto Skills Shop will hold its free car inspection day on Saturday, **April 30**, 10 a.m. - 2 p.m. Let the pros at the Auto Shop check your tires, suspension, fluid levels and more to ensure safe driving all summer long. Also during the month of April take advantage of the oil change special for only \$21. Call (309) 782-8631 for more info. ([Flyer](#))

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 6th "ghost hunters'" dinner on Friday, **April 15**. You will hear from the Rock Island Paranormal Society on their investigation of the historical Quarters One built in 1871. George Eaton, Arsenal Army 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. 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. This will be our last dinner until the fall of 2011.



Arsenal Island Golf Course Flower Bed Volunteer Program:

The Golf Course is looking for green thumbed individuals and organizational volunteers for its Volunteer Flowerbed Program. We'll supply the flowers and you supply the labor to help beautify and enhance the Quad Cities newest



public golf course. We'll even stick a recognition sign in the bed to let everyone know whose hard work made it look so good. Call (309) 782-4420 for more information and to sign up. ([Flyer](#))

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 River Bandits: Discounted box seat tickets available for all home games. All tickets are \$8. Enjoy Thirsty Thursdays and Firework Fridays.
Date: **Thursday, April 7**

Circa 21 Presents – Hairspray: Take a trip back to 1962 with Tracy Turnblad, a big girl with big dreams and even bigger hair. This Tony Award-winning musical is filled with laughter, romance, dancing, unforgettable tunes, and is a joyous tribute to the 60s. Seats on sale until July 7 at a discounted \$43.50.
Date: **Saturday, July 16**
Time: **5:45 p.m.**

Moline Great Escape: Discounted general admission movie tickets available for \$8. Not valid for IMAX, 3D presentations or Special Engagements.

Hotels & Attraction Tickets: Check out Leisure Travel at www.riamwr.com to see what we have to offer for discounted attractions and hotels.

July Downtown/Loop Shopping Trip: Join us for a day of shopping in downtown Chicago. Here you'll find department stores such as Bloomingdale's, Lord & Taylor and Nordstrom, Crate & Barrel and Pottery Barn, jewelers such as Tiffany and Van Cleef & Arpels, big name boutiques and indoor shopping malls, such as Water Tower Place. \$39 per person.
Date: **Saturday, July 16**
Time: **6:30 a.m.**

Taste of Chicago Bus Trip: The Taste of Chicago is the world's largest food festival, held annually. Every year, millions of Chicagoans and tourists from around the world flock to Grant Park to enjoy the variety of food prepared by Chicago's most popular restaurants.
Date: **Saturday, June 25**
Time: **6:30 a.m.**

Six Flags Great America: Visit this amazing theme park with awesome rides, great shows, and incredible attractions, plus Hurricane Harbor. Discounted admission tickets available for the 2011 season. Tickets are \$36 for Adult/Child.

White Sox vs. Red Sox: The Chicago White Sox take on the Boston Red Sox. One of this seasons popular game. Seats are \$91. Price includes transportation and ticket to game. On sale now.
Date: **Saturday, July 30**
Time: **6:10 p.m.**



Cardinals vs. Cubs: Seats on sale for \$99 for the Cards vs. Cubs bus trip on Saturday, **Sept. 24.** This game will be at Busch Stadium. Departure time is 5:30 a.m. from Col Davenport pavilion area. Six seats per customer, no seats will be put on hold. No alcohol allowed on bus.



Pavilions: Planning a graduation party, family reunion or special event? Need an outside shelter? Leisure Travel can help. We rent Memorial Field, Sports



Complex and Col. Davenport Pavilion. Stop by the office or give us a call for more information.

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.

Child, Youth & School Services

Building Resiliency in Blended

Families: Bob Koupal, Licensed Clinical Social Worker, will present information on improving communication, overcoming challenges, and building stronger relationships within blended families. The location is Bldg. 150. Please call for more information to (309) 782-6515/3049. Free onsite child care available for pre-registered CYSS patrons. Must RSVP for childcare by **April 15**.
Date: Tuesday, **April 26**
Time: **5:30-7:30 p.m.**

Babysitter Training: SKIESUnlimited is offering CPR on **April 30**, 9 a.m. – 2 p.m. Registered patrons may enroll at www.riamwr.com/cys or call (309) 782-0791 to schedule registration.

Army Community Services (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



April is Sexual Assault Awareness Month: The month of April is Sexual Assault Awareness Month. This observance provides us an opportunity to recommit our efforts to eliminate sexual assault in the Armed Forces. The theme for SAAM 2011 is "Hurts one. Affects all. Preventing sexual assault is everyone's duty." The theme emphasizes the ability of each and every service member to prevent sexual assaults from occurring. Sexual assault continues to be the most underreported violent crime in our society. The Family Resources, Inc. Quad Cities Rape Sexual Assault Counseling and Advocacy Program along with RIA Sexual Assault Prevention and Response Program SARC will be displaying the Clothesline

Project on **April 21**, Bldg. 60, 10 a.m. - 2 p.m. For more information, contact SAPR at (309) 782-3773. (More)

Helping the Army Take Care of Its

Own: Army Emergency Relief recently earned its fifth consecutive four-star rating from Charity Navigator, the nation's largest and most-utilized evaluator of charities. According to Charity Navigator, only 5 percent of the charities they rate have received at least five consecutive four-star evaluations. Rock Island Arsenal's AER Section in 2010 provided \$109,495 in support to Soldiers, retirees and their family members. In 2010, the Arsenal raised \$78,145 in contributions to support AER grants and scholarships. This year, the Arsenal's fundraising campaign will run **April 1-30**. Persons desiring to make a contribution should contact their organization's Key Person or contact Jon Cook at (309) 782-0815 or jon.c.cook@us.army.mil. AER helps to make Soldiers and their Families Army Strong. (More)



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 or [Facebook](#).

Anonymous Online Mental Health Screening - April 2011: Alcohol plays a regular role in many aspects of society. From a happy hour beer with coworkers to champagne celebrations with family, drinking can be a very common part of life. But because it is so common, it is often difficult to recognize when alcohol becomes a problem. If you find yourself drinking to feel good, or to keep from feeling bad, it might be time to take a closer look. April is Alcohol Awareness month and is the perfect time to assess your alcohol dependence and the ways it might be affecting you at both work and home. The Rock Island Arsenal Employee Assistance Program is offering free, anonymous screenings for alcohol, depression, anxiety and other common mental health conditions. The screenings are available [HERE](#) enter keyword ASAP. ([More](#))

Smoking Cessation Group: Smoking Cessation Group Spring is here ... what better time to quit smoking. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday 3-4 p.m., at the EAP office located in Bldg. 110, 1st floor, SE wing.

PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details. (Additional resource: [Virtual PTSD Experience](#))

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.

←-----→
Education/Training Review



St. Ambrose University to Conduct Information Sessions (Updated): St. Ambrose University personnel will be on the Island to hold information sessions for those who are interested in taking undergraduate, Master of Organizational Leadership, or Master of Business Administration courses through the contracted Rock Island University housed in the Garrison. The perspective commands, locations and dates for these Information Sessions are listed below. If you wish to learn more about the contracted St. Ambrose University/R.I. University Program, we encourage you to please stop in at your convenience. ([More](#))

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.



Defense Commissary Agency / PX



The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com

Exchange to Continue Operations If Government Shuts Down: The Army & Air Force Exchange Service is planning to continue operations even if the U.S. government shuts down. On April 9, the current budget authorization will expire. At that point, the federal government will potentially institute a mandatory shutdown for "non-essential" personnel. While this action impacts the government, the Army & Air Force Exchange Service is largely unaffected, AAFES officials said. They explained that the Exchange is a non-appropriated fund instrumentality. This means the majority of its budget does not rely on tax dollars. ([More](#))

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 –April 11-17: On April 12, 1947, the RIA celebrated Army Day by inviting the public to an open house to view displays and equipment at the RIA. In April 1944, the court in Shop L was completely rehabilitated in preparation for the manufacturing of Construction of Shop L (Bldg. 250), originally designed as an ammunition loading plant for shells and fuses, began on April 16, 1917. In April 1883, excavation work for Storehouse A, which was located behind Shop A (Bldg. 102), had begun.

Healthbeat

MRI Scan May Predict Alzheimer's Disease: Using MRI, researchers may be able to predict on an individual basis which people who have mild cognitive impairment will go on to develop Alzheimer's disease. "We have known for a long time that the brain shrinks in Alzheimer's disease and you can detect this on MRI," says researcher Linda K. McEvoy, PhD, assistant professor of radiology at the University of California, San Diego School of Medicine. ([More](#))

Tingling in Hands and Feet: Tingling in the hands, feet, or both is an extremely common and bothersome symptom. Such tingling can sometimes be benign and temporary. For example, it could be the result of sustained pressure on nerves when your arm is crooked under your head as you fall asleep. Or it could be from sustained pressure on nerves when crossing your legs for too long. In either case, the "pins and needles" effect -- which is usually painless -- is soon relieved by removing the pressure that caused it. In many cases, however, tingling in the hands, feet, or both can be severe, episodic, or chronic. It also can accompany other symptoms. such as pain, itching, numbness, and muscle



wasting. In such cases, tingling may be a sign of nerve damage, which can result from causes as varied as traumatic injuries or repetitive stress injuries, bacterial or viral infections, toxic exposures, and systemic diseases such as diabetes. ([More](#))

Health Clinic Announcement: Sick Call Hours, 7-8 a.m. Clinic closed **April 29** at 12 p.m. for staff meeting and training. Primary Care Clinic Closed Wednesday, **May 11**, 11 a.m. – 4 p.m. for staff training.

Notes for Veterans

VA Begins Process to Create Open Source Electronic Health Record: The Department of Veterans Affairs (VA) today released a draft Request for Proposal (RFP) aimed at forming an Open Source community around its ground-breaking VistA (Veterans Integrated System Technology Architecture) electronic health record (EHR) system. When award is made under a planned RFP for a custodial agent, VA will commit to deploy the Open Source version of VistA to all of its facilities, and will contribute all non-security essential modifications to the product it makes or pays for directly to

the Open Source custodian. VA will also commit to participate in Open Source VistA with other public and private sector participants. ([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:** Looking for someone to carpool with from the Sterling-Rock Falls area, 3rd shift, 10:15 p.m.-6:15 a.m., john.b.mitchell1@us.army.mil
- **Carpool/Ride:** Looking to carpool with someone from Fulton area along Rte. 84 to Bldg. 390. Contact Carole.Mitchell@us.army.mil or (309) 782-1892.
- **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 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.

- 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:** [Hand-in-Hand Special Needs Expo](#) (Tessa's Place, Bettendorf)
- April 16:** [Spring Egg Hunt](#) (Lincoln Park, Rock Island)
- April 16:** [QC Earth Week Fair](#) (QCCA)
- April 16:** [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
- April 16:** [Project Renewal's Run for Renewal](#) (Sr. Concetta Park, Davenport)
- 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 23: [Quad City Rollers Home Roller Derby Bout](#) (River Center, Davenport)
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)
April 30: [5th Annual Steve's Old Time Tap Spring Chaser 5K](#) (223 17th Street, Downtown Rock Island)
April 30: [¡Viva Quad Cities! Intro to Salsa](#) (Moline American Legion)
April 30: [Quad Cities March for Babies](#) (Modern Woodman Park, Davenport)
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: [Quad City Rollers Home Roller Derby Bout](#) (River Center, Davenport)
May 7-8: [Beaux Arts Fair](#) (Figge Art Museum, Davenport)
May 8: [24th Annual Quad Cities Distance Classic](#) (Augustana College 38th Street & 7th Ave, Rock Island)
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](#) (Nationwide)
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 21: [Palmer n8k Charity Run](#) (Palmer College, Davenport)
May 22: **Arsenal Island Armed Forces Day** (Rock Island Arsenal)
May 26: [Memorial Weekend Flag Placement](#) (Rock Island National Cemetery)
May 28: [The Wild "5"](#) (Gold's Gym, Davenport)
May 30: [Memorial Day Ceremony](#) (Rock Island National Ceremony)
May 30: [46th Annual Modern Woodmen Bank Quad Cities Criterium](#) (The District, Rock Island)
May 30: [Friends of Veterans Memorial Park Ribbon Cutting Ceremony](#) (New Veterans Memorial Park, Davenport; west of Centennial Park between the Marquette St. boat ramp and the Crescent railroad bridge)
June 3: [Trivia Night](#) (Schwiebert Riverfront Park, Rock Island)
June 3: [History's Night Out w/ Dr. Ann Collins](#) (Afro-American Heritage Center, 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 11: [Susan G. Komen Quad Cities Race for the Cure](#) (iWireless Center)
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: [Army 236th Birthday Ball](#) (Waterfront Convention Center)
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: [Healthy Living Fair](#) (Next to the downtown Davenport Freight House Farmer's Market)
June 18-19: [Quad City Air Show](#) (Davenport Municipal Airport)
June 19: [Ride the River](#)
June 22-25: [Quad City Senior Olympics](#) (Augustana College, Rock Island)
June 26: [QC Jewish Feast-ival](#) (Tri-City Jewish Center, Rock Island)
June 28: [Soldiers Show](#) (Adler Theatre, Davenport)
July 1-3: [IH Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 2: [Red, White, and Boom](#) (Rock Island & Davenport)
July 4: [28th Annual Genesis Firecracker Run](#) (East Moline)
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 11: [Rhythms Along The River](#) (Brady Street Stadium, Davenport)
July 14: [First Army "Uncasing of the Colors"](#) (Arsenal Club, Bldg. 60)
July 17: [Classic Car Show](#) (Village of East Davenport)
July 19-24: [Rock Island County Fair](#) (East Moline)
July 21: [Family and MWR Employee Appreciation Day](#) (Memorial Park & Field)
July 21-24: [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)
July 29-30: [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)
July 30: [37th Annual Quad-City Times Bix 7](#) (LeClaire Park, Davenport)
Aug. 2-7: [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [RIA-JMTC Industry Day](#) (Rock Island Arsenal)
Aug. 4-7: [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)
Aug. 6: [Crime Stoppers 5K Run](#) (Moline)
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)
Aug. 27: [Silvis Family Run](#) (Silvis, Ill.)
Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 5: [Run with Carl](#) (Bettendorf)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)

Sept. 10: [¡Viva Quad Cities!](#) (Bass Street Landing)
Sept. 10: [Run for ¡VIVA!](#) (Bass Street Landing, Moline)
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)
Sept. 25: [QC Marathon](#) (Downtown Moline)
Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)



Island Insight



Joel Himsel, 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](#); ROCK-RIA-PA@conus.army.mil, Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).



IMCOM
SOLDIERS • FAMILIES • CIVILIANS



Force Protection Thought of the Week

PROTECT AGAINST IDENTITY THEFT

Guard against photo-copying of ID cards



Utilize personal shredders at home



Protect account numbers



Protect social security numbers



THERE IS NEVER A TIME FOR COMPLACENCY