



April 9, 2012

# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the island intranet under "Information" and on the installation website at [www.ria.army.mil](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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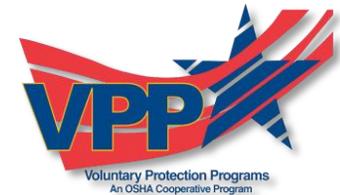


## **JMTC Marches Towards Safety With Voluntary Protection Program:**

A little before 6 a.m., Lu Gaeta, facility engineer, drives along Beck Avenue on Arsenal Island on his way to work. One morning about a month ago, car lights ahead caught him off guard. "Someone was getting dropped off in front of the entrance to 299," he said. "The morning darkness and inadequate street lights really made it hard to me to see the car sitting there in the road. If I hadn't been

paying close attention, I would have hit their tail end." This incident came to mind later in the week when he was briefed during his department's safety meeting. Gaeta was able to discuss the problem and report it using the Voluntary Protection Program. Voluntary Protection Program or better known as VPP is intended to improve safety in the workforce by implementing a safety program. This proactive model is management driven and employee

owned, which works to reduce incident rates, increase production and provide satisfaction throughout the workforce. "It's designed for employees to speak up and address concerns they notice in their work areas," Scott Berg from Rock Island Arsenal Joint Manufacturing and Technology Center's safety office, said. "It's having a proactive safety culture



here at RIA-JMTC verse having a reactive approach." ([More](#))

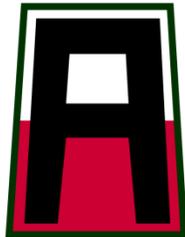
## Arsenal Factory Aims For New Private Partners:

In one part of the Rock Island Arsenal's factory, workers fix up old howitzers. In another part, steel castings are poured for construction equipment. In yet another area of the Joint Manufacturing and Technology Center, lightweight armor from composite materials is being assembled. These, for all appearances, might be the everyday tasks of a military foundry, the kind of work Arsenal workers have done for decades. ([More](#))



## Enablers Critical to First Army Training Successes:

Planning and conducting training exercises for Army National Guard units is nothing new for First Army's skilled trainers. However, bringing multiple organizations together within 75 days to train and evaluate the headquarters staff of the Indiana Army National Guard's 76<sup>th</sup> Infantry Brigade



Combat Team on an unfamiliar deployment mission introduced some new challenges. More than 60 trainers and support personnel from seven different organizations converged here to train, support and evaluate the 76th during its four-day culminating training exercise, a key component, prior to its Soldiers deploying to Afghanistan. ([More](#))

## ECBC Industrial Base Office and AMC Industrial Base Capabilities Division Form Strategic Partnership:

Large-scale emergencies, whether natural disasters or man-made accidents, have the potential to interfere with the sustainment of the Army Industrial Base Program. However, thanks to a recent partnership between the Edgewood Chemical Biological Center Industrial Base Office and the Army Materiel Command's Industrial Base Capabilities Division Continuity of Operations Plan, the Army IB Program will remain functional despite the occurrence of unforeseen disasters. As a part of this new partnership, ECBC IBO - located at Rock Island Arsenal - now serves as a



# Upcoming Dates

**April 8-14:** National Library Week

**April 9:** National Former Prisoner of War Recognition Day

**April 10:** National Library Workers Day

**April 11:** National Bookmobile Day

**April 12:** Support Teen Literature Day

**April 14:** 64<sup>th</sup> USAFR Reserve Birthday

**April 14:** Pan American Day

**April 15:** National Buy a Gun Day

**April 15-21:** National Volunteer Week

**April 15-21:** Animal Cruelty/Human Violence Awareness Week

**April 15-21:** National Shaken Baby Syndrome Awareness Week

**April 16:** Tax Day

**April 16:** Secure Your ID Day

**April 16:** Emancipation Day

**April 16:** National Healthcare Decisions Day

**April 16:** FourSquare Day

**April 19:** Oklahoma City Bombing 17<sup>th</sup> Anniversary

**April 21:** National Record Store Day

**April 21-29:** National Park Week

**April 22:** Earth Day

**April 22-28:** Nat. Work Zone Awareness Week

**April 22-29:** National Safe Kids Week

**April 23:** 104<sup>th</sup> Army Reserve Birthday

**April 23-27:** National Playground Safety Week

**April 25:** 114<sup>th</sup> Anniversary of the Spanish-American War

**April 25:** Administrative Professionals' Day

**April 26:** Take Our Daughters & Sons to Work Day

**April 27:** Arbor Day

**April 28:** Nat. Prescription Drug Take-Back Day

**April 28-May 5:** National Infant Immunization Week

**April 30-May 6:** Screen-Free Week

**July 7:** Rock Island Arsenal 150<sup>th</sup> Celebration



second line to AMC, providing mission-critical functions in the event of an emergency that downgrades AMC IBCD ability to provide program sustainment. “The selection of ECBC IBO was not only a great tribute to the hard work of our staff but also a reflection of our customer’s appreciation and trust for the excellent services provided,” said Eric Hoover ECBC IB team leader. ([More](#))

### **First Army, ASC Hit Arsenal Links:**

Representatives from the two major commands here, First Army and Army Sustainment

Command, met at the Arsenal golf course Friday afternoon,



April 6, for another "first" of its kind – the traditional "payday activities" golf scramble. Leading the charge, and first up at the tee, from First Army was First Army commanding general, Lt. Gen. Mick Bednarek and Lt. Col. Joe Winter, chief of Clinical Operations, First Army Command Surgeon's. For ASC was Col. (Ret.) Leif Johnson and Kerry Sinner, president of the local chapter of the Association of the U.S. Army. There were a total of five teams, each with two reps from each command. Army

Sustainment Command was the winning team with the most holes won overall. As pictured – Front row: Sgt. First Class Mark Taylor, Jerry De La Cruz, Sgt. Major Nicholas Castillo, Chief Warrant Officer 3 Adam Martin, Sgt. Ray Duck; Back Row: Capt. Casey Lasley, Capt. James Cook, Master Sgt. David Medley, Kerry Skinner, and Col. (Ret.) Leif Johnson.

### **All Feds Pay the Price For GSA**

**Scandal:** As could have been expected, the scandal about the exorbitant 2010 General Services Administration conference at a gambling casino just outside Las Vegas has become a political football and federal employees are the ones getting tackled. The latest example is a second video released Monday by Rep. Darrell Issa (R-Calif.), chairman of the House Oversight and Government Reform Committee. The video, which was played at the conference, shows GSA employees promoting, with signs and song, their energy-saving efforts to “go green.” Among their lyrics, “POTUS wants a press event, a project he can show.” ([More](#))



### **American Public Thinks Federal Employees Work Less, Earn More:**

Rasmussen recently released the results of a recent survey which indicated that a significant percentage of American adults believe that federal employees have it easier and earn more money than private sector workers. The survey showed that 66% of the individuals surveyed believe private sector workers work harder than federal workers, and 56% said that they believe federal workers earn more money. Interestingly, 46% of the government employees surveyed said that they didn't work as hard as private sector workers, however 54% said that they do not earn as much as private sector workers. ([More](#))

### **Secretary of the Army Announces Program to Aid Civilian Employees:**

Secretary of the Army John M. McHugh announced today the creation of the Senior Enterprise Talent Management program, an initiative designed to prepare civilian employees to assume positions of greater responsibility within the Department of the Army through advanced senior-level educational and experiential learning opportunities.



"Creating and maintaining a structured civilian professional development system is essential to the success of our Soldiers on the battlefield and in building a flexible, streamlined and responsive institutional Army," McHugh said. ([More](#))

**Hatch Act Webinar: Dos and Don'ts of Social Media:** The General Services Administration will hold a webinar on April 25 from 2 p.m. to 3:30 p.m. to give public servants guidance on the Hatch Act related to the dos and don'ts of social media. The webinar is free and will be hosted by Leslie Grogan from GSA's Office of Special Counsel Hatch Act Unit. ([More](#))

**Sequestration Could Be Left to Lame-Duck Congress:** Between now and Jan. 2, when automatic spending cuts are set to slash up to \$54 billion from the Pentagon's 2013 budget, there is only one date that truly matters: Nov. 6, Election Day. That is practically the only thing that people watching the U.S. government's budget battle can agree on. "Barring an earth-changing event, it's hard to see any political agreement before the election," said David Berteau of the Center for Strategic and International Studies. ([More](#))

**Federal Agencies Prodded to Keep Their Writing Simple:** Federal agencies must report their progress this week in complying with the Plain Writing Act, a new decree that government officials communicate more conversationally with the public. Speaking plainly, they ain't there yet. Which leaves, in the eyes of some, a basic and critical flaw in how the country runs. "Government is all about telling people what to do," said Annetta Cheek, a retired federal worker from Falls Church, Va., and longtime evangelist for plain writing. "If you don't write clearly, they're not going to do it." ([More](#))

**Coming Soon--USA Staffing:** During FY11 and 12, the Department of the Army is transitioning to a new automated, job application system called USA Staffing. The Rock Island Arsenal Civilian Personnel Advisory Center will transition to USAS on Monday, **April 23**. In the interim, all RIA (Army) vacancies are posted on both [armycivilianservice.com](http://armycivilianservice.com) and [usajobs.gov](http://usajobs.gov). USAS is fully integrated with USAJobs, so start building your account and resume in



USAJobs now if you haven't already done so. Please take a moment to visit the following links for additional information; [Application Manager Introduction](#) and [Tips for Applicants Brochure](#). Stay tuned for additional announcements regarding this transition.

**2<sup>nd</sup> Annual RIA Prayer Breakfast:** The RIA Religious Support Team will be hosting their 2<sup>nd</sup> Annual Prayer Breakfast. The breakfast will be held at Heritage Hall, Bldg. 60. There is no cost to attend. For more information and tickets, please contact the ASC/JMC/First Army Chaplain's Office: (309) 782-0910/2737/9690. Date: **Wednesday, May 9** Time: **6:30-8 a.m.**

**RIA CIF Annex to Perform Inventory:** The Rock Island Arsenal, Directorate of Logistics needs to inform everyone that the RIA CIF Annex will be performing its annual inventory **April 16-20**. During this week no items will be turned-in by or issued to requesting personnel. Please schedule an appointment the weeks prior or weeks after this inventory process. The Central Issue Facility is located in the basement of Bldg. 56 and normal operating Hours are 8 a.m. – 3:30 p.m., Monday-Friday, by appointment only. Please make



appointments by contacting your supply sergeants, per normal operating procedures.

## **Planned Power Outage for Buildings**

**66, 67 and 72:** A complete power outage for buildings 66, 67 and 72 will occur on **April 29**, 8 a.m. - 12 p.m. Outage is required in conjunction with the Fitness Center renovation.  
Date: **Sunday, April 29**  
Time: **8 a.m. - 12 p.m.**

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



on **Friday, April 13, 10 a.m. – 12 p.m.** If you would like to donate 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 May 4**. 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 [click here.](#)**

**Antiterrorism Awareness Theme - Integrating Antiterrorism & Operations Security into the Contract Support Process:** Recent attacks remind us that terrorists do not distinguish between combatants and noncombatants and may select targets specifically to effect military operations. To achieve successful attacks, terrorists seek to exploit gaps in security -- Army contract support services represent one such possibility. Terrorists posing as contractors or exploiting a security gap in a contracted service could attack Army operations at unsuspected times and locations. Additionally, contractor employees may also become targets for terrorist attack. Given the threat of

terrorism, the 3Q/FY12 antiterrorism awareness theme seeks to close the gap in the contract support process to mitigate the risk of terrorist activities. ([More](#))

## **Travel Warning – Israel, the West Bank and Gaza:**

The Department of State warns U.S. citizens of the risks of traveling to Israel, the West Bank, and the Gaza Strip, and about threats to themselves and to U.S. interests in those locations. The Department of State urges U.S. citizens to remain mindful of security factors when planning travel to Israel and the West Bank and to avoid all travel to the Gaza Strip. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at



(309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

## **2<sup>nd</sup> Annual Charity Golf Tournament "Reds White & Blue" to Benefit**

**Jason's Box:** A golf tournament to benefit [Jason's Box](#), a local organization that sends "care packages" to improve the health and well being U.S. troops



overseas, will be at 1 p.m., Friday, **May 18**, at the



Golfmohr Golf Club, 16724 Hubbard Rd., East Moline, Ill. Price for the

tournament is \$65 per golfer and \$60 per team of four, which includes greens fee, cart, tee package and dinner. POC: Craig DeVrieze, (563) 940-6094 for details about the event.

**Quad-City Area Scam Alert:** Please be aware of a scam involving people posing as government or utility workers who ask for entrance into your home. The intent of this scam is to keep the homeowner occupied so another individual can enter through another door to burglarize your home. Several reports have been received in the immediate Quad City area about men

wearing clothing that appears to be from a legitimate company. A recent complaint came from Eldridge where an unidentified man told the resident that he was with the government and needed to conduct a walkthrough of the house. Fortunately, the homeowner did not allow the men into the house, and they departed the area. All residents are reminded never to allow an unknown individual into their residence regardless of their appearance or request. In the event that the Rock Island Housing Office needs access to an on-post or leased residence, they will contact the family first. Any worker that needs access to either the outside or inside of the residence will always have proper credentials and a specific reason for needing access. On-post or leased housing homeowners should always confirm by phone any work or service call you have not requested or received through the Rock Island Arsenal Housing Office. The same is applicable for private homeowners; if in doubt, ask for a phone number and call the company the individual represents. Anyone who suspects this type of suspicious behavior is asked to try to get a vehicle description and license plate number and general description of the individuals and call their local police department immediately. All local

police departments are available by calling 9-1-1.

**NDIA Awards:** NDIA is accepting nominations for lifetime contributions to the national defense, the weapons industrial base and the ammunition industrial base. See link at [www.ndia.org](http://www.ndia.org) and Iowa/Illinois Chapter. Send submissions to: Jimmy Morgan at [jimcmorgan@aol.com](mailto:jimcmorgan@aol.com). Date: **Sunday, April 15** Time: **4 p.m.**

## **Arsenal Attic Thrift Shop &**

**Boutique:** Come shop at the Attic Thrift Shop & Boutique. New selection of baby clothing sizes three months to 3T. The Attic has everything from designer purses to fishing rods and all at reasonable prices. All proceeds go to our RIAWC Scholarship Fund. We also have tickets for the Tour of Homes. POC: (309) 782-6977

**Youth Competitive Baseball Team:** If you have a son that does not turn 12 before May 1 and are interested in a competitive baseball team then we are looking for you. The team plays two league games a week and tournaments on the weekends. If interested please call QC Outlaws at (563) 340-3395.

←----->



## Arsenal Traffic/Construction

☺  
*There are no traffic/construction announcements at this time.*

## Building/Space Closures

☺  
*There are no building/space closure announcements at this time.*

## Active Duty/Reserve Zone

☺  
**Forward From DFAS – Scam:** Beware ... scam letter. A letter is making the rounds purporting to be from DFAS asking military member's fiancées to register in "our system" entitling them to benefits in the event of the member's death. All for only a \$350 fee. Bottom line, save your money. It's not true, it's not a DFAS letter, it's a scam. Please let your fellow Soldiers, Sailors, Airmen, Marines and families know the score. The letter is a typical scam phishers use to try and obtain your personal information and, in this case, money. DFAS policy: we will not send you unsolicited email messages with attachments (especially as poorly written

as this!) or letters asking you to send money to pay for some benefit that sounds too good to be true. Customers who receive messages they believe to be attempts to get their personal information should take precautions against criminals wishing to gain access to their computers or those hoping to fool them into providing valuable personal information. Read our agency email policy that has been developed to protect customer privacy.  
<http://1.usa.gov/I6XR9X>

**First Lady Unveils New Military Spouse Hiring Effort:** First Lady Michelle Obama today announced a new hiring effort intended to deliver thousands of portable, flexible job opportunities to military spouses and veterans in the coming years. Eleven companies have pledged more than 15,000 jobs for military spouses and veterans, the first lady said, noting the vast majority of these jobs can be accomplished from home. This commitment will make a "huge difference" for military spouses, Obama said during a teleconference announcing the initiative. "We're working hard on their behalf because we're proud of them," the first lady said. "Having an opportunity to have a decent job ... is

one of the most important ways we can support these families." ([More](#))

**Rock Island Tax Center:** As the tax season winds down, the Rock Island Tax Center is still here to help. The Tax Center will be open until **April 17**, the final day to file your federal returns without an extension. We are here to assist active duty military, retired servicemembers and their dependents prepare their tax returns. If you would like the Rock Island Tax Center to prepare your returns, remember to bring all your tax documents. This includes all W-2s, 1099s and interest and dividend statements. If you filed your taxes last year with the Rock Island Arsenal Tax Center, we should have your information in our system but we will still need proper identification and to verify routing and account numbers in our system. If this is your first time filing with us please make sure you have your Social Security Number or your Tax Identification number with you and bring a copy of your last year's tax return and all accompanying documents. We can prepare your state tax returns for you; but we must have all of your state tax information. If you are an Iowa Resident, we must have your 2010 Federal and State return into order to complete this year's tax return for you.



The Rock Island Arsenal Tax Center is continuing with its drop off service. The drop off service streamlines the process for both you and your tax preparer. Our location is in Bldg. 390, in the paralegal suit of the Office of Counsel. We are open until April 17 you can call (309) 782-8327 with questions. Retirees with specific retirement tax issues can call (309) 782-8457.

## Safety Spotlight



### **Safety Gram – Driving Safety, Crossing Rules for Pedestrians:**

*Driving Safety – Please consider the following suggestions when entering and exiting the Island:*

- Always give yourself a little extra time in the morning.
- Take the extra few minutes to completely clear your windshield before you start driving. Whether it is fogged up or has frost on it either will create a significant hazard.
- When entering the island, be cautious of oncoming and merging traffic.
- Always use your turn signals, and your headlights when required.
- Never assume the other driver can see you.
- Make sure to reduce your speed and navigate the barriers with caution.
- Be extra cautious when conditions are wet or slick.
- Have your (and passengers)

identification ready for the guards to examine.

- When entering any intersection, make sure to exercise caution. Construction and heavy traffic conditions can sometimes obstruct your view of the roadway.
- Even if you have a green light, it is recommended that you slow down to make sure the intersection is clear and that all oncoming traffic has come to a complete stop. Again, never assume the other driver can see you.
- Once you are sure it is safe proceed - do so and have a safe drive home.

*Crossing Rules for Pedestrians – Please consider these steps when crossing a street:*

- Always use a marked crosswalk when one is available. The bright white lines of a crosswalk remind motorists to look out for pedestrians.
- Stop at the curb, edge of road, corner or parked vehicle before proceeding across.
- Look left, right, and left again, and if it's clear, begin crossing.
- Continue to check for traffic in all directions - especially for vehicles turning "Right-on-Red."
- If there is traffic, make eye contact with the driver so they see you, understand your intention, and stop before you start to cross. With less light in the mornings and evenings, you are not as visible to the drivers
- Don't take a walk signal, a green traffic light, or a driver for granted.
- Crossing safely is your responsibility - remember, it's up to you.

We hope the above guidance will help you make the best choices in the coming months. I appreciate your time and support on this matter. - *Jerry Golden, chief, Garrison Safety Office*

**Motorcycle Safety Course:** The USAG Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 17, 18 or 19**. Additionally, there are still a few openings for the two-day Basic Rider Course scheduled for **May 1 & 2**. Registration for all courses is through the web-based AIRS system at



<https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309) 782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.

## Equal Opportunity Focus

There are no EEO announcements at this time.

## 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.

### **April is Month of the Military Child:**

Join MWR in celebrating and honoring our military children and the sacrifices that they make every day. We invite you to join us for some of the great events that we have lined up for next month including a build your own birdhouse craft project sponsored by the Home Depot, **April 6**, and a family

friendly concert by the [Little Nashville](#) musical group on **April 26**. For a complete listing of all events, [check out the calendar of events](#) or the flyers: [Home Depot Flyer](#) and [Little Nashville](#) for more info or call (309) 782-2165.

**Recreational Softball League:** The Fitness Center is now taking registration for their recreational softball league. Captain's meeting is being held on **April 23** at 5:30 p.m. at the Fitness Center. Captains are required to be there & rosters are due **April 18**. League play starts **April 30**. Please call (309) 782-5124 for more information.

**Change in Hours of Operations at the Island Oasis Café:** Still haven't tried the new Island Oasis Café located in the Fitness Center? Well there is no better time than right now because effective April 2, we will be fine tuning our hours of operation to better serve you. Stop in for a quick breakfast sandwich, omelet or breakfast burrito between 6:30 & 9 a.m., or try one of our fresh made deli sandwiches, salad, or bowl of delicious homemade soup during the hours of 11 a.m. to 1 p.m. Check out the [full menu here](#).

**New Sessions of Fitness Center Classes:** Effective the week of March 26

all of the fitness classes began a new six-week session. The classes being offered presently are Rowing, Spinning, Total Body Conditioning, and Strength Conditioning. Check the [MWR Fitness Center website](#) for fees, times and days for each of the classes. Zumba and Yoga will be offered in the near future and more information to follow. Get in shape for the summer and bring a friend. Call (309) 782-6789 for more info.

**April is Spring Car Care Month at the Auto Skills Shop:** Make sure your ride is ready for those summer road trips. Stop in for our Pre-Season Motorcycle Service Special, bring in your bike, engine oil and filter and we will service it and perform a safety check all for only \$15. There is also a Spring Vehicle Inspection on Saturday, **April 21**, 9 a.m. - 2 p.m. where we'll check all the fluid levels, belts and drive systems, tire pressure and much more to make sure you're ready to go for summer. Also during the whole month of April, enjoy a full service oil change for just \$21. For an appointment or more info please call (309) 782-8631 or stop by the shop in Bldg. 351. ([Flyer](#))

**Historic Quarters One Rentals:** Did you know you can reserve Historic Quarters One for your functions? This



beautiful and historic building was once the home of the commanding general on RIA and was the second largest residence in the US Federal Government system, second only to the White House. This space is perfect for wedding receptions, corporate meetings, family reunions, and any other special event. Catering services are available as well. Call (309) 782-5890 for more information and to book your event. [A flyer with rental prices is available here.](#)

**MWR Army Wide Arts and Crafts Contest:** Calling all artists! Get your artistic works ready for this year's Arts and Crafts Contest. The submission period is **May 1 - June 30**. There are new and exciting categories for this year's contest including: ceramics, drawings, fibers and textiles, glass, metals and jewelry, paintings, mixed media, wood, and digital art. Full contest rules and descriptions can be found [HERE](#) or call the local point of contact at (309) 782-1230 for more info.

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**Arsenal Club Bar:** Effective April 5, the bar operation in Bldg. 60 moved back to the Arsenal Island Golf Course Clubhouse. The bar will be open on Thursday and Friday nights from 3-7 p.m. Golfers have no fear, even though the bar will not be open outside of these hours, the Golf Shop will continue to sell your favorite beers and sodas so that you have beverages to take out on the course with you.



## MWR Leisure Travel Office

**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

**MWR Yard Sale:** MWR Yard Sale will take place at the Memorial Field Pavilion. If you are interested in participating it costs \$5 per table. Yard sale takes place rain or shine. For more

information contact LTO (309) 782-5890.

Date: **Saturday, May 19**

Time: **8 a.m.**

### **Free Camping for Active Duty**

**Military:** The Corps of Engineers are offering free camping for active duty military at Fisherman's Corner, Grant River, Thompson Causeway, Shady Creek and Clark's Ferry Campgrounds. Complete information is listed in the "Along the River" brochure. You may pick up a copy at Outdoor Recreation or the Mississippi River Visitor Center at Locks and Dam 15.

### **Ghost Hunters' Dinners at Historic**

**Quarters One:** The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **April 13, May 10, June 21, July 13, Aug. 17, Oct. 1, Oct. 13, and Oct. 31**. Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601



for more info and to reserve your spots.  
([Flyer](#))

**Taste of Chicago Bus Trip:** Join the Leisure Travel Office on their bus trip to the Taste of Chicago to enjoy the sights, sounds, and food of the Windy City. Cost is \$39/person (transportation only). For more information, please call 309-782-5890.  
Date: **Saturday, July 14**

### **Chicago Cubs vs. Milwaukee**

**Brewers:** Hey Cubs and Brewer fans. Do we have a deal for you. Let us provide the transportation to Milwaukee, Miller Park, and a game ticket for only \$84 per person. Seats on sale now. For more information contact the Leisure Travel Office.  
Date: **Saturday, May 12**  
Time: **12:05 p.m. (game time)**



### **Downtown Chicago Shopping Bus**

**Trip:** Join MWR for a fun day of shopping on Michigan Ave. and the magnificent mile in beautiful downtown Chicago. Price is \$39/person and

includes transportation only. Call (309) 782-5890 for more info and to sign up.  
Date: **Saturday, July 28**

**Six Flags Great America:** Leisure Travel has 2012 Six Flags Great America one-day general admission tickets now in stock. Two big parks for one low price; all the thrills your nerves can handle with 14 roller coasters ... 20 acres with 30 waterslides. Discounted tickets are \$48, children under two are free.

**Jordan Creek Mall Bus Trip:** Want to spend the day shopping at Jordan Creek Mall? We can help with that. The Leisure Travel Office is offering a bus trip to Jordan Creek Mall on Saturday, **April 14**. Cost is \$30/person (transportation only). Please call (309) 782-5890 for more information.

**Lincoln Park Zoo Bus Trip:** Lions and tigers and bears, oh my! The Leisure Travel Office will be making a bus trip to Lincoln Park Zoo in Chicago, Saturday, **June 16**. Cost in only \$39/person (transportation only). Please call (309) 782-5890 for more information.

**Jordan Creek Mall Bus Trip:** Jordan Creek Town Center brings a new level

of shopping and entertainment to Central Iowa. The Shopping District is a two level enclosed shopping center featuring a dynamic combination of upscale fashion and lifestyle retailers. Seats are filling up quickly for this bus trip. Reserve your \$30 seat today.  
Date: **Saturday, April 14**  
Time: **6:30 a.m.**

**Cubs vs. Cardinals:** The Chicago Cubs will be taking on the defending World Series Champion St. Louis Cardinals at Busch Stadium. The bus will **depart at 8 a.m.** from the COL Davenport Pavilion area. Seats on sale now for \$104 per person.  
Date: **Saturday, July 21**  
Time: **3:05 p.m. (game time)**



**Monster Jam:** Coming to the iWireless center once again. Following are trucks & drivers scheduled to appear: Grave Digger – Gary Porter Monster Mutt – Whit Tarlton AAP Grinder – Frank Krmel Mohawk Warrior – George Balhan Incinerator – Ryan Rice Mechanical Mischief – Jim Burns  
Tickets on sale now. All tickets increase



\$2 day of show. No discounts available day of show

Date: **Friday, April 27**

Time: **7 p.m.**

**Sleeping Beauty Ballet:** Quad Cities Presents: Sleeping Beauty. Performance will be at the Adler Theatre. Tickets on sale for \$27.

Date: **Saturday, May 19**

Time: **7 p.m.**

**Circa 21: Spreading It Around:** An upbeat comedy about a well-to-do widow living in a retirement community in Florida. Tired of handling out money to their neglectful, unappreciative children, Angela Drayton and her friends set up an organization which gives to those really in need. Discounted seats are \$43.50

Date: **Saturday, May 26**

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

**Warrens Wisconsin Cranberry**

**Festival:** This festival features more than three miles of shopping and more than 1,300 booths. Arts & crafts, flea market, antiques and the farmers market. Seats are \$72 (includes Marsh tour) on sale until **Sept. 1.**

Date: **Saturday, Sept. 29**

**Heartland Jam:** More than half of the national acts are in place for the first Heartland Jam country music festival, **July 20-21.** We have discounted ticket available for 1 day at \$34 and two days for \$49. Limited amount of tickets.

**LA Angels vs. Chicago**

**White Sox:** Let us provide the transportation to and from the game at Chicago's U.S. Cellular Field on a charter bus. This will be an evening game. Cost per person is \$86. For more information please contact LTO at (309) 782-5890.

Date: **Saturday, Aug. 4**

Time: **6:10 p.m.**



**Circa 21: Southern Crossroads:**

Southern Crossroads tells the tale of a hilarious traveling family of singers and musicians during the Great Depression, trying to eke out a living with their musical talents. Enjoy live musicians and such great classic hits as "Keep It on the Sunny Side", "I'll Fly Away", "Midnight Special" and many more!

Date: **Saturday, April 14**

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

**Need a Vacation?:** Do you need help planning your vacation - let the leisure

travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

## Child, Youth & School Services

**Take Time to Honor Military Kids'**

**Service:** Children of U.S. service members around the world will be honored throughout April for their contributions to their families' well-being and sacrifices on behalf of the nation, a Defense Department official said. Each April, Americans pause to recognize the nation's 1.8 million military children during the Month of the Military Child. "It's really important to recognize that military children also serve," Barbara Thompson, director of military community and family policy, children and youth, told the Pentagon Channel and American Forces Press Service. It's also important, Thompson said, to take time to let military children "know how proud we are as Americans that they ... are supporting mom or dad in uniform, who is making great sacrifices for this country." While frequent moves and school transitions can be challenging, Thompson said she believes the most challenging endeavor



a military child has to endure is a parental separation due to deployment. ([More](#)) ([OurMilitary](#)) ([StandTo!](#))

## **Covenant Cottage Child Development**

**Home:** [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



## Army Community Service (ACS)

ACS is located in Bldg. 110, 1<sup>st</sup> 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



## **Army Child Abuse Prevention Month:**

The Army Family Advocacy Program preventive education initiatives provide Soldiers, DA Civilians, and Family members information about child abuse and its harmful effects on Army Families and the Army mission. FAP is an essential resource at Rock Island Arsenal engaging in long standing prevention efforts positively affecting the Army and civilian community. The theme for Army Child Abuse Prevention Month is "It's no secret ... everyone can help. Keep Army Children Safe and Healthy." As Garrison Manager, it is my goal to ensure that happens. April is also designated as the Month of the Military Child and what better way to honor children in military Families than to keep them safe and provide for their health and well being. ([More](#))

## **Special Needs Informational Forum**

**Game Night:** Bring the family and kids for a family game night and chance to network with other special needs family members. The location is Bldg. 150, School Age Center. Limited onsite child care is available. You must RSVP for child care by **April 20** to (309) 782-4736/6515. For more information email [janice.n.saito.civ@mail.mil](mailto:janice.n.saito.civ@mail.mil).

Date: **Tuesday, April 24**

Time: **5:30-7:30 p.m.**

## **Army Emergency Relief Kicks Off 2012 Campaign:**

AER begins its annual fundraising drive. The theme of this year's Campaign is "A Strong Tradition of Soldiers Helping Soldiers." The money is used to fund grants, scholarships and gift cards for Wounded Warriors. Organizational key persons will begin contacting our Military personnel soon. For more information or to make a donation, contact ACS.

## **Special Needs Summer Camp:**

One of the most exciting experiences for a child is summer camp. In Iowa and Illinois, there are a variety of special needs summer camps to choose from that have been created for differently-abled children. Kids with a variety of disabilities can attend summer day camps or overnight camps. Special needs programs commonly have trained health and medical staff on site. These programs also provide special activities created to help children with special needs experience the outdoors, music, art, sports and more. Summer camps allow kids to explore the world while increasing independence, confidence and social skills. This is important for all children. For more information on summer camps and other recreational or



cultural opportunities for individuals with special needs, contact Jan Saito in Army Community Service at (309) 782-4736 or [Janice.n.saito.civ@mail.mil](mailto:Janice.n.saito.civ@mail.mil).

## 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) or [Facebook](#).**

**Alcohol Awareness Month:** April is Alcohol Awareness Month. Alcohol is the most commonly used drug in the United States (National Institute on Drug Abuse). Alcohol is popular, socially accepted, and legal. Yet it is the most frequent cause of individual and family pain and suffering. Alcohol Awareness Month is an opportunity to raise awareness about alcohol misuse and encourage people to make healthy, safe choices. During this



month, take time to educate yourself and your loved ones about the dangers of alcohol misuse. One way to educate yourself about your own drinking is to take the anonymous alcohol use self-assessment online at [DrinkingIQ.org](http://DrinkingIQ.org). The Survey is free and can give you feedback about your drinking and if you may be at risk. If you would like to learn more about alcohol or have any questions, please call the EAP at 2-HELP (4357) or look for an EAP staff member at your lunch cafeteria in April.

**Anonymous Online Mental Health Screening – April 2012:** Good news. Did you know that a glass of wine with dinner or beer on Friday night with friends might be good for you. A compilation of research detailing the health benefits of moderate alcohol use suggests that it can reduce the risk of heart disease, stroke, dementia, and even the common cold (*Hanson, 2007*). However, this research leads us to ask, what is moderate alcohol use? It is important to distinguish between moderate and heavy alcohol use, as consuming excessive amounts of alcohol can lead to many problems. In the short term you may be more likely to have an accident, commit a violent act (alcohol use is associated with two out of three incidents of intimate partner violence),

or engage in risky sexual behavior that you would normally avoid. Long term health problems, including increased risk of stroke, dementia, depression, high blood pressure and certain cancers are well known for being consequences of heavy alcohol use (*Centers for Disease Control and Prevention, 2008*). To help you know if you are using alcohol moderately rather than in a way that is hazardous, the Rock Island Arsenal Employee Assistance Program is honoring National Alcohol Screening Day, **April 5**, by offering you the opportunity to complete a free, anonymous screening for alcohol use disorders. The screenings are available at [HERE](#) in keyword ASAP. We here at the Rock Island Arsenal Employee Assistance Program hope that you will raise your glass in the name of good health and take a quick check of your drinking habits to help ensure your good health stays that way.

**PTSD Support Groups:** 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 details.



**Smoking Cessation Group:** Need help to quit smoking? Good news ... the Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 110, 1<sup>st</sup> floor, SE wing.



## Education/Training Review

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

**GED, ESL, Citizenship Classes, Testing, Free Study Resources:** The Scott Community College Career Assistance Center Offers GED, ESL, and Citizenship classes, as well as testing and free online study sites. Call (563) 326-5319 for a schedule of classes

and tests or to obtain more information. ([More](#))

**Women in Defense:** 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 13**. For more information, call (309) 792-4102.

**Richard C. Maguire Scholarship:** The Rock Island Arsenal Historical Society will again sponsor the \$1,000 Richard C. Maguire scholarship; being offered to an individual studying for a Master's degree or Doctorate in history or a related field. Applications are available upon request at [rimahoch@aol.com](mailto:rimahoch@aol.com). Return by **May 1**.

**AER Scholarships for 2012-13 Available On-line:** Army Emergency Relief (AER) scholarship on-line applications for spouses and dependent children are now available through **April 2012** at [www.aerhq.org](http://www.aerhq.org) and look under the Education Assistance button. For more information call (309) 782-0815 or [jon.c.cook.civ@mail.mil](mailto:jon.c.cook.civ@mail.mil).

## 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](http://www.commissaries.com) ([Facebook](#))**

**May Case Lot Sale:** Our May Case Lot Sale will be held on **May 18 and 19**, 8:30 a.m. - 6:30 p.m., both days. If you are new to Rock Island our case lot sales are held in the building, so weather will not affect us at all. We learned that the hard way. If there's something you just can't find in our store just bring in the UPC and we will see if we can get it here for you. You may have to take the whole case unless it is an item that is being requested by other patrons.

**Child Hunger Ends Here:** From **April 12-25**, commissary customers can help ConAgra Foods donate meals to help feed hungry children. When customers purchase specially marked ConAgra



Foods packages and enter a package code at [ChildHungerEndsHere.com](http://ChildHungerEndsHere.com), they activate a meal donation. Customers will then get a "bounce back" coupon to spend on their next purchase. For more information on this initiative and online coupons, go to [conagracommissarydeals.com](http://conagracommissarydeals.com). Shoppers can also donate meals by redeeming a ConAgra Foods commissary coupon provided in stores via tear pads on specially marked case cards. For each coupon redeemed, \$1 will be donated to Feeding America® ([feedingamerica.org](http://feedingamerica.org)) - up to \$10,000, which equals 80,000 meals. Feeding America® has a network of more than 200 food banks nationwide supplying food to more than 37 million Americans each year, including 14 million children.

**Vitality Every Day:** From **April 12-25**, Unilever and Advantage Continental will host its 5<sup>th</sup> annual Vitality promotion for military children by offering discounted prices on some of Unilever's top brands such as Dove and Axe products, Hellmann's, Skippy Peanut Butter, Popsicles, Q-Tips, Breyers Ice Cream and TRESemme hair items. Shoppers will also be able to enter to win 300 "Vitality Every Day" gift packages in recycled grocery totes, which include an Eating Well Magazine,

an eco-friendly bib apron, a lunch cooler and a bamboo cylinder complete with a serving spoon, strainer spoon and a spatula. Commissary customers can also visit Unilever's military specific website, [OperationInTouch.com](http://OperationInTouch.com), for healthy tips and recipes, as well as a giveaway entry form.

**Win It for Wellness Giveaway:** **April 12-May 9**, Nestlé will provide opportunities for 178 stateside shoppers (one from every commissary) to win a prize: 25 grand-prize winners will each receive a Kinect for Xbox 360 gaming system along with a variety of games, and 153 first-prize winners will each receive a \$50 Commissary Gift Card. Customers will see in-store promotional posters, stand-up ballot boxes and high-value coupons linked to promotion.

**Sales Flyers:** Patrons can visit the [AAFES website](http://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](http://Rock Island Arsenal Museum). The Museum is open to the public, Tuesday through Saturday, 12-4 pm. Closed Sunday,**

**Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.**

### **April Sesquicentennial History Break:**

Think about taking a "History Break" to celebrate Rock Island Arsenal's 150<sup>th</sup> Anniversary. **April 12**, 12-1 p.m., Paul Ferguson, JMC Archivist will present "RIA by Rail: Bridging the Mississippi."



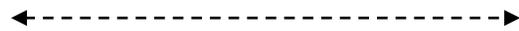
Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](http://TEDs) (Search Term "History Breaks"). If you don't have access to [TEDs](http://TEDs), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: **May 10**, Gena Schantz, Independent Scholar, and Kris



Leinicke, Rock Island Arsenal Museum, will present a program on the history of Fort Armstrong and the Fort Armstrong Centennial Celebration.

## **This Week in Rock Island Arsenal**

**History – April 9-15:** In April 1933, the RIA began manufacturing models and prototypes of half track truck, T1; combat car, T5; and a light tank, T2. 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 breech mechanisms for the 155mm M2 artillery piece.



## Healthbeat



### **Preparing Children and Teens for a**

**Tough Tick Season:** A post last week on the Times' Green blog encouraged Northeast residents to brace for a hungry tick season. Various environmental factors (specifically, fewer white-footed mice to feed on this year, leaving ticks looking for tasty mammal alternatives) mean that this spring and summer the woods will be filled with poppy-seed-size black-legged ticks in need of a meal. And thanks to those mice,

scientists expect that many of those ticks will be infected with Lyme disease — which, if left untreated, can cause chronic fatigue, joint pain and neurological problems. This weekend, my daughter found a tick in her hair while my husband and I were out, and the creative way she and her older brother dealt with it reminded me that older children and teenagers need a basic primer on ticks to help protect themselves. Tweens and teens, in particular, are at a stage when they will want to (and should) become responsible for checking their own skin — but with the risks so high, parents need to make sure they're able to do it right. Children should know to run their hands over their necks, backs and legs, and to check any hair-covered areas thoroughly. ([More](#))

### **Does Microwaving Veggies Kill the**

**Nutrients?:** Does microwaving "kill" nutrients? What about other cooking methods? What's the best way to cook food for maximum nutrition? We wanted to know, so we went to SHAPE's diet doctor, Mike Roussell, PhD, to get the scoop. Here's what he had to say: Despite what you might read on the Internet, microwaving your food does not "kill" nutrients. In fact, it can make certain nutrients more available to

your body . In terms of the impact on your food's nutrients, microwaving is the equivalent of sautéing or heating up in a pan (just a lot more convenient). Research on this topic shows that whenever you cook greens (broccoli, spinach, etc), some of the B vitamins and other water-soluble vitamins are lost. The amount you lose depends on the duration and rigor in which the food is cooked-steaming broccoli in the microwave for 90 seconds is a lot different than nuking it for five minutes. Another example: Sautéing green beans in a pan allows for much better vitamin retention than if you were to boil them. Boiling leaches the most nutrients out of your food, so with the exception of potatoes, try to avoid boiling your vegetables. ([More](#))

### **Feeling 'Trapped,' Obligated Raises**

**Odds of Job Burnout:** People who stay with an employer out of a sense of obligation or because they feel they don't have a choice are at increased risk for job burnout, a new study says. "When employees stay with their organization because they feel that they have no other options, they are more likely to experience emotional exhaustion. This feeling, in turn, may lead them to leave the organization," study co-author Alexandra Panaccio, an



assistant professor in the business school at Concordia University in Montreal, said in a university news release. ([More](#))

**Health Clinic Announcement:** Health Sick Call hours 7-8 a.m. Xray Office Closed Thursday, **April 12**. Clinic closed Staff Meeting/Training **April 27** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

### **Program Ensures Homeless Veterans**

**Get Military Funerals:** Wendell Doughty died at a local nursing home a few days after turning 50. He had no known family members, no home of his own and few possessions. Thus, many of the consequential details of his life died with him. It's unclear how or when he became destitute. There was no one left to make funeral arrangements. No pictures accompanied his death notice. Were Doughty not a military veteran, his body might have gone unclaimed or been buried in a pauper's grave. But thanks to a program for homeless veterans, Doughty will receive a funeral with military honors Tuesday at Georgia National Cemetery in Canton. ([More](#))

## Car Pooling Announcements

Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

## Car Pool:

- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2<sup>nd</sup> shift 2:15-10:30 p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1<sup>st</sup> Friday of Pay period. [Email](#) or call (309) 782-5472.

## Around the Q.C.

**Oct. 22-March 24:** [Quad City Mallards](#) (iWireless Center)  
**April 11-16:** [Iowa Poolplayers State Championship](#) (RiverCenter)  
**April 14:** [In-Fisherman Swap Meet](#) (QCCA Expo Center)

**April 20:** [River Action's 10<sup>th</sup> Annual Fish & Fire](#) (Blackhawk State Historic Watchtower Lodge)  
**April 21:** [Earth Week Fair](#) (QCCA Expo Center)  
**April 21:** [Earth Day Cleanup](#) (Black Hawk State Historic Site)  
**April 21:** [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)  
**April 21:** [Miss Muscatine Health and Beauty Expo](#) (North Park Mall, Davenport)  
**April 22:** [Gilda's Run for Laughs & Roseannadana Dash 5K](#) (Waterfront Convention Center, Bettendorf)  
**April 28:** [Quad City Family Caregiver Conf.](#) (Waterfront Convention Center, Bettendorf)  
**April 28:** [Autism Society of the Quad Cities Autism Awareness Walk](#) (Augustana College, PepsiCo Recreation Center, Rock Island)  
**April 28:** [6<sup>th</sup> Annual Steve's Old Time Tap Spring Chaser 5K](#) (Downtown Rock Island)  
**May 5:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)  
**May 5:** [Venus Envy](#) (BucktownCenter)  
**May 5:** [Rock Island Downtown Clean Up](#) (The District)  
**May 5:** [31<sup>st</sup> Annual CBRC 24-hour Run](#) (North Scott High School Track, Eldridge)  
**May 5:** [WIU Frog Hop 5K](#) (WIU, Moline)  
**May 5:** [JDRF Walk to Cure Diabetes](#) (Niabi Zoo, Milan, Ill.)  
**May 5:** [Quad Cities QC Jeeps 4x4 Show](#) (DK Four Wheel, Moline)  
**May 11:** [Gallery Hop!](#) (The District)  
**May 12:** [MLB Pitch, Hit & Run](#) (Stephens Park Diamond, Moline)  
**May 12-13:** [Beaux Arts Fair](#) (Figue Art Museum)  
**May 12-13:** [Scott County Kennel Club AKC Dog Show](#) (QCCA Expo Center)



**May 13:** [25<sup>th</sup> Annual Quad Cities Distance Classic 5K](#) (Augustana)

**May 19:** [Start! Heart Walk](#) (Great River Plaza, Rock Island)

**May 19:** [St. Ambrose University Wine Festival](#) (St. Ambrose University)

**May 26:** [Running Wild's The Wild 5](#) (Gold's Gym, Davenport)

**May 28:** [Quad Cities Criterium](#) (Rock Island)

**June 2:** [Run for the Son 5K Run/Walk](#) (Christian Care Rescue Mission, Rock Island)

**June: 8-9:** [Gumbo Ya Ya](#) (The District)

**June 9:** [Susan G. Komen Race for the Cure - Quad Cities 5K](#) (Davenport)

**June 13-16:** [Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)

**June 15-16:** [Daiquiri Factory's Rock The District](#) (The District)

**June 16:** [13<sup>th</sup> Annual Quad Cities Triathlon](#)

**June 17:** [Ride the River](#) (RiverWay Trails, Iowa & Ill.)

**June 16-17:** [Greek Cultural Festival](#) (East Moline)

**June 23:** [Run for the Hills XC](#) (Crow Creek Park, Bettendorf)

**June 23:** [Royal Ball Run for Autism 5K](#) (Milan HyVee)

**June 24:** [6<sup>th</sup> Annual Hennepin Hustle 5K Fun Run/Walk](#) (Colona, Ill.)

**June 24:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)

**June 29-July 1:** [Mississippi Valley Blues Festival](#) (LeClaire Park)

**June 30:** [Daiquiri Factory's Dodgeball Showdown](#) (The District)

**July 3:** [Red, White & Boom!](#) (Rock Island & Davenport)

**July 4:** [30<sup>th</sup> Annual Genesis Firecracker Run](#) (East Moline)

**July 7:** [Rock Island Arsenal 150<sup>th</sup> Celebration](#)

**July 9-15:** [John Deere Classic PGA Tour](#) (TPC Deere Run)

**July 11:** [21<sup>st</sup> Annual YouthFest](#) (Centennial Park, Davenport)

**July 14:** [28<sup>th</sup> Annual Moonlight Chase](#) (Eldridge)

**July 16-21:** [Rock Island County Fair](#) (East Moline Fairgrounds)

**July 20-21:** [Heartland Jam](#) (LeClaire Park)

**July 27-28:** [41<sup>st</sup> Annual MVRBC Downtown Street Fest](#) (Downtown Davenport)

**July 27:** [Cardiology at the Bix](#) (Radisson Quad City Plaza, Davenport)

**July 28:** [Bix 7 Run/Walk](#) (Downtown Davenport)

**July 31-Aug. 5:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)

**Aug. 2-5:** [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park & Hotel Blackhawk)

**Aug. 9-11:** [Great River Tug Fest](#) (LeClaire, Iowa / Port Byron, Ill.)

**Aug. 10-11:** [Ya Maka My Weekend](#) (The District)

**Aug. 17-18:** [River Roots Live](#) (Downtown Davenport)

**Aug. 18:** [River Action's 3<sup>rd</sup> Annual Floatzilla](#) (Lake Potter)

**Aug. 23-26:** [World Series of Drag Racing](#) (Cordova Dragway)

**Aug. 25:** [Quad Cities Irish Festival](#) (Rock Island)

**Aug. 25:** [RIBCO's 3<sup>rd</sup> Annual River City Beer Festiv-ale](#) (The District)

**Aug. 28-Sept. 5:** [ASA Girls 12U Fastpitch Tournament](#) (Greenvalley Sports Complex, Moline)

**Aug. 30-Sept. 2:** [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds)

**Sept. 1:** [8th Annual Labor Day Ride For Non-Hodgkin's Lymphoma](#) (The District)

**Sept. 1-2:** [Quad City Air Show](#) (Davenport Municipal Airport)

**Sept. 1-2:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 3:** [Bettendorf Rotary 18<sup>th</sup> Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)

**Sept. 6:** [13<sup>th</sup> Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)

**Sept. 7-16:** [East West Riverfest](#) (Quad Cities)

**Sept. 8:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park)

**Sept. 8-9:** [Beaux Arts Fair](#) (Downtown Davenport)

**Sept. 15:** [Taming of the Slough](#) (Sylvan Island)

**Sept. 15:** [Brew Ha Ha](#) (LeClaire Park)

**Sept. 15:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

**Sept. 15-16:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

**Sept. 15-16:** [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)

**Sept. 19-21:** [Upper Mississippi River Conference](#) (TBD)

**Sept. 22-23:** [Quad Cities Kite Festival](#) (Centennial Park, Davenport)

**Sept. 23:** [Quad Cities Marathon](#) (Downtown Moline)

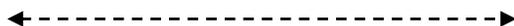
**Sept. 27-29:** [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)

**Sept. 28-30:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

**Sept. 29:** [17<sup>th</sup> Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)



**Oct. 5-6:** [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)  
**Oct. 6:** [Hilltop Campus Village 3<sup>rd</sup> Annual Fall Music Festival](#) (Hilltop Park, Davenport)  
**Oct. 7:** [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)  
**Oct. 13-14:** [Gun Show](#) (Mississippi Valley Fairgrounds)  
**Oct. 23-28:** [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)  
**Oct. 25:** [Fright Night](#) (The District)  
**Oct. 26:** [Bucktown's Deadstock](#) (Bucktown)  
**Oct. 27:** [Witches Walk](#) (Downtown LeClaire)  
**Oct. 27:** [Daiquiri Factory's Boneyard Boogie](#) (The District)  
**Oct. 27-28:** [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)  
**Nov. 11:** [Doll Show](#) (Mississippi Valley Fairgrounds)  
**Nov. 16-25:** [Quad City Arts Festival of Trees](#) (RiverCenter)  
**Nov. 17:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 17:** [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 1-14:** [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)  
**Dec. 2:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)  
**Dec. 7:** [Gallery Hop!](#) (The District)  
**Dec. 8-9:** [131<sup>st</sup> Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)



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

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# Army Child Abuse Prevention Month

## April 2012

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The Army Family Advocacy Program (FAP) preventive education initiatives provide Soldiers, DA Civilians, and Family members information about child abuse and its harmful effects on Army Families and the Army mission. FAP is an essential resource at Rock Island Arsenal engaging in long standing prevention efforts positively affecting the Army and civilian community.

The theme for Army Child Abuse Prevention Month is **“It’s no secret...everyone can help. Keep Army Children Safe and Healthy.”** As Garrison Manager, it is my goal to ensure that happens. April is also designated as the Month of the Military Child and what better way to honor children in military Families than to keep them safe and provide for their health and well being.

In 2012, after more than 10 years with increased OPTEMPO and multiple deployments, child abuse is not the greatest problem facing the Army and its Families. However, the Army rates, while lower than in the civilian community, did go up this year (2010) after two years (2008 and 2009) of lower rates.

If, in the Army, the numbers are lower, we are still dedicated to prevention. The truth of child abuse remains the same. It happens. It has a profound effect on the child victims. It takes place in a Family context where other problems exist that degrade Family functioning. And the statistics do not tell us the whole story. Some child abuse and neglect remains unseen and unreported -- with consequences that grow and spread, affecting the community, and in our case, the Army mission.

Child abuse is no secret. We still need to build and maintain awareness. When homes and communities take care of their children, the whole community becomes a healthier place.

FAP's successful prevention campaign asks that everyone:

- **“Recognize”** signs of distress that can lead to abuse and take action,
- **“Rethink”** wellness and ways to stay healthy,
- **“Reach Out”** for professional help, and
- **“Report”** child abuse and neglect.

And everyone needs to know the safety and health of Army children rests in all of our hands. For more information, contact FAP at 309-782-3049.



JOEL G. HIMSL  
Garrison Manager

• FATHER • MOTHER • FAMILY • NEIGHBOR • SOLDIER • SCHOOL • COMMANDER • COMMUNITY • TEACHER • COACH • FRIEND •



• COUNSELOR • FRIEND • PARENT • COMMANDER • DOCTOR • NEIGHBOR • FAMILY • SCHOOL • FATHER • MOTHER • COACH •

# Child Abuse ... It's No Secret

EVERYONE CAN HELP

Child abuse is no secret. We've all heard about it.

We need to motivate everyone to take positive action to reduce child abuse and neglect.

The safety and health of the Army's children rest in all of our hands.

Recognize the signs ... report abuse and neglect.



CHILD ABUSE PREVENTION MONTH  
APRIL 2012