

April 25, 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>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)

ASC Command Sergeant Major

Addresses New Eagle Scouts: Army Sustainment Command's Command Sgt. Maj. Stephen D. Blake was the keynote speaker at the 2011 Illowa Council Eagle Scout recognition dinner held April 20 at the Rock Island Arsenal

Heritage Hall. Blake delivered a captivating speech at "A Gathering of Eagles" dinner that honored 87 new Eagle Scouts to the class of 2010. Blake's remarks recognized "some great Americans, some individual achievements, and a great community outreach." He noted how "there is an enormous amount of pride in this room."

"My message tonight is about the importance of traditions and the commitment and how these traditions, that may seem so simple are actually so important," said Blake. "The duty of the command sergeant major is to uphold the traditions of the Army. ([More](#))"



More Defense Cuts Possible As Congress Confronts Debt Limit:

The House of Representatives has endorsed the idea of the Pentagon sacrificing \$78 billion in the name of deficit reduction, but new moves are afoot that could lead to even larger cuts as early as this summer. In the Senate, a dozen lawmakers have banded together in support of legislation to cap all federal spending — including defense — over the next decade as a way to cut the national debt. Meanwhile, a prominent tea party supporter — Sen. Rand Paul, R-Ky. — is calling on conservative Republicans who might normally support bigger defense budgets to accept the fact that serious cuts in federal spending cannot be made as long as defense is exempt. ([More](#))



OPM Allows Agencies to Make Their Own Telework Eligibility Rules:

Agencies will have broad discretion when selecting which employees are eligible to telework, according to new guidance from the Office of Personnel Management. OPM



will not create governmentwide standards but instead will allow agencies to make their own determinations about eligibility, according to the guidance issued April 18 as a response to the 2010 Telework Enhancement Act. The law directs agencies to develop telework plans and increase the number of employees who telework. ([More](#))

Release of Information to the Public:

Installation personnel publishing or presenting an unclassified paper, briefing or display must take into consideration the legal and security requirements associated with publishing or presenting sensitive, unclassified papers, briefings or displays in the open press, on the Internet "home pages," Social network sites (Facebook, Twitter, MySpace) outlets or at domestic and international conferences and exhibits. ([More](#))



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

Upcoming Dates

- April 23-30:** Nat. Infant Immunization Week [📅](#)
- 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 [📅](#)
- April 30:** Nat. Prescription Drug Take Back 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 [📅](#)
- May 1-7:** Be Kind to Animals Week [📅](#)
- May 1-7:** National Teacher Appreciation Week [📅](#)
- May 1:** School Principals' Day [📅](#)
- May 1:** Law Day [📅](#)
- May 1:** May Day [📅](#)
- May 1:** National Infertility Survival Day [📅](#)
- May 3:** National Teacher Day [📅](#)
- May 3:** Childhood Depression Awareness Day [📅](#)
- May 5:** Cinco De Mayo [📅](#)
- May 5-6:** Eta Aquarids Meteor Shower [📅](#)
- May 5:** National Day of Prayer [📅](#)
- May 5:** National Day of Reason [📅](#)
- May 6:** National Military Spouse Day [📅](#)
- May 6:** National Provider Appreciation Day [📅](#)
- May 6-12:** National Nurses Week [📅](#)
- May 7:** National Join Hands Day [📅](#)
- May 7:** Free Comic Book Day [📅](#)
- May 7:** Astronomy Day [📅](#)
- May 8-14:** National Women's Health Week [📅](#)
- May 8:** Mother's Day [📅](#)
- May 11:** Conjunction Mercury, Venus, & Jupiter [📅](#)
- May 15-21:** National Police Week [📅](#)



Island Golf Course clubhouse from 3-4:30 p.m. Registration starts at 2:15 p.m.

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**.



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



2011 Midwest Small Business Government Contracting Symposium: Midwest Small Business Government Contracting Symposium, **May 16-18**; Monday, **May 16**, Golf Outing RI Arsenal (Additional Cost); Tuesday, **May 17** & Wednesday, **May 18**, Symposium iWireless Conf. Center, 1201 River Dr., Moline, featuring: Monday, **May 16**, 9 a.m., Golf Outing, Rock Island Arsenal Golf Course ([More](#))

OPM Announces Steps to Get Full Pensions to New Retirees Sooner: The Office of Personnel Management today said it will increase interim pensions for many new retirees to nearly the full amount they are owed. Bill Zielinski, OPM's associate director of retirement services, said that by mid-June, the agency will use the initial pension estimates set by the employing agencies to determine most retirees' interim annuities. The problem of incomplete annuity payments has plagued OPM for years and angered tens of thousands of federal retirees. The agency takes months to process pensions for new retirees, and in the meantime,



Armed Forces Day Open House May 22 Rock Island Arsenal 12-4 p.m.

* A Part of the Quad Cities Since 1862 *

Events Include:

- Parade Feat. Military Vehicles at 12 p.m.
- Tour JMTC (*close toed shoes required*)
- Visit the Rock Island Arsenal Museum
- Tour Historic Quarters 1
- COL Davenport House Kids Day – Free Admission
- RIA Historical Tours
- Corps of Engineers' Locks and Dam 15
- Navy Operational Support Center
- Flag Lowering & Retreat, 4 p.m. at Constitution Square

Re-visit your Arsenal and know more about how our team works to support America's troops around the globe!

Driver's license or state IDs will be required for those over the age of 16.



some receive interim payments amounting to half of what they are owed, or less. Affected retirees say being shortchanged for so long causes enormous financial strain, and many must dip into savings or withdraw funds from retirement accounts such as the Thrift Savings Plan while OPM straightens out their pensions. ([More](#))

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

Friday, May 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 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.



Give Blood.



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

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.



Blue Devil Battalion at Rock Island

Arsenal Fitness Center: The Davenport Central/West High School Army Junior Reserve Officers' Training Corps 4th Annual "Blue Devil Battalion" Raider Challenge is taking place on Saturday, **May 7**, at the Rock Island Arsenal Fitness Center. The challenge is comprised of four major events: PT Test, Rope Bridge, Raider Course (five events) and 10K Road March. Schools are from Iowa, Ill., Wis., Mich., and Mo. The public is welcome. Time: **6 a.m. - 4 p.m.**

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**. Hors d'œuvres, cash bar and door prizes. \$20 members, \$25 non-members. RSVP to dianne.wheeler5033@sbcglobal.net

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.

Supply Directorate Retirements:

Supply Directorate retirement cards and scrolls are ready for everyone to sign. The cards and scrolls are located by Jan Edwards, 2nd floor, north, Bldg. 108. Retirees are: Jan Jeffery, Julie Tschopp, Linda Foster, Patrice Burklund, Pat Davis, Laura McFadden, Donna Riley, Kathy Gayman, Marsha McElroy-Paxton, Bill Brown, & Jan Edwards
Date: **Friday, May 20**

Arsenal Attic Thrift Shop and

Boutique: There is still time to bring in your consignments. The Attic will be open for sales until **June 3**. Before you shop for summer clothing, come to the Attic and see our selection of shorts, tops, and sandals we have. We're a great place to save money. POC: (309) 782-6977.

Rock Island Arsenal Historical

Society Meeting: The Rock Island Arsenal Historical Society meeting will have its monthly meeting at 6 p.m., Thursday, **May 5**, Bldg. 60. Guest Speakers will be Elaine Vinzant and Jim Jochum. Call (309)796-0616 for reservations by Monday, **May 4**. For

clarification, call Kris Leinicke (309) 782-3518.

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.**

Trivia Night – A Benefit for 2-Year-Old Noelia Hurtado:

Noelia has been receiving treatment at St. Jude's for a brainstem tumor. A trivia night benefit will take place for her on Friday, **May 6**, at 7 p.m., at St. John Vianney Activity Center in Bettendorf, hosted by Mr. Trivia. The cost is \$10/person, eight person teams, adults only. Bring your own snacks & drinks. RSVP by **May 1**, when you have a team of eight. Call (563) 332-7564 to reserve a table by May 1, leave a voicemail with your team captain's name and phone number. Questions? Contact Nicky at re@stjohnvianneybettendorf.org.



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.**

Blue Grass Pancake Breakfast: Blue Grass American Legion Post 711 serves an all you can eat pancake breakfast for \$6. The menu includes pancakes, sausage, potatoes, scrambled eggs, homemade cinnamon rolls, milk and juice. 106 South Juniata St., Blue Grass, Iowa. ([More](#))
Date: **Saturday, May 7**
Time: **6-9:30 a.m.**

Travel Warning – Mexico: The Department of State has updated their travel warning to inform U.S. citizens traveling to Mexico about the security situation in Mexico. It is imperative that travelers understand the risks involved in travel to Mexico and how best to avoid dangerous situations. Common-sense precautions such as



visiting only legitimate business and tourist areas during daylight hours, and avoiding areas where criminal activity might occur, can help ensure that travel to Mexico is safe and enjoyable. 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.

Travel Warning – Bahrain: The U.S. Department of State warns U.S. citizens of the potential for ongoing political and civil unrest in Bahrain. We urge U.S. citizens to carefully consider their need to travel to Bahrain given the security and political situation. 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.

Travel Warning – Iraq: The Department of State warns U.S. citizens of the risks inherent in travel to Iraq and recommends against all but essential travel to the country given the dangerous security situation. Civilian air and road travel within Iraq remains dangerous. 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. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.



Arsenal Traffic/Construction

Flood Preparations/Closure(s): Crews have erected a flood wall on top of the north levee from

Spring 2011
FLOOD

Gillespie Street to the east end of the Island. Safety is being stressed; residents and employees are warned to stay off the levees and away from Blunt Road. This area has been designated as a restricted area, barricaded, and is only to be used by security and personnel working the flood situation. As flood waters rise over the next few day there will be intermittent road closures throughout the Island. While most of the areas should not impact daily operations/missions of Soldiers, Families, and Civilians working and living on the island, you are to heed any road closures or barriers. We appreciate everyone respecting the designated restricted area and not walking, jogging, or driving in these areas. If you witness unauthorized personnel accessing the restricted areas please contact the Rock Island Arsenal Police ASAP with vehicle or pedestrian location/description at (309) 782-6116. The installation workforce is reminded that the Rock Island Arsenal has established a [flood information page](#).



Building/Space Closures

Bldg. 104 Exterior Stair Closure: On April 13, construction will begin on the replacement of the southeast exterior



stairs of Bldg. 104. The exterior stairs will be closed entirely and use of alternative stairs for entry into the building will be required. The construction will take approximately two months depending on the weather. The contractor will be using heavy equipment, so please use caution when in the area. POC: joseph.e.gumpert@us.army.mil, (309) 782-1389

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**.

Active Duty/Reserve Zone

☉ **New Army PT Tests:** As a part of the Soldier Athlete initiative, emphasizing physical readiness, performance nutrition, and injury prevention, the Army overhauled its dated physical training philosophy to one that prepares Soldiers for conditions faced on today's battlefields. Soldiers will be better

prepared if they train how they would fight. The APRT and ACRT will align with tasks Soldiers perform on the battlefield providing the commander a tool to measure preparedness and guiding future training. Implementing the new tests is the final step in the Soldier Athlete initiative to better prepare Soldiers for strenuous training and the challenges of full-spectrum operations. ([More](#))

Pet Vaccination Clinic: The Great Lakes Veterinary Treatment Facility will be holding a vaccination clinic at the RIA fire station on Thursday, **June 2**, 1-6:30 p.m.; and Friday, **June 3**, 8-11:30 a.m. POC: [email](#), (847) 688-5740

Rhythm City Military Appreciation: Active Duty military personnel with ID will receive a free lunch buffet at Rhythm City Casino in Davenport **May 16-22**.

Safety Spotlight

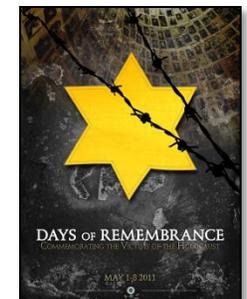
☉ **Motorcycle Class Registration Now On-Line:** The [U.S. Army Installation Command Registration system \(AIRs\)](#) is a web-based scheduler and tracking tool for



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

☉ **Holocaust Remembrance Day Observance:** The Army Sustainment Command Equal Opportunity Office cordially invites you to attend the Holocaust Remembrance Day Observance, **May 3**, in the Blackhawk Cong. Rm., Bldg. 110, 10 a.m. - 11 p.m., the keynote speaker will be Walter Reed, holocaust survivor. Registration is



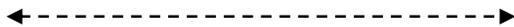
available in [TEDs](#), key word (Holocaust Remembrance). Please contact Sgt. First Class Tammy Theis at (309) 782-3021 for any special accommodations or additional information.

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: **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.

April BUNCO Night: April Showers Bring May Flowers is the theme for this month's BUNCO on Thursday, **April 28**, at 6 p.m. Come join Family and MWR for a fun evening of spring themed Bunco. This fast paced, highly social dice game is a great way to meet new friends or catch up with old ones. Cost is \$5/player and there will be prizes galore. Call (309) 782-5890 for more information and to sign up. ([Flyer](#))

Free Spring Vehicle Inspections: April is Car Care Month; make sure your ride is ready for those long summer road trips. Get a free spring vehicle inspection from 10 a.m. - 2 p.m. on Saturday **April 30**. Our veteran mechanics will perform a comprehensive safety check of your vehicle to include fluid levels, tire tread, suspension and more. While you are at the shop make an appointment to take advantage of the spring oil change special for only \$21. Call (309) 782-8631 for more info. ([Flyer](#))

Arsenal Island Golf Course

Clubhouse B3 Deal: The B3 Deal at the Golf Course/Clubhouse Golf season is here and if you need to hit the driving

range and find your swing again do we have a deal for you. Purchase the B3 deal at either the Golf Shop or the restaurant/bar and you'll get a basket of balls, a burger basket, and a beer for just \$10. That's a 20 percent savings. Call (309) 793-1604 for more info. ([Flyer](#))

Racquetball Court Locker Room

Renovation: The renovations to the racquetball court locker rooms are now complete. Stop into Bldg. 351 and see our newly remodeled locker rooms and pop in to see all the great offerings at the Auto Skills Shop while you're there (it's in the same building). Reservations for the racquetball courts can be made by calling the Fitness Center at (309) 782-5124.

Administrative Professionals Day

Buffet at the Golf Clubhouse: Show your Administrative Professional that you really appreciate everything that they do for your office and treat them to an all-you-can-eat lunch buffet at the Arsenal Island Golf Clubhouse Tuesday - Thursday, **April 26-28**, 10:30 a.m. - 2 p.m. Price is \$9/person and reservations for larger groups are recommended. Call (309) 793-1601 for reservations or more information.



Adult Softball League Now Forming: Get your team together and get into the Fitness Center to sign up. League play starts on **May 16** and there will be a captains meeting on **May 9**. The cost is \$375/team. Call (309) 782-5124 for more info. ([Flyer](#))

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.



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>

Family Bunco Night: Come join us for our first family Bunco night for families with children 6-year-old and up. Great

door prizes for the adults and children. Entree fee is \$1. Come hungry and we will have hot dogs, chips and pop on sale. Contact the Leisure Travel office for reserving your table.
Date: **Thursday, May 12**
Time: **6 p.m.**

Danube Group Cruise: From the splendor of Prague to the Gypsy violins of Budapest, you'll treasure every moment of this memorable Danube River cruise. Enjoy guided sightseeing. Experience the music, art, culture and historical sites. More than \$1,000 savings per person when booked through Leisure Travel Office. Contact LTO to schedule an appointment for this cruise offer.
Date: **Friday, Oct. 21**

QC River Bandits: Discounted box seat tickets available for all home games. All tickets are \$8. Enjoy Thirsty Thursdays and Firework Fridays.

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.**

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.

Child, Youth & School Services

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



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. Join us for a free snack dinner and evening of information and education. The location is Bldg. 150.

Please call for more information to (309) 782-6515/3049/4736.
Date: **Tuesday, April 26**
Time: **5:30-7:30 p.m.**

Resiliency 101: Building a Stronger

You: Calling All Family Members. Which one are you? Do you *bounce back* from adversity or do you *crack under the pressure*? Join ACS for an exciting new program to help you boost your ability to adapt when life goes awry. The program takes place **May 24**, 6-8 p.m., at the Arsenal Island Golf Course clubhouse. Participants must register by **May 17**. Call ACS at (309) 782-0831. Childcare will be provided. If you need childcare, you must register by **May 10**.



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)

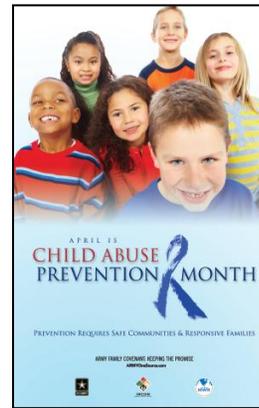
Helping the Army Take Care of Its Own: Army Emergency Relief recently earned its fifth consecutive four-star rating from Charity Navigator, the nation's largest and most-utilized evaluator of charities. According to Charity Navigator, only 5 percent of the charities they rate have received at least five 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

☞ **Child Abuse Prevention Month in the Army - April 2011:** The Army is committed to providing a wide range of programs and services for Soldiers, Department of the Army Civilians, and their Families. One of the important resources at U.S. Army Garrison - Rock Island Arsenal is our Garrison's Family Advocacy Program. A key mission of FAP is to conduct an annual public awareness and community education campaign every April in connection with Child Abuse Prevention Month. The theme of this year's campaign is "Child Abuse Prevention Requires Safe Communities and Responsive Families." As manager of this installation it is my goal to provide a



safe community that contributes to the quality of life and well being of everyone. We pride ourselves in fostering a culture of safety and personal responsibility. Child abuse in an Army Family marks the breakdown in our culture of safety. This is unacceptable. Resources are available for Army Families to help all our children and their parents, no matter how stressful their lives might be. (More)

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)



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](#).

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 from 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE.

PTSD Support Groups: Post-Traumatic Stress Disorder - You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more information. (Additional resource: [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



Education Fair: There will be an Education Fair hosted by Army Continuing Education Service in the Cafeteria, **May 12**, 10 a.m. – 2 p.m. Please stop by and see what the local Intuitions have to offer.

Army Continuing Education Services: The Army Continuing Education Services office, located in Bldg. 56, 1st floor, has a new Education Service Officer, Alison Hemmert. The Education Center has new hours of operation. The office is open Monday through Friday, 7 a.m. – 3 p.m. If you have any questions, please feel free to contact this office at (309) 782-2065.

National Testing Center: Western Illinois University in Bldg. 56 operates the National Testing Center. The national testing center offers CLEP or

DSST on-line test, with immediate results. Hours of operation are Monday through Thursday, 8:30 a.m. – 3 p.m., and every other Friday. Please call (309) 558-6444 to schedule a test. Tests are free for Soldiers the first time for each test. Tests are available to civilians for an additional fee.

Funding for Active Duty Soldier's Testing Program Has Changed: As of Nov. 20, 2010, Defense Activity for Non-Traditional Education Support changed funding for Active Duty Soldier's testing program. DANTES now will only fund a Service member's initial examination fee for each subject College Level Examination Program, DSST (previously known as the DANTES Subject Standardized Tests) and Excelsior College Examinations exams. To prevent test familiarity and safeguard test security, the testing agencies requires that all examinees must wait 180 calendar days from the last test date to retest on these exams. If an examinee tests before the 180 calendar day waiting period has elapsed, the test score will be invalidated and the waiting period starts over. ([More](#))

St. Ambrose University to Conduct Information Sessions (Update): 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 R.I. 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

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 25-May 1: The Great Flood of 1965 peaked with a crest of 22.48 feet during the last week of April 1965. Arsenal workers volunteered to

fill sand bags during their off hours. On April 29, 1931, construction of the locks on Locks and Dam 15 began. On May 1, 1870, ground breaking on the RIA Commanding Officer's Quarters known as Quarters One began. In May 1874, the guard house building at the main gate entrance on the western portion of the Island was completed.

Healthbeat

☪ **Tai Chi Benefits Heart Patients:** Tai chi, often called “meditation in motion,” appears to improve the quality of life in people with heart failure, say researchers at Harvard Medical School. The ancient Chinese exercise of tai chi features physical movements that are slow and gentle and require concentration. “Historically, patients with chronic systolic heart failure were considered too frail to exercise and, through the late 1980s, avoidance of physical activity was a standard recommendation,” the researchers write. And, until now, the effects of meditative exercise have not been rigorously studied in a large group of heart failure patients. ([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

Smartphone App Helps Troops, Vets

Manage Stress: Veterans dealing with symptoms of post-traumatic stress disorder can turn to their smartphones for help any time with the “PTSD Coach” application created by the Veterans Affairs and Defense departments. “This is about giving veterans and service members the help they earned when and where they need it,” Veterans Affairs Secretary Eric K. Shinseki said. “We hope they, their families and friends download this free app. Understanding PTSD and those who live with it is too important to ignore.” PTSD Coach lets users track their symptoms, links them with local sources of support, provides accurate information and helpful individualized strategies for managing symptoms, officials said. The app is now available for download from the iTunes Store and will be available for Android devices by the end of the spring. ([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 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

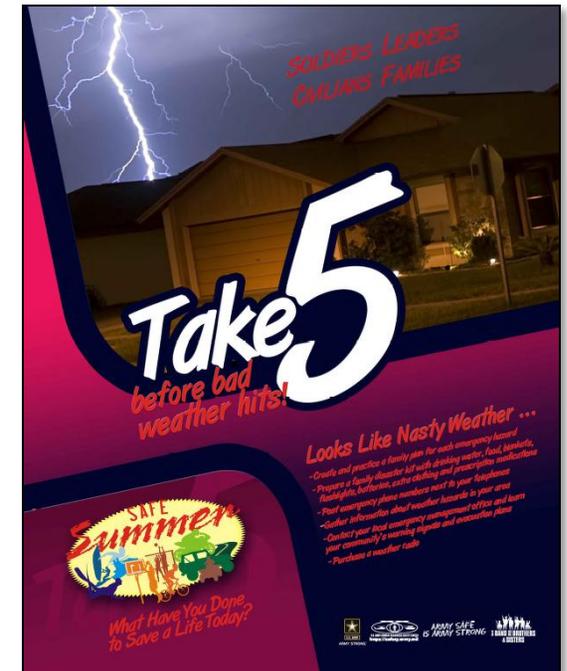


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MAY 1-7





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