



May 2, 2011

# 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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**Public Service Recognition Week:** As we discuss the future of the Federal workforce in an era of tight budgets, it's important to keep a few touchstones in mind. Most Americans probably know more about Federal workers than they think they do. They know that Park Rangers make sure they can continue to enjoy the great outdoors, that the FBI protects us from criminals and terrorists, and that the National Institutes of Health are making progress every day on cures

for cancer and other vexing diseases that plague our children. What many Americans may not know is that more than one in four of our civil servants are veterans of our Nation's armed forces, dedicated Americans who have chosen to continue their public service as civilians; or that most of our jobs involve protecting the American people and honoring our veterans. That's why two-thirds of our workers are focused on national security, law enforcement or

caring for our veterans. Wherever there's danger, at home or abroad, Federal workers are there. They literally run into the fires in the western United States, where Federal wildland firefighters protect homes and forests. They help keep our borders safe, and are on the



front lines in dark corners of the world where people plot to attack us. And sadly, since 1992, over 2,965 have paid the ultimate sacrifice and lost their lives serving the country they love. ([More](#)) ([FLOTUS Message to Public Employees](#)) ([Illinois Governor's Proclamation](#)) ([WaPo](#)) ([Videos](#))

**U.S. Kills Bin Laden in Intelligence-Driven Operation:** An intelligence-driven U.S. operation in Pakistan killed al-Qaida leader Osama bin Laden yesterday, President Barack Obama announced in a nationally televised address from the White House late last night. "Today, at my direction, the United States launched a targeted operation against that compound in Abbottabad, Pakistan," Obama said. "A small team of Americans carried out the operation with extraordinary courage and capability." No Americans were harmed," he continued. "They took care to avoid civilian casualties. After a firefight, they killed Osama bin Laden and took custody of his body." Obama noted that bin Laden had been al-Qaida's



leader and symbol for more than 20 years and continued to plot attacks against the United States and its allies. ([More](#)) ([DoD Special](#))

**Travel Alert– Worldwide:** The U.S. Department of State alerts U.S. citizens traveling and residing abroad to the enhanced potential for anti-American violence given recent counter-terrorism activity in Pakistan. Given the uncertainty and volatility of the current situation, U.S. citizens in areas where recent events could cause anti-American violence are strongly urged to limit their travel outside of their homes and hotels and avoid mass gatherings and demonstrations. 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. U.S. citizens should stay current with media coverage of local events and be aware of their surroundings at all times. This Travel Alert expires August 1, 2011. ([More](#))



## Upcoming Dates

- May 1-7:** Public Service Recognition Week [📅](#)
- May 1-7:** Children's Mental Health Awareness 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 2-6:** Iowa Air Quality Awareness Week [📅](#)
- 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 14:** Stamp Out Hunger Day [📅](#)
- May 15-21:** National Public Works Week [📅](#)
- May 15-21:** National Police Week [📅](#)
- May 15-21:** National EMS Week [📅](#)
- May 15-21:** National Dog Bite Prevention Week [📅](#)
- May 15-21:** Nat. Eosinophil Awareness Week [📅](#)
- May 16-20:** National Level Exercise [📅](#)
- May 16-20:** National Small Business Week [📅](#)
- May 16-20:** World Trade Week [📅](#)



## Obama Thanks Government Workers for Budget Patience:

The POTUS' message to federal employees in the wake of the averted government shut down. ☞ "You do your jobs without complaint or much recognition. But it is men and women like you who help make America all it is, by responding to the needs of our people, and keeping our country safe and secure. And so, I want to thank you not only for your forbearance in recent weeks, but for the service you render each and every day to the United States of America." - Barack Obama ([More](#))



## CIA Chief Panetta Chosen to Replace Gates at Pentagon:

The White House announced Wednesday that CIA chief Leon Panetta, a longtime government official in both the executive and legislative branches who was a key player in the Capitol Hill budget battles of the 1990s, will be nominated to replace Defense Secretary Robert Gates.



The move is part of a broader shakeup among President Obama's national security team. The White House also announced that Army Gen. David Petraeus will take over the top job at the CIA when he leaves his post as commander of the Afghan war later this year. ([More](#))

## Push For Pentagon Cuts Tops

**Panetta's Agenda:** President Barack Obama's choice of expert budget-cutter Leon Panetta to lead the Defense Department is a clear signal that the White House perceives the nation's deficit crisis, not the wars in Iraq and Afghanistan, as its toughest challenge. After winning the presidency in November 2008, Obama asked Robert Gates to remain defense secretary as the administration struggled to bring clarity to the fog of two wars. In tapping Panetta to replace Gates, Obama is turning to a Washington insider and veteran of budget fights as the administration wrestles with reining in an estimated \$1.6 trillion deficit. ([More](#))

## Obama Orders Streamlining of

**Federal Websites:** President Obama issued an executive order on Wednesday tasking federal agencies with creating new technology-based plans to improve their customer service within six

# 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.**



months. The plan is also aimed at streamlining the clutter of more than 20,000 federal websites now in operation, federal Chief Performance Officer Jeffrey Zients told an audience of industry and government officials at a White House event on Wednesday.

[\(More\)](#)

## **Agencies to Close 137 Data Centers and Move 100 Email Systems to the Cloud:**

Federal officials on April 27 released a list of 137 government data centers slated to close by the end of the year. The information they hold will either be consolidated into other data centers or moved to rented space in a public or private cloud. Thirty-nine of those data centers already have been shuttered, federal Chief Information Officer Vivek Kundra told a gathering of government and industry officials at a White House event Wednesday. [\(More\)](#)



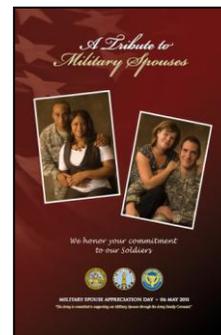
## **Survey Shows Strong Public Support For Federal Websites:**

Citizen satisfaction with federal government websites remained high for the first quarter this year, with several Social Security Administration sites receiving

higher scores than Amazon, Netflix and all other private-sector companies reviewed, a recent survey found. The American Customer Satisfaction Index quarterly report, released Tuesday, shows little change in citizen satisfaction with government services online, which account for the accessibility of information and whether websites' processes are efficient. Based on a 100-point scale, the government scored 75.0 in the first quarter of the year, compared with 75.1 the same time a year ago. Government websites received a score of 73.6 in the first quarter of 2009. [\(More\)](#)

## **Military Spouse Day is May 6:**

Military Spouse Day was first celebrated in 1984 when then-President Ronald Reagan proclaimed the observance to honor the contributions of military spouses. The military now sets aside the Friday before Mother's Day each year to pay tribute to the spouses who play a vital role in the nation's defense. [\(More\)](#)



## **Mullen: DoD Must Help Solve Federal Debt Crisis:**

The Defense Department has to be part of the solution for the country's debt crisis, the chairman of the Joint Chiefs of Staff said here today. Navy Adm. Mike Mullen has called the federal debt "the biggest single threat to national security." It is simple math, the admiral told a Government Executive Magazine leadership forum at the National Press Club. "The worse the financial situation is in the country, the greater the likelihood that resources for national security will go down," he said. [\(More\)](#)

## **DoD Lacks Plan to Evaluate**

**Transitioned NSPS Employees:** The Defense Department lacks details for how it will evaluate its 226,000 civilian employees after they transition from the merit-based National Security Personnel System to the General Schedule by the end of this year. The Government Accountability Office issued testimony Thursday to the House Committee on Armed Services saying DoD has started designing a new enterprisewide performance management system, but the department has no documented goals



or a timeline for designing the new system. ([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 Island Golf Course clubhouse from 3-4:30 p.m. Registration starts at 2:15 p.m.

## **FEA–QC 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](mailto: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](#))

## **Midwest Small Business Government Contracting Symposium First Annual Golf Outing:**

A Co-ed, Best Shot Golf Tournament will take place Monday, **May 16**, Shot gun start at 9 a.m., with registration open at 7:30 a.m. at the Arsenal Island Golf Course. Day of Tournament: Mulligan's 1 for \$5 or 3 for \$10; Raffle Tickets 1 for \$5, 3 for \$10. Included in price: golf, cart, driving range and balls, breakfast, lunch, transportation to/from the course, and networking. Cost is \$90



per person. To register go online at [www.ndia-ia-il.org](http://www.ndia-ia-il.org). The event will benefit local charities to include Gilda's Club and the Wounded Warriors. Please contact (309) 782-3862 or [teresa.johnston@viops.com](mailto:teresa.johnston@viops.com) for more information.

**Retirement Planning Program:** There will be a one day retirement seminar for CSRS and FERS employees in Bldg. 102, 2nd Floor, SW, Classroom 1 & 2 on Tuesday, **May 24**, 7:30 a.m. – 3:30 p.m. POC: [amber.carlin@us.army.mil](mailto:amber.carlin@us.army.mil), (309) 782-1206.

**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](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 6**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.





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

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information see:**

[www.cpol.army.mil/library/permis/5012b.html](http://www.cpol.army.mil/library/permis/5012b.html)

### **Best Practices for Keeping Your**

**Home Network Secure:** The National Security Agency published a brochure this month on "[Best Practices for Keeping Your Home Network Secure.](#)" This is a very informational handout that is of the utmost relevance when you consider the fact that we face the same or similar cyber threats with our home network and devices as we do here in the performance of our jobs. For more information call (309) 782-2172 or email: [rock-isso-ria@conus.army.mil](mailto:rock-isso-ria@conus.army.mil)

### **Phone Number Changes For SATO**

**Airline Office:** The CWT SATO Travel office at Rock Island Arsenal, Bldg. 102, 2<sup>nd</sup> Floor, has a new phone at (800) 788-7286 for reservations; and at (309) 788-8574 and (877) 711-6354 for fax. They can be emailed at [sato.ria@cwtsatotravel.com](mailto:sato.ria@cwtsatotravel.com). The branch supervisor is Sandy Lawrence, who can be reached at (763) 852-8010, and emailed at [Slawrence@cwtsatotravel.com](mailto:Slawrence@cwtsatotravel.com). This change is effective as of Friday, April 29.

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

### **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, 2<sup>nd</sup> 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](http://www.qcredcross.org) or contact Kasey at (309) 277-4027 ([kellykas@usa.redcross.org](mailto:kellykas@usa.redcross.org))  
Date: **Monday, Sept. 19**

Time: **1 p.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.**

## **Arsenal Attic Thrift Shop and**

**Boutique:** Arsenal Attic bag sale, **May 3 & 5**. All Quarter Room items will be on sale – come fill a bag. Many other clothing items will also be on sale for \$1 each. Also, if you have a new baby in the family we have a tremendous new assortment of baby items available. POC (309) 782-6977.

## **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

**Partial Lane Closure of Ft Armstrong Ave and Rock Island Drive and Complete Closure of Bike Path:** Since

**May 2**, the intersection at Ft. Armstrong Ave. and Rock Island Dr. began a one lane closure until further notice. The lane closure is 8 a.m. – 2:30 p.m. each day. Also beginning **May 2**, the bike path is temporarily closed.

## Building/Space Closures

**Swing Space – Bldg. 110, 3<sup>rd</sup> Floor, West - Restroom Closure Notice:** The closure of Room 110-3-1 (3<sup>rd</sup> Floor Men's restroom) will take place from 5 a.m. on **May 5** thru 4:30 p.m. on **May 6**. Signage will be in place directing personnel as required to alternate site. POC: [terry.l.harris@us.army.mil](mailto:terry.l.harris@us.army.mil), (309) 782-2038

**Bldg. 104 Exterior Stair Closure:** On April 13, construction began on the replacement of the southeast exterior stairs of Bldg. 104. The exterior stairs closed entirely and use of alternative stairs for entry into the building is required. The construction will take approximately two months depending on the weather. The contractor is using heavy equipment, so please use caution when in the area. POC: [joseph.e.gumpert@us.army.mil](mailto: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 3<sup>rd</sup> floor restrooms on March 28. The 4<sup>th</sup> floor restrooms are complete and will open simultaneously with this closure. Estimated completion for 3<sup>rd</sup> 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**.

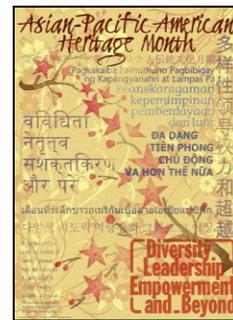
## Safety Spotlight

☉ **CO Poisoning:** The threat of CO poisoning during the running of generators and in carbon fueled equipment should never be underestimated. Spring storms in the Midwest can cause widespread power outages. The Rock Island Arsenal Fire Department asked that you provide adequate ventilation when using fuel fired equipment and never re-fuel inside a structure. We also recommend the use of a CO detector on all levels of your home. Recognize the signs of CO poisoning (Headache, dizziness, nausea, weakness, etc.). If signs are present get to fresh air immediately and call 911.

**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 **June 30**, and **Aug. 10 or 11**; two sessions of the Intermediate Driver Training Course are scheduled for **Aug. 9**. ([More](#))

## Equal Opportunity Focus

☉ **Asian American and Pacific Islander Heritage Month:** *Presidential Proclamation* – This month, our Nation celebrates the contributions and accomplishments of Asian Americans and Pacific Islanders (AAPI). Our AAPI communities have



roots that span the globe, but their stories of striving and success are uniquely American. As we celebrate Asian American and Pacific Islander Heritage Month, we recognize the entrepreneurship and fortitude of individuals who have helped build our country and shape the American dream for centuries. Generations of Asian Americans and Pacific Islanders have helped develop and defend the United States, often in the face of tremendous racial and cultural prejudice. Despite these difficulties, AAPI men and women struggled, sacrificed, and persevered to build a better life for their children and all Americans. ([More](#))

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

Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for new hires. The location will be the Blackhawk Conf. Room, Bldg. 108, 3<sup>rd</sup> 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](mailto: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](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.

**2011 Army Arts & Crafts Contest**: The 2011 Arts and Crafts contest began May 1. For information and guidelines visit the [Army MWR website on the Arts and Crafts page](#).

**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.

**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](http://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](mailto:anna.winters@us.army.mil), <http://riamwr.com/BusPgms/special.htm>

**Mt. Olympus Water & Theme Park**: Lose yourself in an ancient world as you brave four thrilling lands. Thirty-seven steep and slippery slides. Six hair-raising roller coasters and eight curve-hugging go-kart tracks. Wrist bands available for the 2011 season (**May 28 – Sept. 5**) Discounted price is \$25. A savings of \$14.99.

**Quad City Stallions**: The Quad City Stallions are in their third season this year. A member of the Midwest Football Alliance Games run from **May thru July**. The Quad City Stallions is a semi-pro football team in the Midland Football League. Season Pass is \$20 single game tickets \$5 and kids under 12 are free.

**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**

### **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.



**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](http://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.

**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](http://www.riamwr.com/cys) or call (309) 782-0791 to schedule registration.



## Army Community Service (ACS)

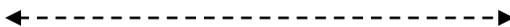


ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



### 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**.



## Employee Assistance Program



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

### Anonymous Online Mental Health Screening - May 2011:

We would rather not talk about it. We do not want to be the ones to deal with it. But suicide among youth is a reality, and it is more common than we might think. Suicide is the third leading cause of death among 15- to 24-year-olds, claiming more lives than any single disease or condition. Fortunately, the emotional crises that so often precede suicides are both recognizable and treatable, and good prevention tools can help parents identify a problem before it's too late. In honor of Children's Mental Health Awareness Week, May 1-7, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the Brief Screening for Adolescent Depression, a new online screening tool that lets parents assess their children's risk for depression and suicide and

determine whether to seek further help. ([More](#))

**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, 1<sup>st</sup> 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, 1<sup>st</sup> 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 colleges and universities have to offer.

### Army Continuing Education Services:

The Army Continuing Education Services office, located in Bldg. 56, 1<sup>st</sup> 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 civilian for an additional fee.



## 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)

**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 –May 2-8:** In May 1874 the guard house building at the main gate entrance on the western portion of the Island was completed. In May 1962, the RIA established a Tool and Equipment Division. The tool and equipment engineering activities were removed from the RI Ordnance Depot. On May 4, 1836, the U.S. Army troops garrisoned at Fort Armstrong evacuated the post. The RIA received an order on May 5, 1898, two weeks after the U.S. declared war on Spain, for 54,000 outfits of infantry equipment, 5,000 outfits of cavalry accouterments, and 5,000 sets of horse equipment. On May 6, 1856, the Steamer "Effie Afton" crashed into the railroad bridge at Rock Island setting the boat and bridge on fire. This incident led to the famous court room clash between steamboat and railroad interests. On May 8, 1945, the Allied nations celebrated V-E Day victory in Europe.



## Healthbeat



**Secondhand Smoke Derails Quit-Smoking Efforts:** Secondhand smoke may trigger nicotine cravings and make it harder for cigarette smokers to quit. A new study shows secondhand smoke exposure delivers a "priming" dose of nicotine to the brain that increases nicotine craving in smokers. "This mechanism may explain why adult smokers exposed to multiple sources of SHS [secondhand smoke] have difficulty initiating and maintaining abstinence compared with smokers without such exposure," write researcher Arthur Brody and colleagues in the Archives of General Psychiatry. ([More](#))

**Health Clinic Announcement:** Sick Call Hours, 7-8 a.m. Primary Care Clinic Closed Wednesday, **May 11**, 11 a.m. – 4 p.m. for staff training.

## Notes for Veterans

**"Discovery and Collaboration for Exceptional Health Care" Research Week Celebrates VA Investigators' Achievements and Affiliations:** The Department of Veterans Affairs (VA) is celebrating exceptional care for Veterans this week, May 2 – 6 as part of the nationally recognized Research Week. This year's theme, "Discovery

and Collaboration for Exceptional Health Care," celebrates two crucial elements of VA research: dedicated follow-through on important research findings to optimize medical therapies for Veterans and others; and vital research and care collaborations between VA and academic institutions, other government agencies, and health-related industry. ([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, 3<sup>rd</sup> shift, 10:15 p.m.-6:15 a.m., [john.b.mitchell1@us.army.mil](mailto: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](mailto: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](mailto:nicole.suthard@us.army.mil).
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.

## Around the Q.C.

- 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:** [24<sup>th</sup> Annual Quad Cities Distance Classic](#) (Augustana College 38<sup>th</sup> Street & 7<sup>th</sup> 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:** [Rock Island Arsenal Armed Forces Day Open House](#) (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:** [46<sup>th</sup> 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](#) (2<sup>nd</sup> & Warren streets, Downtown 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 236<sup>th</sup> 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:** [12<sup>th</sup> 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:** [5<sup>th</sup> Annual Car Show & Hennepin Hustle 5K Fun Run/Walk](#) (Colona, Ill.)  
**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:** [28<sup>th</sup> 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:** [40<sup>th</sup> Annual Wells Fargo Street Fest](#) (Downtown Davenport)  
**July 30:** [37<sup>th</sup> 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. 7:** [Heartland British Auto Fest](#) (Village of East Davenport)  
**Aug. 11-13:** [25<sup>th</sup> Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)  
**Aug. 12-13:** [Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 19-20:** [River Roots Live](#) (LeClaire Park, Davenport)



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

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

**Aug. 27:** [Silvis Family Run](#) (Silvis, Ill.)

**Sept. 3-4:** [17<sup>th</sup> 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:** [Riversance 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:** [25<sup>th</sup> Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)

## Island Insight

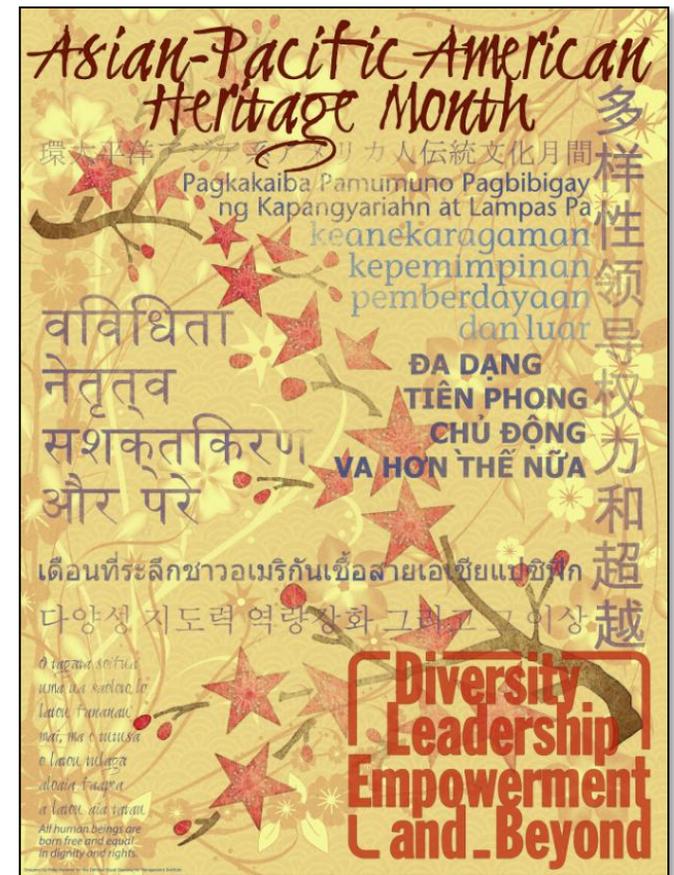


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