

Aug. 8, 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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## Army to Cut 8,741 Civilian

**Employees:** The Army plans to cut 8,741 civilian jobs by October 2012. Army Secretary John McHugh on July 11 ordered leaders throughout the Army to immediately start cutting their staffing to help meet former Defense Secretary Robert Gates' mandated efficiency initiatives. The Army is losing \$834 million in operations and maintenance funding as part of those cuts. "It is imperative that these

reductions be accomplished as rapidly as possible, but no later than the end of FY 2012," McHugh wrote in a memo. The cuts would amount to about 3 percent of the Army's more than 290,000 civilian employees. McHugh said Army agencies cannot turn to contractors to replace the civilian employees. An attachment to the memo suggests using reductions in force, total or partial hiring freezes, buyouts or early retirements to meet these goals. An execution order

issued Aug. 4 said agencies have 30 days to brief Army leaders on how they plan to achieve these cuts, and what progress they've made. Nearly half of the mandated cuts — 4,233 full-time equivalent employees — will come from



the Army's Installation Management Command, which had 35,680 civilian employees in June. The Army Materiel Command will lose 1,223 of its 13,346 employees. McHugh's own office will lose 821 employees, and the Army's Training and Doctrine command will lose 571 employees, and the 7th Army in Europe will lose 430 employees. [\(More\)](#) [\(Army News Service\)](#)

**Bill Would Extend Pay Freeze for 3 More Years, Reduce Workforce by 15 Percent:** A bill introduced last week in the Senate proposes to extend the current federal pay freeze until the end of 2014. The Federal Workforce and Reduction Act of 2011 would also freeze all bonuses - including performance and recruitment bonuses - for the same time period. The bill also proposes to reduce the federal workforce size by 15 percent in the next decade. The bill's sponsors, Sens. Orrin Hatch (R-Utah) and Tom Coburn (R-Okla.) said their proposal will shrink the size of government to a "fiscally-responsible" level, according to a press release. [\(More\)](#)



**Pentagon Official Warns Against Deep Defense Cuts:** The Pentagon believes it can meet the initial spending reductions called for under a debt-reduction plan signed into law this week, but warned deeper cuts could lead to civilian furloughs and program terminations, according to a senior Defense Department official. Various estimates have been made of how much the so-called debt-ceiling deal will affect DoD. It has been widely reported that the defense portion of cuts over the next decade would total \$350 billion, about \$50 billion less than President Obama called for in April. [\(More\)](#)



**Hundreds Converge on JMTC's Industry Day:** More than 200 vendors representing private industry, academia, and the Army's industrial base showcased their manufacturing-related product lines and services during Joint Manufacturing and Technology Center's 5<sup>th</sup> Annual Industry Day at the iWireless Center, Moline, Ill., Aug. 4. In addition to the more than 800 registered



## Upcoming Dates

- Aug. 7-13:** National Stop on Red Week [📅](#)
- Aug. 7-13:** National Health Center Week [📅](#)
- Aug. 8:** Victory Day [📅](#)
- Aug. 9:** Smokey Bear's 67<sup>th</sup> Birthday [📅](#)
- Aug. 9:** 66<sup>th</sup> Anniversary of the Bombing of Nagasaki [📅](#)
- Aug. 13:** International Left-Handers Day [📅](#)
- Aug. 14:** 76<sup>th</sup> Anniversary of the Social Security Act [📅](#)
- Aug. 14:** National Spirit of '45 Day [📅](#)
- Aug. 19:** National Aviation Day
- Aug. 20:** National Homeless Animals Day [📅](#)
- Aug. 26:** National Women's Equality Day [📅](#)
- Aug. 28:** Read Comics in Public Day
- Aug. 29:** 95<sup>th</sup> Marine Forces Reserve Birthday
- Aug. 29-Sept. 4:** Burning Man [📅](#)
- Sept. 1:** 72<sup>nd</sup> Anniversary of the start of WWII
- Sept. 2:** 66<sup>th</sup> Anniversary of the Signing of the Japanese Instrument of Surrender
- Sept. 4-10:** National Suicide Prevention Week [📅](#)
- Sept. 5:** Labor Day (*Federal Holiday*)
- Sept. 9-11:** National Days of Prayer and Remembrance
- Sept. 10:** World Suicide Prevention Day [📅](#)
- Sept. 10:** Federal Lands Cleanup Day [📅](#)
- Sept. 10:** Sequential Day (9/10/11) [📅](#)
- Sept. 11:** 10<sup>th</sup> Anniversary of 9/11 [📅📅📅](#)
- Sept. 11:** National Grandparents Day [📅](#)
- Sept. 11-17:** National Assisted Living Week [📅](#)
- Sept. 11-17:** National Employer Support of the Guard and Reserve Week [📅](#)
- Sept. 12-16:** National No Bully Week
- Sept. 14:** 197<sup>th</sup> Anniversary of the National Anthem [📅](#)
- Sept. 16:** POW/MIA Recognition Day [📅](#)
- Sept. 16:** Mexico's Independence Day [📅](#)
- Sept. 18-24:** Child Passenger Safety Week [📅](#)
- Sept. 24:** National Seat Check Saturday [📅](#)
- Sept. 24:** National Public Lands Day [📅](#)



attendees, the event also drew hundreds from the local community. What started five years ago with four exhibits on a loading dock has now grown to more than 200 exhibitors, said Col. James Fly, Jr., commander, JMTC. ([More](#))

## **OPM Proposes New Pathways to Employment:**

Students and recent graduates would have a new path into career federal employment after completing internships or developmental assignments under rules proposed



Thursday by the Office of Personnel Management. The rules would create a new umbrella program called the Pathways Program, which in some ways would replace former internship and student-hiring programs, as ordered by President Obama in December. ([More](#))

## **Wounded Warriors, Families Deserve Best Care, Chiarelli Says:**

The military has made great strides in warrior care over the past decade of war, but much work remains to be done, particularly when dealing with the invisible wounds of war, the Army vice chief of staff said today. Speaking at the Warrior Transition Command's Warrior Care

and Transition Program Training Conference in Orlando, Fla., Gen. Peter W. Chiarelli discussed the challenges posed by the complexity of today's war injuries and the initiatives in the works to improve care for troops and their families. ([More](#))

## **GSA Launches Per Diem App:** Federal employees traveling on business can now look up per diem lodging, meals and incidentals

reimbursement rates from anywhere, thanks to a new smart phone app created by the General Services Administration. The app -- Per Diem for Continental U.S. -- is available for free download on iPhone and Blackberry devices. It allows federal travelers to look up the daily allowance for meals and lodging by location or zip code throughout the country and U.S. territories. ([More](#))



## **Antiterrorism Awareness Week Two - Suspicious Activity:**

Terrorists are determined and have evolved over the course of the last ten years to meet our defensive strategies head on. Because of their



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About  
Welcome to the official Facebook page of Rock Island Arsenal. The Arsenal is home to First Army, ASC, JMC, USAG-RIA, RIA-JMTC, and TACOM LCMC.

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Rock Island Arsenal



**Multiple Post 9/11 GI/Bill Changes to Take Effect This Year**  
player.thepatform.com  
Congress made changes to the post 9/11 GI bill that take effect this year. The Department of Veterans Affairs is reaching out to Veterans to explain the changes.

Yesterday at 12:56pm · Like · Comment

Brian Struzik likes this.



Rock Island Arsenal

via Army JMCOM: "Shared by the Installation Management Command Europe Region: For the second year, the Army has designated August as Anti-terrorism Awareness Month. Garrison anti-terrorism officers intend to use the opportunity to train, educate, and increase overall awareness."

Anti-terrorism Awareness Month [HQ]

For the second year, the Army has designated August as Anti-terrorism Awareness Month. Garrison

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determined tactics, new threats and intelligence, our efforts must also evolve. Antiterrorism is the Army's defensive program to protect against threats to our nation. Increasing our awareness and vigilance coupled with sound planning is a start in deterring attacks in the future; and, ensuring the safety of those who live and work within the Rock Island Arsenal community. ([More](#))

## **Feds Feed Families Food Drive,**

**Aug. 3-23:** Arsenal Island will participate in the "Feds Feed Families: Feeding Families One Fed at a Time" Food Drive Campaign.



Feds Feed Families is part of a nation-wide Federal food donation campaign started three years ago in the National Capital Region by the Office of Personnel Management. DoD is participating for the first time this year. Donations from RIA will go to the River Bend Food Bank of Moline, Ill., for use throughout the greater QCA. The timing of the campaign is excellent as during the summer their food bank runs low. The most needed items are non-perishable foods including beans, tuna, ham, stews, soups, vegetables, chili, packaged energy or granola bars, peanut butter, and meals in a can. The

food bank also accepts toiletries and hygiene products along with the non-perishable food items. Food collection containers will be placed at various locations throughout the Arsenal beginning **Aug. 3**. The POC's for Feds Feed Families Campaign on RIA is in Army Community Service: [Jon Cook](#), (309) 782-0815, or [Jan Saito](#), (309) 782-4736. ([More](#)) The collection containers are located in the following locations: Commissary, Health Clinic, Bldg. 390 HHC, Bldg. 212 Cafeteria, Fitness Center, Arsenal Island Golf Course, Bldg. 110 1st Flr East, Bldg. 68 Basement, Bldg. 299 Entrance, Child Development Center, Bldg. 90 1st Flr North, Bldg. 60 Cafeteria, Clock Tower Basement, School Age Services, Bldg. 350 1st Flr West Center, Bldg. 102 1st Flr West, and the Navy Operational Support Center.

## **ASC's 2011 "Real Time Resiliency"**

**Golf Scramble:** The event will take place at the Arsenal Island Golf Course, Thurs., **Aug. 18**, 10 a.m., the format will be a four-person scramble (shotgun start). The entry fee is \$50/player, which includes green fees & cart, as well as beverage tickets for use at on-course drink stations. There will be



an award ceremony for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place teams. Prizes for "real time resiliency" golf skill challenges: Longest Drive: men & women (Hole #10, Par 5); closest to the pin (Hole #17, Par 3); and longest putt (Hole #15, Par 5). A breakfast buffet will be available at 9 a.m. for \$11. For payment contact: [Sgt. Maj. Nicholas Castillo](#), (309) 782-5934 (w), (309) 752-3105 (BB); NLT Wed., **Aug. 12** (Limited to first 124 paid slots).

## **Fire Alarm Testing - Buildings**

**60/61/62:** The fire alarm system in buildings 60, 61 and 62 will be tested on **Aug. 11 at 5 p.m.** This is in support of IJO 11-03277. Testing will take approximately two hours. The fire department will be onsite supervising the testing. Questions may be directed to the point of contact below.

## **Antiterrorism Awareness Month:**

Antiterrorism awareness empowers the entire Army (units, leaders, Soldiers, DA civilians, families, and contractors) to take prevention measures and serve as "sensors" which extend the overall protection posture of the force. This year AT awareness month focuses on high priority areas such as AT doctrinal



principles (supporting the fourth quarter fiscal year 2011 (4QFY11) theme), suspicious activity reporting, integrating AT into the operations process, and active shooter response. ([More](#))

**Blood Drives at the Arsenal:** Our blood drives scheduled during the month of August are particularly critical times. Summer vacations and activities mean fewer donors coming in the doors to give blood. "But the need for blood by patients in our area hospitals never takes a vacation!" In the **Navy Operational Support Center**, 10 a.m. – 12 p.m.: Fridays, **Aug. 12 & 19**. To sign up for these drives, donors may email Sharee Hoegerl at [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org) or call (563) 359-5401 ext. 119. Donors may also log on to [www.bloodcenter.org](http://www.bloodcenter.org) and click on "IMPACT" to schedule a donation time for these drives. 2<sup>nd</sup> Shift – to be held in the Cafeteria, Bldg. 210 – Friday nights: **Aug. 19 & 26**. To sign up for these drives, donor should sign up with their supervisors. The drives will begin at 2:15 am. Goal is 18 donors each night. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone**



**marrow, and organ donor/transplant programs. For additional information click here.**

**Iowa Fallen Soldiers Traveling Wall:**

The Iowa Fallen Soldiers Traveling Wall will be on display at the Davenport Main Library, **Aug. 16-23**, and an opening ceremony for the display will take place **Aug. 15**. POC: [dollie.carpenter@us.army.mil](mailto:dollie.carpenter@us.army.mil), (309) 782-8253 ([More](#))

**Thomson Photo Contest:** The Corps of Engineers Mississippi River Project's [Thomson Park Rangers](#)

are sponsoring the 20<sup>th</sup> Annual Thomson Causeway Photo Contest. Categories for the photo contest include Wildlife, Recreation and Landscape with both an amateur and advanced division. Photo contest entries are accepted through **Friday, Aug. 26**. The contest is free and open to the public, but registration is required. Entry forms are available at the fee booth or Thomson Ranger office. POC: (815) 259-3628 or [email](#).



**Trivia Night at St. Alban's:** Time for another summer of trivia at St. Alban's Episcopal Church, 3510 W. Central Park

in Davenport **Aug. 20**. Teams of eight or less. \$10 per person. Cash prizes for winners, door prizes, 50-50 raffle. Contact George Eaton at [eatongeo@msn.com](mailto:eatongeo@msn.com) for reservation. Only 10 tables. Time: **7-10 p.m.**

**Travel Warning – Republic of South Sudan:**

The U.S. Department of State warns U.S. citizens of the risks of travel to the republic of South Sudan and continues to recommend U.S. citizens to avoid all but essential travel to various areas within the country. Skirmishes have broken out between forces loyal to the Government of Sudan and forces loyal to the Sudan People's Liberation Army (SPLA) in this region, and there has been a build-up of military forces along both sides of the border. 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.

**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.**

**2011 Cards for the Troops:** Please join the [Rock Island Arsenal Welcome Club](#) at the Arsenal Island Golf Course clubhouse for a fun evening of stamping cards for our deployed troops. Must RSVP to: [mssipple1@gmail.com](mailto:mssipple1@gmail.com). No stamping experience necessary. Please bring one roll of Scotch double-sided tape; all other materials supplied. Optional dinner at 5 p.m. RSVP: (309) 782-4372.  
Date: **Tuesday, Sept. 27**  
Time: **6:30-9 p.m.**

**Arsenal Attic Thrift Shop & Boutique:** Need extra money? Consign your items now at the Thrift Shop. Volunteers are available to help you get

started or go online at [www.riamwr.com](http://www.riamwr.com) and click on "Thrift Shop" for all forms and information. Open every Tuesday, Thursday and 3<sup>rd</sup> Saturday from 9 a.m. – 3 p.m. POC: (309) 782-6977

## Arsenal Traffic/Construction

**Reopening - Moline Bridge Ramp to 14<sup>th</sup> Street & 4<sup>th</sup> Avenue:** With the reopening of the Moline Bridge Ramp, the USAG-RIA Directorate of Emergency Services would like to remind all drivers to please use caution. Vehicles entering the installation on the Moline Bridge Ramp have the right away. Vehicles entering from the River Drive Ramp are required to yield before proceeding. This morning there were several close call incidents where drivers may have not noticed the ramp was open and proceeded toward the Access Control Points without yielding, almost hitting vehicles on the approach. Please be alert and safe.

**Annual Cleaning/Sealing of Bridge Roadways - R.I. Viaduct, Moline Arsenal Bridge, Government Bridge:** Due to the rain this past weekend (Aug. 6 & 7) the Bridge Sealing has been rescheduled to **Aug. 27 & 28**. Schedule is as follows: \* Saturday, Aug.

**27:** Moline Arsenal Bridge closed 6 a.m. – 6 p.m., to clean and seal paved surfaces. \* **Sunday, Aug. 28:** Government Bridge and R.I. Viaduct closed 6 a.m. to 6 p.m. to clean and seal paved surfaces. The closure(s) are necessary to facilitate application of the sealant and to allow for proper curing once it applied to the roadway surfaces.

## Building/Space Closures

**Freight Elevator Closure - Bldg. 220:** The #1 freight elevator in Bldg. 220 will be taken out of service on Friday, **Aug. 12**. The elevator will be out of service 7 a.m. - 3:30 p.m. to perform necessary repairs.

## Active Duty/Reserve Zone

**Soldiers to Begin 2012 With Nine-Month Deployments:** Beginning Jan. 1, deploying Soldiers will go for nine months, meaning more time at home with their families. Secretary of the Army John McHugh signed a directive instituting a nine-month "boots on the ground" policy for deployed Soldiers, providing more "dwell" time at home for



Soldiers and families. "Implementation of this change is based on the projected demand for Army forces, and remains contingent on global security conditions and combatant commanders' requirements," said Lt. Col. Peggy Kageleiry, an Army spokesperson. Corps units and above, and individual augmentee deployments will remain at 12-month deployments. The goal for the corps units is to eventually get to nine-month deployments. ([More](#))

## Safety Spotlight

**Safety Sends--Off-Duty Losses:** Under your great leadership, our young Leaders and Soldiers are doing superb work executing the missions both at home and in theaters overseas. Double-digit reductions in all on-duty accident categories show safety has become a top priority on the job, and we are poised to set another record low in on-duty fatalities at year's end. On-duty, our Leaders are engaged while our Soldiers continue to look out for each other on every mission, at home station and in the AOR. Through March of this year we were also seeing decreases in almost all off duty fatality categories as well. However, since the end of April, approximately four Soldiers have died

every week during their off-duty time, primarily in privately owned vehicles (POV) and privately owned motorcycles (POM) crashes. ([More](#))

## Equal Opportunity Focus

**Prevention of Sexual Harassment Training (POSH) for New Hires:** The Garrison EEO Office will offer POSH training for new hires on **Oct. 11** in the Baylor Conf. Room, Bldg. 102, 3<sup>rd</sup> Floor, at 8:30 a.m. To sign up for this training, register through [TEDs](#); key word: "posh for new hires." POC for special accommodations is Mary Gale, (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.

**July/August Auto Skills Newsletter:** Hey all you Gear-Heads, check out this

special double edition of the Auto Skills Monthly Newsletter for some great info on all the things going on at the Auto Skills Shop located in Bldg. 351. You can download the [newsletter here](#), and send a blank email with the subject line "Auto Skills Newsletter" to this [email address](#) to be added to our distro list and have it delivered direct to your inbox every month.

### **Employee Appreciation Day Survey:**

If you attended the Employee Appreciation Day event, thank you for braving the heat and joining us for a fun day. If you attended please consider taking a few minutes to take the quick online survey found here <https://www.surveymonkey.com/s/ZNF-TL9M> and let us know how you felt about it. We use your input to continually adapt this great annual event to truly make this your event. As our way of saying thanks, if you take the survey and give us your email address we'll enter you into a drawing for a free standard oil change from the Auto Skill Shop and a drawing for a pair of free movie tickets from the Leisure Travel Office.

## 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>

**Please Join Us For the Starved Rock Bus Trip:** This tour includes bus transportation to beautiful Starved Rock in Utica, Ill., a buffet lunch, historical trolley tour and a leisurely one-hour cruise on an authentic paddle wheel boat. You will also have personal time to explore the trails and visit the waterfalls. Please call the LTO at (309) 782-5890 to reserve your seat.  
Date: **Saturday, Sept. 24**  
Time: **8 a.m. - 6 p.m.**

**Need a Vacation?:** Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

**Walt Disney Military Salute:** Active and retired U.S. military, including members of the U.S. Coast Guard and active members of the National Guard or reservists, may purchase (six) 4-day Disney military promotion tickets with the park hopper option or water park for

\$138. This offer has been extended until October 2012.

**Disney LIVE! Phineas and Ferb:** Phineas and Ferb are going on a live tour and coming to the iWireless Center. Phineas, Ferb, and the whole tri-state area gang embark on a bold escape from television to a live action adventure. Seats on sale until **Oct. 1**. Discounted seat price \$14.75 & \$19.75.  
Date: **Friday, Oct. 21**  
Time: **4 & 7 p.m.**

**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. ([website](#))

**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. ([Flyer](#))  
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.

**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.

## Child, Youth & School Services

**More Childcare Spaces Available!** Have you been looking for affordable, top quality child care for your child aged 2-5? Look no further! Due to an expansion of spaces at the Child Development Center, we will have additional child care spaces available beginning in September for children ages 2-5 including spaces in the pre-K program. Call (309) 782-0791 for more info and to reserve your space.



## Army Community Service (ACS)

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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



**AER's Commander's Referral Amount Increased to \$1,500:** Army Emergency Relief (AER) announced effective Aug. 1, the maximum amount a Soldier can receive through the Commander's Referral Program will increase from \$1,000 to \$1,500. The repayment period will be extended from 12 up to 15 months. For more information contact AER (309) 782-0815.

**Special Needs Military Summer Camp:** The 4-H Military Partnership Program and Camp Ronald McDonald at Eagle Lake are offering camping opportunities for up to 92 special needs military youth. Enjoy Some Summer Fun! When: **Aug. 7-12**. Where: Camp Ronald McDonald, Eagle Lake, near Susanville, Calif. Who: Special needs

military youth ages 8-18. This camp is a military youth-only camp and is free of charge. Registration begins soon. For more information, visit: <http://www.campronald.org/home.php> or contact Crystal O'Hara , 4-H Military Partnership Program Representative, at (530) 757-8968 or [crohara@ucdavis.edu](mailto:crohara@ucdavis.edu).

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## Employee Assistance Program

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**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 -- August 2011:** Posttraumatic Stress Disorder has been receiving greater attention in recent years as reports of the high incidence of the disorder among soldiers returning from deployment in Iraq has increased awareness and research of this disorder (Bell, 2007). However, Soldiers are not the only people who can develop PTSD.

PTSD affects approximately eight percent of the United States population, with between a quarter and one-third of people who experience a significant trauma developing PTSD (Grinage, 2003). ([More](#))

**Smoking Cessation Group:** Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1<sup>st</sup> floor, SE wing.

**PTSD Support Groups:** Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

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## Education/Training Review

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**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.

## 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)

### Can't Find an Item at the Commissary -- Attention All

Commissary Shoppers: Is there something you just can't find at the commissary? Just let a member of our management team know and we will see if we can bring it in for you. Your commissary - it's worth the trip.

**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 – Aug. 8-14

In August 1918, the 5<sup>th</sup> Battalion, Co. B, C, and d, U.S. National Guards relieved the 10<sup>th</sup> U.S. Infantry Soldiers at RIA for sentry duty. On Aug. 10, 1940, the RIA went on a six-day work week, establishing the 48-hour work week for employees during the war years. In August 1927, Charles Lindbergh visited the RIA and stayed overnight in Quarters One and toured the shops. On Aug. 13, 1863, Maj. Charles Kingsbury arrived at Rock Island to assume his duties of constructing and commanding the Rock Island Arsenal.

## Healthbeat

### Bad Economic News Taking Toll on Americans' Emotions

With headlines using words like "plummet" and "dive" to describe steep stock market declines this week, experts say many Americans' emotions are also in a downward spiral. Barely four years after the first financial meltdown, people are now grappling with fears of a "double-dip" recession, looming federal and state budget cuts and shock at the first-ever downgrading (by agency Standard & Poor's) of their country's credit rating. On Monday, Wall Street suffered its steepest drop since 2008, and the sell-offs continued on stock exchanges worldwide. For Americans worried about their financial future, the past few days may have taken a big psychological toll. "This is re-invoking fear and uncertainty," said Dr. Carl Greiner, a professor of psychiatry at the University of Nebraska Medical Center. ([More](#))

### Too Much Facebook Time May Be Unhealthy For Kids

Facebook is great for reconnecting with old friends from high school and college. But for those still in school, the popular networking site could do more harm than good. That's according to Larry Rosen, a psychologist at Cal State Dominguez



Hills who's been studying the effect of technology on people for more than 25 years. ([More](#))

**Health Clinic Announcement:** Sick Call Hours 7-8 a.m. Pharmacy closed for Lunch - 12:30-1:30 p.m., **Aug. 8-24.** Clinic closed **Aug. 26** at 11:30 a.m. - staff meeting and training.

## Notes for Veterans



### **VA Reaches Out to Veterans to Explain Upcoming Changes to GI**

**Bill:** The Department of Veterans Affairs (VA) is reaching out to inform Veterans of recent changes made by Congress to the Post 9/11 GI Bill that take effect in 2011. General Allison Hickey, Under Secretary for Benefits, said "The Post 9/11 GI Bill is incredibly important because it reduces the financial burdens of higher education so that Veterans have an opportunity to achieve their education goals. VA believes it is important for Veterans to be aware of changes to the GI Bill this year and learn more about how these changes may affect them. It's hard to believe how far we have all come with the Post-9/11 GI Bill the past two years," stated General Hickey. ([More](#))

### **VA Quality Data Released on Hospital Compare Web Site:**

Department of Veterans Affairs (VA) medical centers are now included in the Centers for Medicaid and Medicare Services (CMS) Hospital Compare Web site, which measures hospital quality based on what matters most to patients - the outcomes of care. "VA is committed to providing Veterans and their family members with a transparent accounting of the quality and safety of its health care system," said Secretary of Veterans Affairs Eric K. Shinseki. ([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/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.



- Aug. 2-7:** [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
- Aug. 4:** [RIA-JMTC Industry Day](#) (iWireless Center, Moline)
- Aug. 4-7:** [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)
- Aug. 6:** [Crime Stoppers 5K Run](#) (Moline)
- Aug. 6:** [Christian Care Walk the Walk](#) (Sunset Park, Rock Island)
- 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. 14-20:** [International Softball Congress World Fastball Tournament](#) (Greenvalley Complex, Moline)  
**Aug. 19-20:** [River Roots Live](#) (LeClaire Park, Davenport)  
**Aug. 20:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 25-28:** [World Series of Dragracing](#) (Cordova Dragway)  
**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.)  
**Aug. 28:** [QC Ride for the Cure](#) (Milan)  
**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. 9-10:** [¡Viva Quad Cities!](#) (Lot West of Isle@ Casino Hotel Bettendorf)  
**Sept. 10:** [Run for ¡VIVA!](#) (Lot West of Isle@ Casino Hotel Bettendorf)  
**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:** [Golf FORE Homes](#) (Byron Hills Golf Course, in Port Byron, Ill.)  
**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)  
**Oct. 27:** [Fright Night](#) (The District)  
**Oct. 29:** [Witches Walk](#) (LeClaire, Iowa)  
**Nov. 12:** [Hawk Hustle](#) (BlackHawk College, Moline)  
**Nov. 18-27:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 19:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 19:** [Lighting on the John Deere Commons](#) (Moline)  
**Nov. 19:** [Holiday Pops Concert](#) (Downtown Moline)  
**Nov. 24:** [25<sup>th</sup> Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)  
**Sept. 7-16, 2012:** [East West Riverfest](#)

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# Island Insight



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



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



## Trust Your Instincts

We rely on our senses every day of our lives. If a behavior or activity makes you feel uncomfortable, report it!

Here are some examples of suspicious activities reported by concerned individuals that saved lives:

*A video store clerk saw anti-American material on a DVD he was asked to copy. Police captured and arrested individuals planning an attack against a military installation.*

### If it doesn't LOOK right, report it!

*A grandmother smelled bad odors from the neighboring apartment and noticed that the empty apartment was frequented by various people. Police discovered a poison gas factory.*

### If it doesn't SMELL right, report it!

*Residents were concerned with a person's threats of violence. Police captured and arrested a group planning a subway attack.*

### If it doesn't SOUND right, report it!



## What Should I Report?

Give as many details as you can. Here is a checklist to help you.

1. The date and time.
2. Where it happened.
3. What you witnessed.
4. A description of who was involved
  - Male or female?
  - How tall?
  - Build?
  - Hair color, skin color, age?
  - English speaking or another language?
5. Was there a car? Note the license plate number.
6. Have you seen this activity in your neighborhood before?

## How Do I Report?

There are [three] ways to make a report:

- ★ Call [insert phone number]. An expert will answer the call and advise you.
- ★ Call your local military police station [phone number] and make your report to the desk officer.
- ★ In an emergency call [local hotline]

All information will be kept confidential. Information submitted will be carefully assessed and, if warranted, investigated by trained investigators. All information gathered and all investigative activity will be subject to strict policies designed to protect the privacy and civil liberties of American citizens while protecting our Nation from terrorism



**A Simple Observation**  
**A Single Report** can lead to actions that may STOP a terrorist attack

**THINK ABOUT THE POWER OF THAT. THE POWER OF iWATCH ARMY.**

**See Something Say Something**

**SUSPICIOUS ACTIVITY REPORTING**

**Call [RIA DES] [911]**

## What is iWATCH ARMY?

iWATCH, iREPORT, i KEEP US SAFE (iWATCH ARMY) is a community program to help your neighborhood stay safe from terrorist activities.

You and your fellow Army community members can report behaviors and activities that make you feel uncomfortable and do not look right (suspicious behaviors).

iWATCH ARMY is a program and partnership between your community and your local law enforcement.

iWATCH ARMY asks you to report behavior and activities that are unusual or seem out of the ordinary.

## Why Report These Behaviors and Activities?

It is your awareness reported to local law enforcement that can help predict and prevent attacks before they happen.

Since 9-11, we can and must work together to prevent future attacks.

It is always better to report suspicious behaviors than to refrain from doing so.

The iWATCH ARMY program is about behaviors and activities, not individuals.

## What Activities Do I Report?

Here are examples of behaviors and activities to report:

- ★ People drawing or measuring important buildings.
- ★ Strangers asking questions about security forces or security procedures.
- ★ A briefcase, suitcase, backpack or package left behind.
- ★ Cars or trucks left in No Parking zones in front of important buildings.
- ★ Intruders found in secure areas.
- ★ A person wearing clothes that are too big and bulky and/or too hot for the weather.
- ★ Chemical smells or fumes that worry you.
- ★ Questions about sensitive information such as building blueprints, security plans or VIP travel schedules without a right or need to know.
- ★ Purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials.

## Example Situations

*"There's a chemical smell coming from my neighbor's apartment."*

*"I saw someone taking measurements. I don't want to get them in trouble. What should I do?"  
(This activity may be repeated at other locations and you may be reporting one piece of the puzzle.)*

*"Maybe someone just forgot their briefcase on the bus."  
(Do not check it yourself. It may be a test.)*

*"I saw someone watching our offices, and the next day my co-worker was asked a lot of questions about our building by someone else."  
(Do not check it yourself. It may be a test.)*

Unsure what to do?  
Let the experts decide!

**Call: 9-1-1**

## Important Places to Watch

- ★ Unit Headquarters
- ★ Installation access points
- ★ Religious facilities
- ★ Amusement parks
- ★ Sports/entertainment venues
- ★ Recreation centers, fitness facilities
- ★ Barracks, lodging facilities
- ★ Mass gatherings—parades, fairs, etc.
- ★ Schools, libraries, day care centers
- ★ Hospitals
- ★ Commissary, PX, gas station, bank
- ★ Public transportation



Report suspicious behaviors and activities to [organization]

Call [insert no.] to report suspicious behaviors and activities