

Aug. 15, 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 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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First Army DCG MacCarley Speaks at Arsenal Island Town Hall: As the new kid on the block, First Army's military and their dependents were invited to participate in its first Rock Island Arsenal town hall Aug 11. Maj. Gen. Mark MacCarley introduced First Army and provided a brief overview of its primary mission - the mobilization and demobilization of the Reserve Component. Joel Himsl, US Army Garrison-Rock Island Arsenal Garrison

Manager, hosted the town hall and introduced the presenters whom addressed a wide array of programs and services which included school bus service; child, youth and school services; the Army Emergency Relief program and Morale, Welfare and Recreation facilities to



mention a few. "On behalf of Lt. Gen. Mick Bednarek and all the members of the First Army team. Thank You," said MacCarley. "Thank you to each and every one of you and to Himsl and the garrison for the warm, hearty welcome that you have extended to us in the few months that we have been here on Rock



Island. It just has been absolutely extraordinary." "First Army's responsibility is to train Reserve and National Guard Soldiers when they are called to duty to support the Army's efforts around the world," said MacCarley. ([More](#))

Corps Christens MV Rock Island: The U.S. Army Corps of Engineers, Rock Island District, held a christening ceremony yesterday for its newest vessel, the



Motor Vessel Rock Island, at Locks and Dam 15 on Rock Island Arsenal. The Mayor of Rock Island, Dennis Pauley; Col. Shawn McGinley, Rock Island District commander; Bill Gretten, chief, Mississippi River Project Office; and Chaplain (Maj.) Scott Fluegel, command chaplain, Joint Munitions Command, dedicated the new vessel. Mayor Pauley performed the ceremonial christening by breaking a bottle of champagne on the ship's upper railing. The event included tours of the vessel following the ceremony. The new vessel is dedicated to the city of Rock Island and joins the Mississippi River Structures and Maintenance fleet located at the

Mississippi River Project Office in Pleasant Valley, Iowa. It serves as a Tender Vessel. ([More](#))

Army Launches Effort to Revamp Army Management, Structure: The Army plans to create a new commission to seek out new ways to make the Army a more "agile, cost-effective organization." Secretary of the Army John McHugh announced the plans for the panel, dubbed the Institutional Army Transformation Commission, during a morning town hall forum with Army senior executive service members on Aug. 15. ([More](#)) ([Army News](#))



DoD Strategic Plan to Detail Billions in Cuts: By the end of August, military services and agencies will receive a complete guide to how the Defense Department plans to save billions of dollars. Beth McGrath, DoD's deputy chief management officer, said Tuesday a new strategic management plan will bring together all the efficiency initiatives, plans and



Upcoming Dates

Aug. 17: National Thrift Shop Day
Aug. 19: National Aviation Day [📅](#)
Aug. 20: National Homeless Animals Day [📅](#)
Aug. 21: National Senior Citizens Day [📅](#)
Aug. 24: Single-Parent Family Day
Aug. 26: National Women's Equality Day [📅](#)
Aug. 27: Motorist Consideration Day
Aug. 28: Read Comics in Public Day
Aug. 29: 95th Marine Forces Reserve Birthday
Aug. 29-Sept. 4: Burning Man [📅](#)
Sept. 1: 72nd Anniversary of the Start of WWII
Sept. 2: 66th Anniversary of the Signing of the Japanese Instrument of Surrender
Sept. 4-10: National Suicide Prevention Week [📅](#)
Sept. 5: Labor Day (*Federal Holiday*)
Sept. 8: National Day of the Working Parent
Sept. 8: International Literacy Day
Sept. 9-11: National Days of Prayer and Remembrance
Sept. 10: World Suicide Prevention Day [📅](#)
Sept. 10: Federal Lands Cleanup Day [📅](#)
Sept. 10: Aunt's Day
Sept. 10: Sequential Day (9/10/11) [📅](#)
Sept. 11: 10th Anniversary of 9/11 [📅📅📅📅](#)
Sept. 11: National Grandparents Day [📅](#)
Sept. 11: National Pet Memorial Day
Sept. 11-17: National Assisted Living Week [📅](#)
Sept. 11-17: National Employer Support of the Guard and Reserve Week [📅](#)
Sept. 12: National Video Games Day
Sept. 12-16: National No Bully Week
Sept. 14: 197th Anniversary of the National Anthem [📅](#)
Sept. 16: POW/MIA Recognition Day [📅](#)
Sept. 16: Mexico's Independence Day [📅](#)
Sept. 16: National Step-Family Day
Sept. 18-24: Child Passenger Safety Week [📅](#)
Sept. 24: National Seat Check Saturday [📅](#)
Sept. 24: National Public Lands Day [📅](#)



milestones. "In the military department's strategic priorities there are seven goals," McGrath said during a panel discussion with the CMOs of the services in Arlington, Va., sponsored by Government Executive. The goals include business items, the total workforce mix, the contingency business operations, financial auditability, acquisition, the IT infrastructure, including data center consolidation; along with maximizing the utilization of the infrastructure and reducing transaction time. "We are looking at all areas of the business," she added. ([More](#))

Panetta: Congress Must Look at Whole Federal Budget for Cuts:

Budget concerns and the need for the Defense Department to work with the State Department dominated a discussion at the National Defense University here today with the Cabinet members who lead those departments. Secretary of State Hillary Rodham Clinton and Defense Secretary Leon E. Panetta talked with students at the National War College and the Industrial College of the Armed Forces at Fort McNair. Frank Sesno, a



former CNN correspondent who now works at the George Washington University, moderated the discussion. ([More](#))

What Congress Gets: You may have received an email recently from someone who is trying to start a petition to get members of Congress to pay into Social Security like other Americans. Or maybe you've gotten the one that says members of Congress receive their congressional salary for the rest of their lives after serving. In general, these messages tend to confuse fiction with fact. On Jan. 7, the Congressional Research Service released the latest version of a report it regularly updates on the status of retirement benefits for members of Congress. Here are some of its highlights ... ([More](#))



Federal Job Seekers' Applications Lost When Hiring System

Goes Down: About 70,000 federal job seekers' applications were lost when the government's major online hiring system went



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Welcome to the official Facebook page of Rock Island Arsenal. The Arsenal l...

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Rock Island Arsenal via First Army



Congressional Staff Delegation Visit Headquarters
www.army.mil

First Army Commander, Lt. Gen. Mick Bed congressional staffers and community lea mission to mobilize, train, deploy and dem Component units.

20 hours ago · Like · Comment

Shadrack Roberts likes this.



Rock Island Arsenal

Eagles are around around the Rock Island Arsenal in the wintre awhile you see them fly in and out of the woods here on Arser the summer. However, to date, none have been photographic Rock Island National Cemterv like this one was at Fort Snellin

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down for several days last week. The Office of Personnel Management's USA Staffing system — which posts vacancy announcements on USAJobs.gov and accepts, rates and ranks job applications — was unexpectedly taken down Aug. 9, according to an Aug. 12 listserv notice from the Health and Human Services Department. OPM brought it back online two days later, but had to revert to a backup version stored on Aug. 7, HHS said. This meant that job applications submitted between late afternoon Aug. 7 to midday Aug. 9 were lost. ([More](#))

Most Feds Don't Believe Innovation is Rewarded, Study Finds:

A new “innovation snapshot” from a group that promotes excellence in government concludes that although nine out of 10 federal employees are seeking ways to perform their jobs better, only about four out of 10 believe innovation and creativity are rewarded. According to the sponsor of the study, the Partnership for Public Service, the results suggest that “federal workers are motivated to drive change through creativity, but need stronger support from their



organizations and leaders to do so.” ([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 nationwide 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 Lobby, Bldg. 212 SE Foyer, Fitness Center, Arsenal Island Golf Course, Bldg. 110 1st Flr East, Bldg. 68 First Flr, 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.

Antiterrorism Awareness, Week Three Theme, Active Shooter -- What is an Active Shooter?:

According to the U.S. Department of Homeland Security, an active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area. Active shooter situations are unpredictable and evolve quickly. Because active shooter situations are often over within 10 to 15 minutes, before law enforcement arrives on the scene, individuals must be



prepared both mentally and physically to deal with an active shooter situation. Since these incidents are so spontaneous and lethal, off-duty officers and concerned citizens respond instinctually and engage the shooter. The five components of a crisis response plan should address how an organization will ... • Prepare • Prevent • Respond • Stabilize • Recover ([More](#))

Tribute to Our Fallen: This event will pay respect and show gratitude to our fallen military, police, and firefighting heroes as we honor their sacrifices.



Aug. 26-28, the brave men and women of our Armed Forces will again be honored during "Tribute to Our Fallen," previously known as "All Era Veterans Healing Field of the Quad Cities." The event will take place at Davenport Memorial Park, 1029 E. 39th St. It will be open to the public and staffed around the clock from opening ceremonies through closing ceremonies with numerous events scheduled throughout the weekend. Sponsored by All Era Veterans Healing Field Committee of the Quad Cities. ([More](#))

Patriot Day Prayer Luncheon: The First Army Patriot Day Prayer Luncheon is at the Arsenal Club. Tickets available until **Sept. 1**, at the First Army Chaplain Office, Bldg. 68, Suite 1044 or the Retail Store in Bldg. 60. Ticket cost: \$11.50. Guest speaker is CH (COL) Terry Meek, First Army Command Chaplain. Music provided by Crimson River.

Date: **Friday, Sept. 9**
Time: **11:15 a.m.-12:30 p.m.**

Fire Alarm Testing, Buildings 60, 61 & 62: The fire alarm system in buildings 60, 61 and 62 will be tested on **Aug. 18** at 5 p.m. This is support of IJO 11-03277. Testing will take approximately two hours. The fire department will be onsite supervising the testing.

ASC's 2011 "Real Time Resiliency"

Golf Scramble: The event will take place at the Arsenal Island Golf Course, Thurs., **Sept. 15**, 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 1st, 2nd, & 3rd

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 Fri., **Sept. 9** (Limited to first 124 paid slots).

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](#))



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 took



place Aug. 15. POC:
dollie.carpenter@us.army.mil, (309)
782-8253 ([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.: Friday, **Aug. 19**. To sign up for these drives, donors may email Sharee Hoegerl at shoegerl@mvrbc.org or call (563) 359-5401 ext. 119. Donors may also log on to www.bloodcenter.org and click on "IMPACT" to schedule a donation time for these drives. 2nd 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](#).**



Thomson Photo Contest: The Corps of Engineers Mississippi River Project's **Thomson Park Rangers** are sponsoring the 20th 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 for reservation. Only 10 tables. Time: **7-10 p.m.**

Annual Red Cross Golf Outing at TPC Deere Run: Mark your calendars now for this premier golf fundraiser in

the Quad Cities. For information & registration, go to www.qcredcross.org or contact Kasey at (309) 277-4027 (kellykas@usa.redcross.org)
Date: **Monday, Sept. 19**
Time: **1 p.m.**

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. 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 and Boutique: Thrift Shop has beautiful "new" boys and girls baby clothes. Fall and Halloween decorations will be out starting **Sept. 6**. We need furniture. If you have some you don't use, consign with the Thrift Shop. Open Tuesday, Thursday and Saturday, Aug. 20, 9 a.m. – 3 p.m. POC: (309) 782-6977

Promises for Peyton Poker Run: Sign in 10 a.m. – 12 p.m., event begins at Blueport Junction, 6605 West River



Drive, Davenport. Peyton is the grandson of Cyndi Emler. He has Metachromatic Leukodystrophy and is scheduled for a bone marrow transplant **Aug. 22**. Poker run stops include Davenport, Buffalo, Wheatland, Parkview, LeClaire and Bettendorf. Please join us and help Peyton's family. Date: **Saturday, Aug. 20**
Time: **10 a.m. – 5 p.m.**

Arsenal Traffic/Construction



Reopening - Moline Bridge Ramp to 14th Street & 4th 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



There are no announcements this week for Building/Space Closures.

Active Duty/Reserve Zone



Free Books For Active Duty Under

G.I. Bill Changes: Active duty Soldiers and their spouses will soon be able to get funding for books and supplies as part of the Post-9/11 G.I. Bill. Beginning Oct. 1, active duty members and their spouses can receive up to \$1,000 for books and supplies, per

academic year, as part of the Post-9/11 G.I. Bill. Active duty members were not previously eligible for the books and supplies funding. ([More](#))

'eArmyU' Outgrows Mission, Moving to 'GoArmyEd'

: In the past 10 years, online computer technology has grown exponentially to a point where eArmyU officials said they will culminate their program March 31, 2012. The purpose of eArmyU -- an online degree program which began in 2001 -- was to provide Soldiers access to a college education, and officials said the need for that program has been overshadowed by other booming distance-learning resources. ([More](#))

Under Secretary Westphal Reflects on Today's Army:

Joseph W. Westphal, the 30th under secretary of the Army and the service's chief management officer, is responsible for providing trained and ready forces for combat commanders. "That's a big job which entails providing those forces, getting them ready and deploying them," said Westphal. Westphal pointed out there are Soldiers deployed in more than 80 countries around the world and there is a tremendous demand [still] for Soldiers everywhere by our combat commanders. ([More](#))



Orthopedic Device Helping Wounded Warriors Return to Run:

A new energy-storing orthopedic device, along with an extensive rehabilitation program, is allowing wounded warriors who previously had difficulties walking or standing due to lower leg injuries to run again. The Intrepid Dynamic Exoskeletal Orthosis, or IDEO, was designed by prosthetist Ryan Blanck at the Center for the Intrepid. It is a custom-fit device made from carbon and fiberglass that supports the foot and ankle and resembles an amputee's running prosthetic. ([More](#))

Safety Spotlight

☪ **Message from DASAF - August:** If scorching temperatures and crowded highways are any indication, the dog days of summer are here. Last-minute vacations, back-to-school shopping and counting the days until the first game of football season are hallmarks of this time of year, and many of our Soldiers and Family members are busy preparing for the hectic and fun weeks ahead. There is one additional indicator of late summer, however, of which we should all be aware: a largely predictable increase in fatal off-duty accidents.

Historically, August and September are especially brutal in terms of privately owned vehicle accidents. Using fiscal 2010 as an example, motorcycle fatalities nearly doubled during these months versus June and July. Deaths in sedans and other POVs also rose between August and September from numbers recorded earlier in the summer, although the increase was not as significant as that for motorcycles. And while POV fatalities as a whole are down in fiscal 2011, fatal motorcycle accidents were up 37 percent at the end of the third quarter — with what are traditionally our worst days still ahead. ([More](#))

Equal Opportunity Focus

☪ **OPM, EEOC Promise to Continue Work to Close Gender Wage Gap:** Federal officials issued a joint statement assuring employees that their agencies are endeavoring to close the gender wage gap that persists in the federal workforce. In an Aug. 16 memorandum, Office of Personnel Management Director John Berry and Equal Employment Opportunity Commission Chair Jacqueline Berrien said that the two agencies “are working together to ensure the most rigorous possible

enforcement of our federal equal pay laws in federal sector employment. ([More](#))

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, 3rd 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 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.
<http://riamwr.com/BusPgms/special.htm>

Labor Day Closure: Outdoor Recreation will be closed on Monday, **Sept. 5**, in observance of the Labor Day Holiday.

MWR Outdoor Recreation Canoe Outing: Join Outdoor Recreation for a day of canoeing on the Maquoketa River from Canton, Iowa, to the Royertown Bridge. Cost is \$40 per canoe. Each canoe can hold up to three adults or two adults and two children. Sign up at the MWR LTO Office in Bldg. 60 or call (309) 782-8630 for more info.
Date: **Saturday, Oct. 1**
Time: **9 a.m. - 3 p.m.**

Tour Ireland Trip: Your Ireland experience begins for just \$3,900 round trip air from Los Angeles, Baltimore, or Washington. Cruise/Land/Intra-Air transportation, motor coaches to each destination and hotel stay. Ten breakfasts and seven dinners included. Contact us for more details.
Date: **Thursday, Aug. 30**

Ringling Bros Barnum & Bailey Circus: We have ticket for the circus for Saturday and Sunday. Two different times for each day. Children one and

under on lap are free. Children 12 and under are \$13, lower bowl is \$18, upper bowl is \$15. Seats on sale until **Aug. 15**.
Date: **Saturday, Sept. 3**
Time: **11 a.m.**

Adler Theatre: My Fair Lady: My Fair Lady is triumphant. With "Wouldn't It Be Lovely?," "With a Little Bit of Luck," "The Rain in Spain," "I Could Have Danced All Night," it's no wonder everyone – not just My Fair Lady is triumphant. Discounted seats are \$48.
Date: **Sunday, Oct. 30**
Time: **7 p.m.**

Iowa Hawkeyes vs. Tennessee Tech Golden Eagles: Leisure Travel had 20 discounted seats to this game at Kinnick Stadium in Iowa City, Iowa, for \$57.
Date: **Saturday, Sept. 3**
Time: **11 a.m.**



Iowa Hawkeyes vs. Louisiana-Monroe Warhawks: Twenty discounted seats for this game Kinnick Stadium in Iowa City, Iowa. Game time TBA.
Date: **Saturday, Sept. 24**



Circa 21 Presents: Nana's Naughty

Knickers: Bridget and her Grandmother are about to become roommates.

However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer, quickly turns into an experience she will never forget. Grandma is running an illegal boutique from her apartment, selling handmade naughty knickers. Seats are \$43.50.

Date: **Saturday, Sept. 17**

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

Mt. Olympus Water & Theme Park:

The remaining one-day wristbands we have on hand are now on sale from \$25 to \$10. Get yours while supplies last.

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**

OC 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



Review of Select Army Family and Child, Youth and School Programs and Services:

The Commanding General of IMCOM, [Lt. Gen. Rick Lynch](#), requests your help to evaluate Army Family and Child, Youth and School Programs and Services. The Army Family Covenant represents the Army's commitment to provide standardized programs and services to Soldiers and Families. The promise of the AFC will be sustained through continuous review and measurement of programs and services. As we continue to seek ways to improve programs and address gaps and redundancies in existing Soldier Family programs and services, it is important to evaluate Family and CYS programs and services to determine those most and least valuable to Army Families. Please take a moment to evaluate programs/services today. It is easy - just click on the web-links above and complete as specified. Your responses are important to us. We appreciate your time and thank you for your service to our great country. ([Rank your 10 most valuable programs](#)) ([Rank your 10 least valuable](#))

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)



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



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.



Employee Assistance Program



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

Anonymous Online Mental Health Screening -- 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, 1st 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.



Education/Training Review

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



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

September Case Lot Sale: Our next case lot sale will be **Sept. 16-17**. We look forward to seeing you here for the great savings. Customers who want to experience savings well beyond their usual commissary shopping and customize their own cases in the process cannot afford to miss the Defense Commissary Agency's worldwide case lot sale in September, said the agency's director and CEO. "We always have great oversized deals at these sales events - often at savings of 50 percent or more," Joseph Jeu said. "What's more, this will mark the second worldwide event where we've offered customers a unique opportunity to create their own cases by mixing and matching

products." Charlie Dowlen, DeCA's promotions manager, said, "Case lot sales offer our customers hundreds upon hundreds of items, many in club pack packaging that resembles the multiple bulk-sized products they'd see in off-post warehouse club stores. You'd think the county fair was in town, with all the people looking for great deals beyond the everyday savings they see in their commissaries." ([More](#))

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.

Rock Island Arsenal Museum Closed:
The Rock Island Arsenal Museum will be closed on Saturday and Sunday, **Aug. 27 & 28**, due to a Public Works project.
Time: **12-4 p.m.**

This Week in Rock Island Arsenal History – Aug. 15-21: On Aug. 15, 1945, V-J Day, Japan surrendered unconditionally to end World War II. During World War I in the month of August 1918, the Rev. M. E. Krotzer, Presbyterian from LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop D, a patriotic measure.

Healthbeat

10 Healthy Foods That Aren't: John Edwards, Tiger Woods, Arnold Schwarzenegger—between them, they've got billions of dollars, half a dozen PGA titles, a governorship, and one near-vice-presidency. And it's exactly their level of success that made their failings so shocking. (Well, that and the mistresses, the steamy texts, and the love children.) Chalk up our shock to what's known as the "halo effect," a psychological phenomenon where our

perception of one trait (Edwards's campaign charisma, Tiger's on-the-green mental strength, Arnold's Terminator toughness) influences our assessment of that individual's other qualities—like believing these men were great family men. The halo effect influences our dining choices as well. A recent Cornell University study shows that people tend to perceive some not-so-wholesome meals as healthy if they are labeled with buzzwords like "organic." The so-called health halo also makes us more likely to overeat as well. To make matters worse, many popular restaurants willfully exploit the health halo, leading us to order healthy-sounding dishes that pack insane amounts of calories, saturated fat, and sodium. Want proof? Below are ten wannabe health foods, compliments of the forthcoming Eat This, Not That! 2012 Edition, that are worse for you than, say, a 930-calorie Wendy's Double Baconator! ([More](#))

Do Guys Experience 'Manopause'? : What happens when a man's testosterone level starts to go south as he ages? Do guys experience their own version of menopause? Sort of, but not exactly. Unlike women, men experience hormonal changes gradually over a period of many years. A man's

testosterone level peaks around age 20, and then steadily declines from about 40 on, so ultimately it's about 50% less by the time he is 80 years old. The result can sometimes be a condition called "andropause," which potentially affects millions of American men. The symptoms – irritability, changes in sexual function and erectile quality, low desire – can have a very real impact on a guy's sex life and his overall relationship. But low testosterone doesn't always signal a problem. There's a huge range in what is considered "normal" for the sex hormone testosterone, according to my Good in Bed colleague and author of a woman's guide to male sexual issues, psychiatrist Madeleine Castellanos. Testosterone levels fluctuate greatly throughout the day (they're highest in the morning) and even during different seasons. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed **Aug. 26** at 11:30 a.m. - Staff Meeting and Training.

Notes for Veterans

Project Will Address Veterans' Re-Employment Rights: The Office of



Special Counsel announced this month that it would begin a new three-year demonstration project that will expand the office's role in enforcing the Uniformed Services Employment and Re-employment Rights Act. USERRA prohibits employment discrimination against veterans and members of the National Guard and Reserve, and guarantees their reinstatement in their civilian jobs on their return from military duty. The initiative, established under the Veterans' Benefits Act of 2010, authorizes OSC to receive and investigate certain USERRA complaints involving federal agencies. ([More](#))

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 Publishes Social Media Policy: The Department of Veterans Affairs (VA) announced today the release of a policy directive regarding the secure use of Web-based collaboration and social media tools. The policy allows the Department and its employees to leverage emerging platforms that enhance communication, stakeholder outreach, and information exchange as the Department transforms itself into a 21st Century organization attuned to the needs of Veterans of all generations. "Veterans should have consistent and convenient access to reliable VA information real time using social media—whether on a smartphone or a computer," said Secretary of Veterans Affairs Eric K. Shinseki. "They also should be able to communicate directly with appropriate VA employees electronically." ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA

to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Looking for someone to carpool with from the Sterling-Rock Falls area, 3rd shift, 10:15 p.m.-6:15 a.m., john.b.mitchell1@us.army.mil
- **Carpool/Ride:** Looking to carpool with someone from Fulton area along Rte. 84 to Bldg. 390. Contact Carole.Mitchell@us.army.mil or (309) 782-1892.
- **Carpool/Ride:** Commuter living in downtown Davenport looking for a ride across the bridge to Bldg. 350. Employee works anytime between 6-8 a.m. Willing to pay for ample gas. POC is Tom: (563) 650-3540.
- **Carpool:** Looking to carpool with anyone from the Western Illinois University Macomb Campus for the 2010/2011 school year. Call Nicole Suthard at (815) 345-1360, nicole.suthard@us.army.mil.
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.



Around the Q.C.



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: [Tribute to Our Fallen](#) (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: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 5: [Run with Carl](#) (Bettendorf)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)
Sept. 9-10: [iViva Quad Cities!](#) (Lot West of Isle@ Casino Hotel Bettendorf)
Sept. 10: [Run for iVIVA!](#) (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: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Sept. 7-16, 2012: [East West Riverfest](#)



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@comus.army.mil, Phone: (309) 782-1121. The *Island Insight* is [available online](#).





Antiterrorism
Active Shooter
Community Response



**Coping with an
Active Shooter**

Evacuate

Hide

Take Action