

April 15, 2013



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: <https://home.ria.army.mil/sites/ii/ii.cfm>



Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)



Holocaust Survivor Tells Story of Nazi Persecution: He had a happy early childhood; as a European Jewish boy during World War II, he lived through and survived the Nazi Germany invasion of his homeland, the Netherlands; and then he eventually moved to the United States to begin a new life. But like all those who did survive, he went through hell. And now Joseph Koek is telling his story of a 12-year-old boy's life turned upside down after the German army

invaded his country on May 10, 1940. Four days later the Dutch forces surrendered to an overwhelming force that plunged the world into the Second World War. "I was the middle child of a wonderful Jewish family," Koek said to the audience in the Building 103, April 9. He was the guest speaker in RIA's observance of the Holocaust, an Army-wide annual event organized locally by the Army Sustainment Command Equal Opportunity Office. "I had a wonderful

early childhood." This year's observance theme designated by the U.S. Holocaust Memorial Museum is "Never Again: Heeding the Warning Signs." April 7 - April 14 was designated as "Days of Remembrance" in memory of the victims of the Holocaust, and in honor



of the survivors, the rescuers and liberators. ([More](#))

Garrison Employment Event: The Rock Island Arsenal-Garrison will host an employment event in Heritage Hall, Bldg. 60, **April 17**, 9 a.m. – 1 p.m. In support of this effort, the Garrison asks that our RIA organizational leaders, commanders and first sergeants encourage our transitioning Soldiers, civilians and Family members to attend this important job opportunity event. Come and meet with employers from the Social Security Administration, Business Franchise Consulting, Inc., Genesis Health Systems, APAC Customer Services, Inc., Black Hawk College and others. Most of these organizations have vacancies and are looking for our good candidates. In addition to the potential employers, we are also anticipating representatives from several educational institutions who will be available to talk with individuals looking to resume or continue their education or change career fields. Hope to see you there!

A Team of Teams: Training conducted by the Rock Island Arsenal Fire



Department Feb. 14, in Bldg 299, ensures standardization and stability for hazardous materials response in the Quad City area. "RIAFD is unique, it has one of the better HAZMAT units in the state of Illinois," said Dave Liske, Mutual Aid Box Alarm Systems 43 coordinator and a deputy chief of RIAFD. HAZMAT response was established at the RIAFD in 1979. All the local cities used the team until the four MABAS were founded. The state of Illinois used terrorism task force dollars to form the units statewide in 2003. MABAS purchased HAZMAT equipment and pushed it to the different fire departments to maintain and train. ([More](#))

Officials: Pentagon Looks to Cut

Furlough Days: Senior Pentagon leaders are taking another look at sharply reducing the number of unpaid furlough days that department civilians will have to take in the coming months, suggesting they may be able to cut the number from 14 to as few as seven, defense officials said Thursday. If the number is reduced, it would be the second time the Pentagon has cut the number of furlough days. It had initially been set at 22 days. The



Upcoming Dates

- April 14-20:** National Public Safety Telecommunicators Week
- April 14-20:** National Library Week
- April 15:** Tax Day
- April 15:** National Buy a Gun Day
- April 15-19:** National Work Zone Awareness Week
- April 15-21:** National Screen-Free Week
- April 16:** FourSquare Day
- April 16:** Emancipation Day
- April 16:** National Healthcare Decisions Day
- April 16:** Secure Your ID Day
- April 19:** Oklahoma City Bombing 18th Anniversary
- April 19:** Patriots' Day [📍](#)
- April 20:** National Record Store Day
- April 20-28:** National Park Week
- April 21-27:** Volunteer Appreciation Week
- April 21-27:** Animal Cruelty/Human Violence Awareness Week
- April 21-27:** National Shaken Baby Syndrome Awareness Week
- April 22:** Army Earth Day [📍](#)
- April 22-26:** National Playground Safety Week
- April 23:** 105th Army Reserve Birthday
- April 24:** Administrative Professionals Day
- April 25:** Take Our Daughters and Sons to Work Day
- April 26:** Arbor Day
- April 27-May 4:** National Infant Immunization Week
- April 28:** Workers Memorial Day
- April 28-May 5:** National Safe Kids Week
- April 29:** Distracted Driving Awareness Day
- April 29-May 3:** National Air Quality Awareness Week
- May 18:** U.S. Government Debt-Ceiling Deadline
- May 18:** Armed Forces Day
- May 27:** Memorial Day (*Federal Holiday*)



officials say no decision has been made and that they are not ruling out efforts to drop the furloughs entirely. ([More](#))

Obama Budget Calls For 1% Raise, But Higher Pension Contributions:

Commenting on how the White House's proposed 2014 budget treats federal pay and benefits,

William Dougan, head of the National Federation of Federal

Employees, said: "With friends like these, who needs enemies?" "It's clear today that Washington has abandoned federal employees," he added. ([More](#))



12,000 DOD Civilian Jobs to Be Axed:

The Defense Department would cut civilian staffs by about 12,200 in fiscal 2014 under the administration's proposed budget, kicking off an expected five-year cycle of significant staffing cuts. By the end of 2018, Defense Comptroller Robert Hale said last week, Defense will shed between 40,000 and 50,000 positions, about 5 to 6 percent of its total staffing levels.



Defense has about 777,200 civilian employees this year. ([More](#))

Army Supports Another BRAC Round In Fiscal Year 2015:

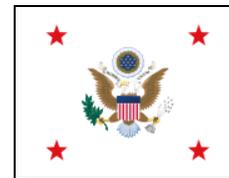
The Army's assistant secretary for Installations, Energy and Environment was back on Capitol Hill along with Defense Department and service counterparts to request another round of base realignment and closure in fiscal year 2015.

Katherine Hammack testified before the House Appropriations Committee, April 12, that as the Army reduces its force structure and end strength by roughly 14 percent, or 80,000 Soldiers come 2017, the service will also need to keep in-line with those personnel reductions by assessing and right-sizing the supporting infrastructure. ([More](#))



Army's Financial Managers Committed To Improving Fiscal Readiness:

Under Secretary of the Army Joseph W. Westphal expressed the Army's appreciation for the vital efforts of uniform and civilian



personnel assigned to the office of the Assistant Secretary of the Army for Financial Management & Comptroller, or ASA (FM&C), during an address to the financial managers, here, today. Westphal highlighted the financial expertise of the ASA (FM&C)'s civilian workforce and underscored their dedication to ensuring that Army leaders incorporate cost considerations as critical decisions are made regarding current fiscal constraints. ([More](#))

Obama Renews Call to Limit Federal Contractor Pay:

The Obama administration called for a stricter cap on contractor employee pay in the fiscal 2014 budget proposal it submitted to Congress April 10. Contractor employees should make no more than the vice president, who is currently paid \$230,700 per year, the administration says. President Obama called for a reduced cap in 2011 when the current limit, based on private sector executive pay, reached \$763,000. The administration's proposal noted that, in late 2012, the Senate version of the National Defense Authorization Act



included an amendment to cap defense contractor salaries at the vice president's salary. ([More](#))

Federal Government Favorable Rating Drops to 28 Percent,

According to a Pew Poll: Only 28 percent of Americans view the federal government favorably, according to an

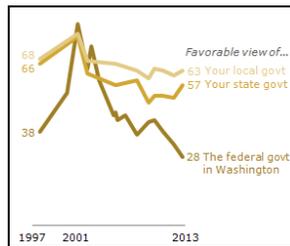
[April 15 Pew Research Center poll](#). In

addition, for the first time since Obama became

president,

more Democrats say they have an unfavorable view of the federal government in Washington than a

favorable view, Pew data shows. ([More](#))



Your Thoughts on Public Service:

May 5 marks the beginning of Public Service Recognition Week. For this occasion, Federal Times invites you to share your thoughts on the state of federal public service. These are trying and uncertain days for federal employees. Their compensation and contribution to the nation are under scrutiny like never before. Public support for federal employees is low. The nation's leaders are engaged in an

important debate on how to readjust the size and role of government. ([More](#))

RIA Observes National Public Safety Telecommunicators Week:

The week of **April 14-20** is National Public Safety Telecommunicators

Week. This is an opportunity to honor the women and men who serve as our public safety

dispatchers. They are the voice at the other end of the 9-1-1 call assisting a

distraught caller and at the other end of the radio when police, firefighters, and medical personnel are responding to emergency situations. Often these

"invisible" courageous professionals are the forgotten component of public safety. Telecommunicators Week began in California in 1981 and quickly grew to national recognition. Just ten years later, Congress designated the second

full week of each April as a time to remember the critical role that dispatchers play in keeping us all safe. If you've ever been the victim of a crime, been in a collision, reported a fire or needed emergency medical help, you've called 9-1-1 and been helped by a telecommunicator, also known as a



"dispatcher." Not being visible or always recognized in the public eye, the critical role they play between the community and first responders is essential for every public safety call for service. Our dispatchers are the direct link to our officers and firefighters in the field. They monitor the radios, computers, phones, and more; answering thousands of calls from our community each year. Please join us in conveying a big thank you to the often heard but not seen "first of the first responders," our 9-1-1 dispatchers and call takers.

Changes to CAC, ID Cards on Track:

The Defense Department is on track with a three-phase plan to remove Social Security numbers from military and dependent identification cards, both in the States and overseas, a defense official said. Beginning at the end of this year, Social Security numbers will no longer be used on military and dependent ID cards that are issued and/or renewed, according to the Defense Department's Social Security Number Reduction Plan, posted on the Web at www.dmdc.osd.mil/smartcard. ([More](#))



Installation Force Protection

Exercise: The USAG will be hosting the annual Full Scale Force Protection Exercise on **May 15**. In order to make this event a success, volunteers are needed to act as role players. The exercise requires 25 volunteers to provide realistic training for RIA and community. Volunteers are needed from 7 a.m. until approximately 2 p.m. the day of the exercise and for a one-hour safety briefing **May 14**. POC is [Ed Peterson](#) at (309) 782-1756. Since this exercise is conducted during work hours, personnel should coordinate with their supervisors for authorization prior to contacting Peterson. As in past exercises, organizations will set their own leave authorizations. Lunch will not be provided so volunteers are asked to bring a lunch or purchase a premium boxed lunch from Sheridan's for \$6.95 that will be brought to the exercise location. Order forms will be available at the safety briefing on **May 14**.

Corps of Engineers' Boating Safety

Class: The U.S. Army Corps of Engineers Mississippi River Project will be offering five different opportunities to attend a free boating safety education class. The classes will



be held on the following dates: **April 27**, and **May 11**. Each class will run 8 a.m. - 4:30 p.m. and only one eight-hour class is required to complete your certification. This class is recommended for people who are new to boating on the Mississippi River, families that enjoy weekend boating adventures, or seasoned boaters who would just like to brush up on their safe boating knowledge. Anyone over the age of 12 can be certified. This is a classroom based safety course and will not include an on-the-water experience. Upon successful completion of the class and exam, participants will be issued an Illinois DNR Boat Safety certification which is honored in both Iowa and Illinois. These classes will be held at the Mississippi River Project Office at Locks and Dam 14 in Pleasant Valley, Iowa. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the park rangers at (309) 794-5338. ([More](#))

Scheduled Power Outage:

The Directorate of Public Works will be conducting a power outage for Bldg. 208 on Sunday, **April 21**, starting at 6 a.m. Expected duration is eight hours.



The purpose of this outage is to perform annual maintenance on the electrical switch gear.

VIOS Schedule for April: Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **April 23, 24 and 25**.



Appointments may be scheduled online by submitting a DA3903 Work Request using the [Visual Information Ordering Site](#) at for these available times: Tuesday, **April 23**, 7 a.m. – 3:40 p.m.; Wednesday, **April 24**, 7 a.m. – 3:40 p.m.; Thursday, **April 25**, 7 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule



a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, April 19, 10 a.m. – 12 p.m.** If



you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on May 24**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 10**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "We will have a drawing for a red Mississippi Valley Regional Blood Center polo. Any donors giving on the Arsenal during the month of April will be included in the drawing. Winner will be allowed to specify their size preference."



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.

Trivia Night Sponsored by Col. Davenport Foundation: There will be a Trivia Night, Sponsored by Col. Davenport Foundation, **April 20**, at the Arsenal Island Golf Course clubhouse. The doors will open at 5:30 p.m., play will begin at 6:30 p.m. \$10 per person/\$80 per table. 50/50 raffle & raffle items. Club open bar; brats, hot dogs, snacks available for purchase; snacks may be brought in, but no drinks.



Quad City St. Baldrick's Foundation – Help End Childhood Cancer:

The head shaving event to help end childhood cancer. iPad and iPad Mini raffle, 50/50 raffles, food, drink, basket raffle and head shaving. Golden Leaf



Convention Center, Kimberly Rd Davenport. [Visit here](#) or call Stuart at (309) 574-0283 for more information! Date: **Saturday, April 20** Time: **11:30 a.m. - 4:30 p.m.**

Wine and Food Pairing Sponsored By

WID: Women in Defense is hosting a Food & Wine Pairing event presented by Fred Smith and starts at 6 p.m., Friday, **April 26**. The event fee is \$30 for WID members (\$35 for non-members). RSVP [by email](#) or call (309) 912-2044. We will have a door prize and basket raffle. Date: **Friday, April 26** Time: **6 p.m.**

"Let's Celebrate Our Mothers": [Q-C Women In Action](#) will be hosting a special dinner in honor of mothers and motherhood. Honor your mother, wife, aunt, sister or grandmother by bringing



her out for an evening full of entertainment, food and fun. Tickets are \$10 per person or two for \$18.

Date: **Saturday, May 11**

Time: **6 p.m.**

Review Your Official Personnel Folder Before June 1:

The CPAC reminds Arsenal Island employees that there is a need for you to access your eOPF (electronic Official Personnel Folder) record in order to ensure your records are correct and complete in advance of the destruction of the hard-copy OPF, currently scheduled for June 1. Effective Oct. 31, employees should have had access to their Official Personnel Folder electronically. Please review the information and follow the instructions to gain access to view your eOPF in the links at the end of this announcement, which link to a packet that also contains a welcome letter for new eOPF users, a screen-shot guide to access, FAQs as well as password reset information. For questions or concerns with the eOPF system, please contact eOPF by calling the Help Desk at 1-866-275-8518 or by contacting them via email at eOPF_hd@telesishq.com. (eOPF



[Welcome Letter & Packet](#) ([Additional information on eOPF](#))

Administrative Professional's Day Taco Buffet: There will be an all you care to eat taco buffet in the Arsenal Club, Bldg. 60, 11

a.m. – 1 p.m., on Wednesday, **April 24**. The buffet will include all the fixings for tacos (shredded lettuce, cheese, onion, tomato, black olives, jalapeños, etc.), refried beans, Spanish rice, salad bar with dressings, chicken tortilla soup, beverages (soda, coffee, iced tea and water) and dessert for \$8.75 (includes tax).



3rd Annual RIA Prayer Breakfast: All RIA employees are invited to attend the annual prayer breakfast held in Bldg. 60, Heritage Hall. Special guest speaker: Phil Stacey. Free tickets can be picked up at ASC/JMC/First Army chaplain's offices or at Army Community Service. Please call (309) 782-0910 for more info. Date: **Thursday, May 2**



Time: **6:30-8 a.m.**

Honor Flight Network Muster Call – April 25: This is a reminder that the 24th Honor Flight [will depart the QC airport](#) with WWII and Korean-Era veterans aboard, to tour our nation's memorials built in their honor, on Thursday, **April 25**. If you have some time, come out in the morning or in the late evening to see them off or welcome them home. They start gathering at 5 a.m. to check in for their 7 a.m. wheels up and usually arrive back in the QC sometime around 9 p.m., arrive at the airport no later than 8:45 p.m. to await their landing. Honor Flight of the Quad-Cities has flown nearly 2,000 veterans to the nation's capitol to see their war monuments. To apply, veterans should visit www.HonorFlightQC.org for an application. Information is also available at Ridgecrest Village, 4130 Northwest Blvd., Davenport. If you know a WWII veteran from outside the area and need information from the national Honor Flight Network go to: www.honorflight.org



RIA AUSA 2013 Golf Outing & Steak Fry:

The Rock Island Arsenal Chapter of the AUSA will hold its 14th Annual Golf Outing & Steak Fry on Friday, **July 26**, at the beautiful Arsenal Island Golf Course. Players ... hurry and [register for this event](#). Only the first 40 teams will play! AUSA is a 501(c)(3) non-profit educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, Government Civilians, Wounded Warriors, Veterans, and their family members. Proceeds from this event are used to fund all of our Chapter activities including our Soldier & Family Support programs, wounded warrior programs, veteran support initiatives, the USO/AUSA Emergency Relief Grant Program & the RIA AUSA Scholarship program. For thirty years, our Chapter has supported initiatives to strengthen the viability of the Arsenal, aide MWR & ACS programs, sponsor veteran support programs and we have contributed more than \$125,000 in the last two years for Soldier and Family needs. ([More](#))



2013 Vietnam Veterans Remembrance Ceremony:

Iowa will honor their Vietnam Veterans during a remembrance ceremony to be held Tuesday, **May 7**, beginning at 12 p.m. at the Vietnam Memorial – located on the south side of the State Capitol in Des Moines. May 7 is the official Iowa Vietnam Veterans Recognition Day, passed during the 2008 legislative session. The ceremony will include remembrance prayers, the laying of the traditional wreath, ceremonial music, and special guest speaker, Vietnam Veteran, Col. Ronald “Curly” Albrecht – the last veteran of the Vietnam War in the National Guard to retire. Please join us as we unite in remembrance of those who served, and those who sacrificed their lives for our country.

Buy 1 Get 1 Free Large Jar Candles at Yankee Candle, Plus 10% Military Discount:

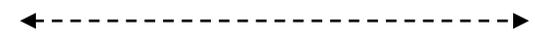
Bring your employee ID to the local Yankee Candle store at Northpark Mall and receive a free large jar for each regularly priced large jar you purchase. Plus Yankee Candle now offers a 10 percent



military discount on all purchases every day. Just bring in a valid military ID to receive the additional discount.

Online Ordering, Lunch Delivery

Service Now Available: Having a hard time breaking away from work for lunch, let us come to you. Log onto www.deliver2yourdesk.com and order anything available in the Bldg. 60 cafeteria (including Káva Café) to be delivered straight to your office. Breakfast delivery available Monday – Friday, 6-8:30 a.m., lunch delivery available 10:30 a.m. – 12:30 p.m. Káva Café delivery available 6 a.m. – 12:30 p.m. Please allow 20-30 minutes for delivery. Call (309) 793-4337 for more info.



Arsenal Traffic/Construction

Government Bridge Closure: The Government Bridge will close to vehicular traffic on **April 20** and **April 21**, and again **April 27** and **April 28** (if needed), from 7 a.m. to 8 p.m., to facilitate replace or repair of corrosion sensors. The bridge will reopen ahead of schedule if work finishes early. The closure will not affect, railroad, bicycle or walking traffic on the bridge, and the bridge will still turn to allow barge



traffic to pass. "Vehicular Traffic" Saturday/Sunday, **April 20/21** and again Saturday/Sunday, **April 27/28** (if needed). The closure(s) will not affect any known scheduled Arsenal or community activities that use the Government Bridge.

North Avenue Repair & Closures

Update: Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

Building/Space Closures

Ⓒ **Reduced Elevator Inventory:** As a result of fiscal constraints, Rock Island Arsenal Garrison has experienced significant shortfalls in Operations and Sustainment funds, making it necessary to reduce its current elevator inventory. Effective March 29,



one elevator per building, or one elevator of each type (freight and passenger), in structures with multiple elevators will be taken out of service. No less than one elevator per building will remain in operation. Out-of-Service signs will be placed on the doors of non-operational elevators at each floor and alternate route signs will be posted on first and basement floor elevator doors. The Directorate of Public Works followed a process in determining which elevators would have the least impact on the workforce. In some cases, we removed freight elevators in lieu of passenger elevators, as code does not allow freight elevators to be used for passengers. Since all building elevators are crucial for both passenger and material transportation, we realize there will be inconvenience. The duration of these reduced services is uncertain at this time. Following is a list of elevators that will be removed from service: • Bldg. 60, east, freight elevator; • Bldg. 62, west, passenger elevator (NOTE: Access through construction zone on 3rd floor will be made available); • Bldg. 68, east, passenger elevator; • Bldg. 102, east, freight elevator; • Bldg. 108, east, passenger elevator and west, freight elevator; • Bldg. 210, Southwest, Freight Elevator; • Bldg. 212, southeast, barrel lift; • Bldg. 220, Middle North, Freight

Elevator #2; • Bldg. 350, southwest, passenger elevator #1; • Bldg. 350, northeast, freight elevator #3; • Bldg. 390, freight elevator.

Closure of Third Floors in Bldg. 61, Bldg. 62:

The Directorate of Public Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

Active Duty/Reserve Zone

Ⓒ **In 2014, Soldiers Get 1 Percent Raise, 3.9 Percent Increase In BAH:** Soldiers will see a one percent pay raise in 2014. Their untaxed paycheck will also benefit from a 3.9 percent increase in basic allowance for housing and a 3.4 percent increase in basic allowance for subsistence as well. The Army announced April 10 its fiscal year 2014



budget request, which amounts to \$129.7 billion -- that's part of the president's \$3.03 trillion total government budget request for the fiscal year, which begins Oct. 1, 2013. During a briefing at the Pentagon, Maj. Gen. Karen E. Dyson, director of the Army Budget, and Davis S. Welch, deputy director of the Army Budget, discussed components of the Army's proposal, including how much is marked for supporting personnel, how much is marked for facilities maintenance, and how much will go toward buying or modernizing war-fighting equipment. ([More](#))

Hagel Eliminates Distinguished Warfare Medal: Defense Secretary Chuck Hagel has eliminated the Distinguished Warfare Medal, DOD officials announced today. Instead, the military will recognize service members who directly affect combat operations without being present through distinguishing devices that will be affixed to already existing awards. Soon after being sworn in as defense secretary Feb. 27, 2013, Hagel asked Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, to lead a review of the medal. ([More](#))

Army Leader Development Program: The Army Leader Development Program (ALDP) is the Army's formal process for introducing, developing, tracking, and approving leader development (LD) initiatives and programs. The Department of the Army Pamphlet (DA PAM) 350-58, Army Leader Development Program, was published on Mar. 8, 2013. This major revision includes a title change and all new content. It establishes procedures and methods for the ALDP and documents the management process, procedures, and methods for leader development initiatives such as the Army Profession, Structured/Guided Self-Development, Army Career Tracker, and the Army Green Pages. ([More](#))

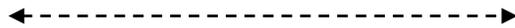
Army Career Tracker: The Army Career Tracker is an Army leadership development web-based tool developed by U.S. Army Training and Doctrine Command's Institute for Noncommissioned Officer Professional Development. The ACT provides Army personnel -- enlisted, officer and civilian cohorts - a system to manage their professional development and to monitor progress toward training, education, and career goals. The ACT interfaces with more than a dozen source

systems in providing data such as assignment history, training history, education history, and certifications. ([More](#))

MWR Campsites for Active Duty Military Families: The MWR program is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and Family support programs, activities, and services. Over the past few years the Mississippi River Project has chosen to designate one campsite at several of our class "A" recreation areas as an MWR site. This includes Grant River, Thomson Causeway, Fisherman's Corner, Clark's Ferry and Shady Creek Recreation Areas. These MWR campsites will be available for active military and their family members of all branches of service to reserve for up to two weeks at a time, free of charge, to show our support to active military personnel and their families for all of the sacrifices they make to protect and preserve our freedom. Active military personnel can make reservations for use of the site anytime between Memorial Day weekend and Labor Day weekend for up



to 14 days by contacting the fee booth in person or by telephone. The site must be reserved no less than three days in advance of their arrival. On days when the MWR site is not reserved or occupied it will be available to any walk-up camper to camp upon – and regular pricing will apply. Those wishing to camp on the site will be limited to registering for a maximum of two nights stay, but may re-register for additional two nights (up to a maximum of 14 days) if the site continues to be unused or unreserved by any active military personnel. These MWR sites cannot be reserved by any other military personnel, army civilians or retired military personnel. It is for active duty personnel only. Proof of active duty will be required upon registration.



Safety Spotlight



What Makes A Safety Success?: By now, readers of this column should know I'm a big advocate of safety culture. The actual definitions of that term, however, can be as varied as the missions we perform every day. That's why it's important we have some measures in place as a litmus test for leaders looking to evaluate their culture and climate. The following six criteria

can help you determine both your strongest and weakest areas regarding safety, and also give you ideas for enhancing your existing risk management programs.

First, senior leaders must be visibly committed to the safety program. That means, first and foremost, that you never tolerate injuries and losses as the price of doing business. The fact is - every Soldier and piece of equipment lost to a preventable incident increases our costs exponentially. Truly engaged leaders recognize this and do everything within their power to prevent accidents in the first place, not simply mitigate the effects of them after the fact. This requires a shift in focus from accidents, to near misses, close calls and deliberate targeting of risky behavior. ([More](#))



Equal Opportunity Focus



National Minority Health Month:

Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live. We need your help to combat health disparities, build healthier communities and create a stronger nation. This April, the Office of Minority Health and our partners mark National Minority Health Month by raising awareness about

health disparities that continue to affect racial and ethnic minorities, and the health care law's groundbreaking policies to reduce these disparities and achieve health equity. This year's theme, Advance Health Equity Now: Uniting Our Communities to Bring Health Care Coverage to All is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities and increasing access to quality, affordable health care for everyone. ([More](#))



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

April is Car Care Month: Make sure your ride is tuned up and ready to hit the road this summer. All month long take advantage of our \$20 standard oil change special or if you'd like to learn how to change your oil yourself, get signed up for the Oil Change Clinic on **April 17**. Stop by the shop on Saturday,



April 20 for our free inspection day and enjoy some free coffee and donuts while our experienced technicians perform a comprehensive safety check on your vehicle for free. Check out [this flyer](#) and [that flyer](#) for more info and call (309) 782-8631 to schedule an appointment. Check out [this month's newsletter](#) for some great tips on car care and maintenance.

Beer Pairing Dinner: Do you enjoy beer? Do you enjoy it even more when it is perfectly paired with fine cuisine? If you said yes to either one of those questions you need to call and make your reservations today for our **April 19** beer pairing dinner at the Arsenal Island Golf clubhouse. Enjoy samples of Bent River craft brews that have been carefully selected to complement and enhance the fine cuisine prepared by our executive chef. The cost is \$50/person. You can make reservations by calling (309) 782-4372. ([Flyer](#))



Date: **Friday, April 19**
Time: **7 p.m.**

MWR Administrative Professionals Day Buffet: Is your administrative professional the glue that holds your

office together? Make sure they know how much they mean to your organization by treating them to our lunch buffet on Wednesday, **April 24**, 10:30 a.m. – 2 p.m., at the newly renovated Arsenal Island Golf Course clubhouse. There will be a salad, soup and sandwich buffet featuring assorted salads, sandwiches (chicken, tuna, and egg salad), the soup of the day, and rolls. The cost is \$9.75 a person, which includes drink. Call (309) 793-1601 for further details. ([Flyer](#))

Ladies Golf League: Hey ladies, are you looking to join a golf league this summer that guarantees a weekly round of golf, meeting new people and lots of fun? We are looking for interest on the Island to form a 10-12 week league on Tuesday afternoons. If you are interested, please call (309) 782-4420 or reply to this email for more info.

RIA MWR Spring Fair: There will be a spring vendor fair Wednesday & Thursday, **April 24 & 25**, 9 a.m. - 1 p.m., in Heritage Hall (Bldg. 60). Many of your favorite vendors will be



there selling everything from jewelry to home baked goodies and everything in between. Call (309) 782-5890 for more info. ([Flyer](#))

Ghost Hunters' Dinner & Tour of Historic Quarters One:

Enjoy a prime rib dinner at the Arsenal Island Golf Course clubhouse Friday, **April 26**, at 7 p.m., followed by ghost hunting in historic Quarters One led by the Rock Island Paranormal Society. The cost is \$40/person and reservations can be made by calling (309) 782-4372. ([Flyer](#))



Arsenal Island Golf Course Clubhouse Reopening:

The Arsenal Island Golf Clubhouse is now open once again for lunch. The Clubhouse has resumed its normal hours of operation which are Tuesday - Friday 10:30 a.m. - 2 p.m. Come see the renovations and updates to the Club and try some of our tasty new menu items including an Italian Panini, fried egg sandwich, the BG burger (topped with ham and a fried egg) or our new "pick



two lunch combo" where you get your choice of a ½ sandwich, salad or soup.

Garden Plots Still Available: Do you have a green thumb but no place to get your gardening fix? Call Outdoor Recreation at (309) 782-8630 and reserve one of the garden plots located here on the Island. Each plot is approximately 20' x 20' and the cost to rent it for the season is just \$25 with a refundable \$100 cleaning deposit.

New Twitter Account for the Arsenal Island Golf Course: Although it may be hard to believe with the recent snow, golf season is right around the corner. Come follow us on Twitter [@golf1897](#) for course updates and interesting golf commentary from our pro.

Now Booking Graduation Parties at the Arsenal Island Golf Clubhouse: If you're looking for a unique, historically significant and centrally located venue to host upcoming graduation parties, look no further than the Golf Clubhouse. Our catering and banquet staff excel at making sure your event goes off without a hitch. Check out our [catering guide here](#) and call the catering manager at (309) 782-4372 to reserve your date as the schedule is filling up fast.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

MWR Leisure Travel Office

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

Mount Olympus Waterpark: One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28, a \$11.99 savings.

Shedd Aquarium/Field Museum: Leisure Travel has planned a bus trip to Shedd Aquarium or the Field Museum in Chicago. We will provide round trip transportation on a chartered motor

coach; ½ hour stop to and from destination. Bring snacks and beverages (no alcohol permitted) along for the ride. Cost is \$41 for transportation only.

Date: **Saturday, May 11**
Time: **6:30 a.m. - 9 p.m.**

Heartland Jam 2013: Leisure Travel will be selling one or two day passes to the Heartland Jam. This two day event will feature Phil Vassar, Kellie Pickler, Darius Rucker, Jerrod Niemann, Lauren Alaina, Rodney Atkins and many more performers. Discounted tickets on sale until **June 29**. One-day ticket = \$44, two-day ticket = \$54.

Date: **Friday, July 19**
Time: **1 p.m.**

Movie Night Gift Cards at Leisure Travel: Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))



Child, Youth & School Services

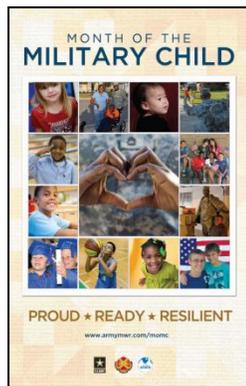


CYSS Lunch 'n Learn Child Safety:

Come and learn important safety information Thursday, **April 11**, 11-11:45 a.m., in the CYSS Training Room, Bldg. 110, from CYSS Nurse Karol Tubbs, RN. Topics will include: Shaken Baby Syndrome, car seat safety, baby proofing, lifting children, and more. Cost is free and two parent participation points will be awarded for each CYSS parent in attendance. Feel free to bring your lunch. Dessert will be provided. For more information contact Katie Mettee at (309) 782-2165.

April is Month of the Military Child:

April has marked the Month of the Military Child as a time to focus national attention on the youngest members of the military community since 1986. This year's theme, "Proud, Ready & Resilient," highlights military children's unique lifestyle and their ability to succeed despite frequent



relocations, reintegration, deployments, loss or care for a wounded parent. ([More](#)) Join MWR and CYSS in celebrating and honoring Military children. [Check out the flyer for some of the events that are going on in April.](#) ([StandTo!](#))

Army Certified Family Child Care Provider:

Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.



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**

Free Money Smart Family Night Financial Literacy Event:

DollarWi\$e, our local financial literacy advocacy group, is sponsoring a Money Smart Week event on Friday evening, **April 19**, 6-8 p.m., at Center for Active Seniors (CASI), 1035 W. Kimberly Rd, Davenport. This event



is open to the public and is free to attend. No reservations required. Come enjoy a fun family night and get money smart. Topics for the evening include basic skills on budgeting, understanding needs vs. wants, savings, comparison shopping, planning for college, and more. For more information contact Nichole Burton (563) 355-3800 ext. 1107. Money Smart Week, created by the Federal Reserve Bank of Chicago, is a week-long event where local businesses and organizations collaborate to help people learn more about saving, budgeting, borrowing and investing.

Increase Your Income By Adjusting Your Tax Withholdings! Do you



desire to have more take home pay? Would you like an instant pay raise? In the spring do you get a huge tax refund? Where does the refund money go? Are you starving 51 weeks and then get this pile of money dumped on you – and then go back to starving? The solution is: adjust your tax withholdings for federal and state taxes so that more money is in your paycheck every two weeks. How do you estimate the adjustment? The IRS has your ready-made solution for federal taxes with their [Withholding Calculator](#). The current model has the IRS' best estimate for the taxes for this year. It allows you to account for multiple jobs and sources of income, adjustments, deductions, exemptions and credits. It lets you account for the money you already made and your best-guess on money you are going to make. You can do different versions to test different scenarios. And it will recommend the W-4 withholding input: S or M and number of exemptions. Pick the one that covers your estimated tax liability and gives you the best amount to be returned to you each paycheck. Why give the revenue services an interest free loan? Put the money in your bi-weekly paycheck. Adjust your W-4's and you can use your money now. For more assistance or information, contact: [Jon](#)

[Cook](#), AFC, Army Community Service, Financial Readiness Program, (309) 782-0815/-0829.

Army Child Abuse Prevention Month

-- April 2013: Every year, Rock Island Arsenal spends the month of April using public awareness to help prevent child abuse. There has been a significant increase in the incidence of child abuse and neglect in the Army between 2006 and the end of 2011. This cannot continue. I want to announce today that "protecting children is everyone's job." ([More](#))



Army Emergency Relief Kicks Off 2013 Campaign:

AER begins its annual fundraising drive in April. The theme of this year's campaign is "Soldiers Helping Soldiers for 71 Years." The money is used to fund grants, scholarships and gift cards for wounded warriors. Organizational key persons will begin contacting our military personnel and retirees soon. For more



information or to make a donation, contact [Jon Cook](#) of Army Community Service at (309) 782-0815.

Financial Tips for "Weathering the Furlough":

If you're a federal employee like me, unpaid furlough days might be in our future. It's an unpleasant possibility for many federal employees. Offered below are some tips to help anyone in similar circumstances to "weather the furlough." Read on for ways to hopefully manage without going broke or losing your quality of life. When battling the budget, you have three options: (1) decrease expenses; (2) increase income; or (3) do both. ([More](#))



Army Family Team Building:

Army Family Team Building, an educational program that teaches knowledge of the military, personal growth and resiliency, and leadership skills, is being offered on Rock Island Arsenal. AFTB is offered to the entire military family: military



members, family members, civilians, and contractors who live or work within the military community. AFTB Level K (Knowledge of the Military) is **April 10-11**, 9 a.m. - 2:30 p.m.; AFTB Level G (Personal Growth) is **May 15-16**, 8:30 a.m. - 2:30 p.m.; AFTB Level L (Leadership Development) is **June 5-6**, 8:30 a.m. - 2:30 p.m. Classes will be held at Army Community Service, Bldg. 110, 1st Floor, SE. To register for these free classes, please call ACS at (309) 782-0829. Civilians can also sign up on [TEDs](#).

Employee Assistance Program

☺
For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

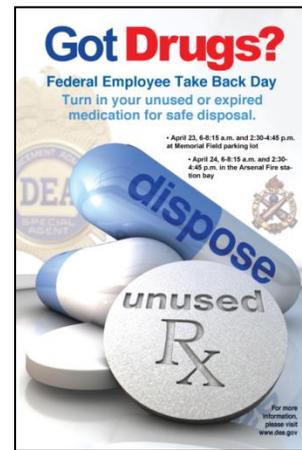
PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock

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.

Understanding PTSD: The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **April 23, May 21, June 25, July 23, and Aug. 27**. Call (309) 782-4357 to enroll.

Prescription Drug Take Back Days:

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership



for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of old and expired medication going missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **April 23 and 24**, the ASAP and Law Enforcement will be collecting unused and expired prescription drugs at the following places and times: • **April 23**, 6-8:15 a.m. and 2:30-4:45 p.m. at Memorial Field parking lot. • **April 24**, 6-8:15 a.m. and 2:30-4:45 p.m. in the Arsenal Fire station bay. For more information about the prescription drug take-back day call the EAP/ASAP at (309) 782-4357.

Smoking Cessation Group: Need help to quit smoking? Good news ... the Employee Assistance Program offers an



ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East.

Stress Management: The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **May 7, June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.



Education/Training Review

☉
The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-

7901. Please visit our [website](#) to learn more.

Tour the Eastern Iowa/Clinton Community College Technology

Center: The Army Education Center invites you to join them on a tour of the CCC Technology Center. Located in Clinton, Iowa, and designed for the working learner and service member, the CCC Tech Center is the home for the college's programs in graphic arts, Mechatronics, and new re-skilling programs such as logistics technician, truck driving, and CNC machining. Programs are flexible, with some classes offered in eight week blocks scheduled around students' work obligations. Programs offer certificates, diplomas, and degree (AAS) options, or can be taken for non-credit and articulated back to a credit program if and when the student chooses to do so. The tour is scheduled for Thursday, **May 2**, 9:30 a.m. - 1:30 p.m. Instructors will be on hand for equipment demonstrations and Q&A, and a light lunch will be provided. Participation is on a first-come, first-serve basis with priority given to service members. Please direct questions and RSVPs to POC [Stephanie Allers](#). To find out more about the CCC Tech Center, [click here](#), or contact

[Heather Mohler](#) at (563) 244-7001 or (800) 637-0559.

RIA AUSA 2013 Scholarship

Program: The Rock Island Arsenal Chapter of the AUSA is proud to announce two \$1,000 scholarships available for 2013.

[Applications and all supporting documents](#) must

be received by **April**

30. These two \$1,000 scholarships are for the benefit of all who presently serve or who have served as a member of the United States Armed Forces, whether active, guard, reserve or retired; or as a Department of Defense civilian employee or contractor; or as a member of the Rock Island Arsenal Chapter of the AUSA. This includes immediate family members (spouse, siblings, children or parents) of the above. Contact us at info@ria-ausa.org if you have any questions. ([More](#))



Commissary / Exchange

☉
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military



and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The 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 ([Facebook](#))

Commissaries Change Furlough Days to Mondays: Commissaries will close on Mondays if furloughs are required for DoD civilian employees because of sequestration, according to an agreement negotiated between commissary officials and an employees' union, the American Federation of Government Employees Council 172, obtained by Military Times. That's a change from the previous plan to close the stores on Wednesdays during the furlough period, as stated in a Feb. 21 email to all commissary employees from Defense Commissary Agency director Joseph Jeu. DeCA headquarters will also be closed on Mondays. ([More](#))

Commissaries Celebrate April – Month of Military Child: April is the Month of the Military Child, and your commissary is celebrating with giveaways and savings for the whole family - pets included! "Children in military households face unique challenges because of the demands of military life," said Joyce Chandler, DeCA's acting sales director. "So, at the Defense Commissary Agency, we want to acknowledge them and do all we can to provide their families with great values on quality products they can depend upon." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in April to offer discounts beyond everyday savings.

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

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 to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Quarters One Book: The Rock Island Arsenal Quarters One book is now available for purchase from the [RIA Museum and Historical Society website](#). When you click on the link it will take you to the first page. You will also be able to see a preview of the book there.

This Week in Rock Island Arsenal History – April 15-21: Construction of Shop L (Bldg. 250), originally designed as an ammunition loading plant for shells and fuzes, began on April 16, 1917. In April 1883, excavation work for Storehouse A, which was located behind Shop A (Bldg. 102), had begun. On April 19, 1960, the Quad-Cities



Home Builder's Association offered to renovate the Col. George Davenport Home. On April 19, 1864, the U.S. Congress passed an Act that instructed the U.S. Government to obtain possession of and title to property on Rock Island that was held or controlled by private interests. The Secretary of War was authorized to hold full, complete, and permanent possession of "all the lands, and shores of the island of Rock Island." The Secretary of War was further instructed to hold and keep Rock Island as a military reservation for the purpose of building an arsenal for the construction, deposit, and repair of arms and munition of war, and such other military establishments as authorized by law. The Act also provided for a board of commissioners to hear and settle the land claims of private parties. On April 20, 1864, the cornerstone of the first permanent Arsenal building, later known as the Clock Tower, was laid. On April 21, 1882, the RIA procured a power press for punching and drawing metal used for manufacturing tin meat cans, tin cups, 'and' other metal items. On April 21, 1856, the first locomotive crossed the Mississippi River via the railroad bridge from Rock Island to Davenport - the first bridge across the river.

Healthbeat

Less Salt, Please: My friend and I measured our blood pressure at a grocery store station this week. What should have been a quick exam changed when his blood pressure measured 135/100. All of a sudden commercials flashed through my head: "High blood pressure kills!" and "The silent killer!" We did some detective work on high blood pressure and determined that "blood pressure" is the force of blood pushing against the walls of the arteries as the heart pumps. If this pressure rises and stays high over time, it can damage the body in many ways, such as heart attack and stroke. ([More](#))

Take a Hike: Anyone with half an ounce of sense knows that sitting at a desk all day takes a toll on health. At the same time, a lot of federal workers, like a lot of other American workers, spend their workdays doing just that—parking at a desk for eight or more hours a day, staring at a screen, talking on the phone and shuffling papers. For many office-bound workers in today's computer-centric workplace, the most exercise anyone gets during a typical workday involves bending over to retrieve a dropped paperclip, or tearing oneself

away from a desk long enough to fetch another cup of coffee or take a bathroom break. The answer to this may be: Take a hike. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **April 26** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Hagel Promises Plan In 30 Days for DOD-VA Health Records Sharing: Faced with tough questions from legislators, Defense Secretary Chuck Hagel on Tuesday said he would decide on a plan within 30 days to work through the tangled process to seamlessly share medical records between the Department of Defense and the VA. At a hearing with members of the House Appropriations Committee, Hagel admitted the process has bogged down, and promised quick action. ([More](#))

VA Will Scrap Policy of Denying Care For Missed Appointments: The VA is proposing to scrap its policy of denying medical care to veterans who miss two



or more medical appointments. The change will not take effect before June 14, and likely won't be finalized until fall because of the lengthy process of changing regulations. The current restriction, aimed at getting veterans to provide 24 hours of notice if they won't be able to keep an appointment so that someone else can be offered the spot, "is inconsistent with VA's patient-centered approach to medical care," VA officials said in a statement. ([More](#))

Carpooling Announcements

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

Carpool:

- **Carpool:** Looking to join a carpool from around the Kewanee area. Current hours are 7 a.m. to 3:30 p.m., but can change. Call me at (563) 782-1115.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **Carpool:** Looking to join a carpool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.

Around the Q.C.

- April 18-19: [Earth Week Fair](#) (QCCA Expo Center)
- April 27: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 4: [Ganzo's Nacho Ordinary 5K](#) (3923 North Marquette St., Davenport)
- May 4: [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)
- May 4: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 11: [11th Annual Miles for Melanoma](#) (Augustana campus)
- May 11-12: [Beaux Arts Fair](#) (Figge Art Museum plaza, Davenport)
- May 25: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 27: [Quad Cities Criterium](#) (Downtown Rock Island)
- June 1: [Mel Foster Color the Quads 5K](#) (Cumberland Square, Bettendorf)
- June 1-2: [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)

- June 7-8: [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
- June 8: [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- June 8: [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)
- June 12-15: [Rally on the River](#) (Centennial Park, Davenport)
- June 14: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
- June 16: [Ride the River Bike Ride](#) (Davenport to Moline)
- June 22: [Royal Ball Run 5K and Fun Run for Autism](#) (Milan Community Center)
- June 22-23: [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)
- June 23: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
- June 24: [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)
- June 25-29: [Rock Island County Fair](#) (Fairgrounds, East Moline)
- June 27-29: [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)
- July 3: [Red, White & Boom!](#) (The District, Downtown Davenport)
- July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
- July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
- July 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)
- July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)



July 26-27: [Downtown Street Fest](#) (Downtown Davenport)
July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)
Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)
Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 10: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)
Aug. 16-17: [River Roots Live](#) (Downtown Davenport)
Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)
Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)
Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)
Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)
Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 14: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)
Oct. 12: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Oct. 24: [Fright Night](#) (The District, Rock Island)
Oct. 26: [Witches Walk](#) (Downtown LeClaire)
Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)
Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)
Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)
Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



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

he 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](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is [available on-line.](#)



Army Child Abuse Prevention Month

April 2013

Every year, Rock Island Arsenal spends the month of April using public awareness to help prevent child abuse. There has been a significant increase in the incidence of child abuse and neglect in the Army between 2006 and the end of 2011. This cannot continue. I want to announce today that "protecting children is everyone's job."

This is a job that does not end with the last day in April. It goes on every day of the year, in every circumstance, and in every corner of Army life – on the installation and out in the community.

In the *Army 2020: Generating Health and Discipline in the Force Ahead of the Strategic Reset, Report 2012* Army leaders have indicated that the increase in child abuse may be connected with the increase of stress on the Force. Our Army has been able to refer, screen, substantiate, and treat this growing number of child abuse cases and intervene with the Soldiers, DA Civilians, and Families affected by this terrible problem. That is the good news. But our mission is not just to respond well to child abuse when it happens.

Our mission is to prevent child abuse from happening in the first place. We can do it. We are doing it with such initiatives as the New Parent Support Program (NPSP) that is based on a scientifically supported method of prevention. NPSP provides home visits to new and sometimes inexperienced parents with children under the age of 3 who may need a little extra support.

"Protecting Children: It's Everyone's Job" is the campaign month theme. In support of this theme, here at Rock Island Arsenal our Family Advocacy Program (FAP) provides many other child abuse prevention resources such as parenting classes and couples communication opportunities. There is more we can do. Think about very young Families with limited experiences or resources or more experienced Families dealing with unique Army Family challenges. Don't wait for the problem of child abuse to destroy a Family. RECOGNIZE signs of distress and abusive actions!

Strong Soldiers, Civilians, and Families know to RETHINK ways to stay healthy and REACH OUT for help. If you know Army Families who are under the kind of stress that may turn to child abuse, lend a hand. Lighten the load. Guide that Family to the help and support that you know is available. Make a commitment to child abuse prevention. We have all seen the negative effects of abuse. It is never right to be blind to it. REPORT your concerns to FAP now!

Count on me, FAP, and on everyone on this installation to work together to prevent child abuse. Child abuse undermines Army Values. It undermines our mission.

This is the Army. No one faces challenges the way we do. Child abuse prevention is a challenge. Who can face it? It needs to be all of us. For more information, call FAP at 309-782-3049 or visit the FAP office located in the Army Community Service office in Building 110, First Floor.



JOEL G. HIMSL
Garrison Manager