

Feb. 19, 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: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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INCLEMENT WEATHER
OPERATING STATUS

Message to DoD from SecDef on Preparations for Potential Sequestration March 1, Furlough Notifications:

“To All Department of Defense Personnel: For more than a year and a half, the president, the Joint Chiefs of Staff and I have repeatedly voiced our deep concerns over the half a trillion dollars in automatic across-the-board cuts that would be imposed under sequestration and the severe damage that would do both to this department and to

our national defense. The administration continues to work with Congress to reach agreement on a balanced deficit reduction plan to avoid these cuts. Meanwhile, because another trigger for sequestration is approaching on March 1, the department’s leadership has begun extensive planning on how to implement the required spending reductions. Those cuts will be magnified because the department has been forced to operate under a six-month continuing resolution

that has already compelled us to take steps to reduce spending. In the event of sequestration we will do everything we can to be able to continue to perform our core mission of providing for the security of the United States, but there is no mistaking that the rigid nature of the cuts forced upon this department, and



their scale, will result in a serious erosion of readiness across the force. I have also been deeply concerned about the potential direct impact of sequestration on you and your families." ([More](#)) ([Video](#)) ([DoD Civilian Furloughs Planned; What It Means for You](#))

If Sequestration Triggers, Furloughs Begin in Late April: If sequestration is triggered next week, unpaid furloughs for civilian Defense Department employees will start in late April, Pentagon officials said here today. Sequestration is a provision in budget law that will trigger major across-the-board spending cuts March 1 unless Congress agrees on an alternative. ([More](#))



First Army Senior Enlisted Aide Provides One-Of-A-Kind Service:

Preparing food, cleaning the commander's quarters for visitors and planning a social for a group of distinguished guests can be a daunting task. However, Sgt. 1st Class Sophia Bulham enjoys the opportunity



to provide one-of-a-kind service and apply her organizational and culinary skills as the senior enlisted aide for Lt. Gen. Mick Bednarek, First Army's commanding general. An enlisted aide assists a general officer with accomplishing their primary military and official duties. Aides are graduates of the Advanced Culinary Skills Training Course and the Enlisted Aide Training Course. It is a unique and challenging opportunity to serve with general officers. ([More](#))

LOGCAP: ASC's Behind the Scenes

Powerhouse: Army Sustainment Command is best known for providing and maintaining vehicles, equipment, weapons and other essential items to service members around the globe. However, what about the day-to-day necessities in life such as food, shelter or mundane items such as laundry, or things we just expect to happen such as mail service? This is where the Logistics Civil Augmentation Program (LOGCAP) comes in ... a program literally unknown to most Americans, yet whose capabilities have provided, and continues to provide, both sustainment



Upcoming Dates

- Feb. 17-23:** National Engineers Week
- Feb. 17-24:** Military Saves Week
- Feb. 17-24:** Eating Disorders Awareness Week
- Feb. 18-24:** Sexual Health Awareness Week
- Feb. 19:** USCGR 72nd Birthday
- Feb. 21:** Great American Spit Out
- Feb. 21:** Introduce a Girl to Engineering Day
- Feb. 21:** Be Humble Day
- Feb. 22:** Stand Up to Bullying Day
- Feb. 22:** Rare Disease Day
- Feb. 22:** World Thinking Day
- Feb. 22:** Walking the Dog Day
- Feb. 22:** President George Washington's 281st Birthday
- Feb. 24-March 2:** National Eating Disorders Awareness Week
- Feb. 25-March 2:** Military Saves Week
- Feb. 26:** Spay Day USA
- Feb. 28:** National Science Day
- Feb. 28:** Public Sleeping Day
- March 2:** Read Across America Day
- March 2-8:** National Consumer Protection Week
- March 3:** Navy Reserve 98th Birthday
- March 3:** Army Dental Corps 102nd Anniversary
- March 3:** Cerebral Palsy Awareness Day
- March 3:** National Grammar Day
- March 3-9:** Save Your Vision Week
- March 3-9:** Patient Safety Awareness Week
- March 3-9:** Dental Assistants Recognition Week
- March 8:** Women's Day
- March 10:** Daylight Saving Time Begins
- March 10-16:** Pulmonary Rehabilitation Week
- March 11-17:** Brain Awareness Week
- March 13:** Registered Dietitian Day
- March 17:** St. Patrick's Day
- March 17-23:** Inhalants and Poisons Awareness Week
- March 17-23:** Health Care Human Resources Week



operations and life support comforts to the armed forces in austere environments to a level that has been unmatched since the inception of "Contractors on the Battlefield." ([More](#))

JMTC Named a Center of Excellence for Foundry Operations: Secretary of the Army, John McHugh designated Rock Island Arsenal Joint Manufacturing and Technology Center as a Center of Industrial and Technical Excellence for Foundry operations. In a memo from McHugh, he writes, "RIA-JMTC (Rock Island Arsenal Joint Manufacturing and Technology Center) possesses skills and capabilities related to foundry operations not shared by other industrial facilities in the Army." ([More](#))



ASC Hosts Luncheon for Quad-Cities Civic Leaders: The Army Sustainment Command hosted a luncheon for civic leaders of the Quad-Cities Feb. 13 at historic Quarters 1 on Rock Island Arsenal. Brig. Gen. John



Wharton, ASC commanding general and RIA senior mission commander, along with his top headquarters leadership, conversed during a meet-and-greet session in a first-floor parlor room. Following this, lunch was prepared and served in the dining room. ([More](#))

Q-C's 2 Congressmen Tour Local Defense Contractor: With large budget cuts less than two weeks away, the Quad-Cities' two congressmen toured a local defense contractor Tuesday, lamenting the fact they weren't in Washington, D.C., working to resolve the matter. Reps. Dave Loebsack, D-Iowa, and Cheri Bustos, D-Ill., toured Mandus Group, a small Rock Island company that employs 45 people. ([More](#))



ASC Employee Receives Coveted Louis Dellamonica Award: An Army Sustainment Command civilian from the 405th Army Field Support Brigade



has the honor of being the only ASC employee to receive the 2011 Louis Dellamonica Award. Michael Simmons, a logistics management specialist, Support Operations, 405th AFSB, in Kaiserslautern, Germany, received the honor presented to top Army Materiel Command personnel annually. Eighteen other AMC personnel also received the 2011 Louis Dellamonica Award. ([More](#))

Davenport Civil Air Patrol, ASC Honor Cadets: Col. Scott Lofreddo, Army Sustainment Command chief of staff, addressed a gathering of 60 Davenport Civil Air Patrol cadets and guests during an awards dinner Feb. 2. The event, held at Davenport's Trinity Lutheran School, honored cadet achievements throughout the past year, culminating in the presentation of three General Billy Mitchell Awards. ([More](#))



Army Lays Out Sweeping State-By-State Spending Cuts: The Army estimates automatic budget cuts scheduled to take effect March 1 will have a \$15 billion economic impact and



affect more than 300,000 jobs nationwide, according to documents obtained by USA TODAY. Hardest hit states include Texas, Virginia and Pennsylvania. Among the least affected: Delaware, Wyoming, Montana and Rhode Island. The military faces \$500 billion in budget cuts over 10 years from sequestration -- automatic budget cuts. The Army anticipates that it will need to slash \$18 billion in spending by the end of this fiscal year on Sept. 30. ([More](#)) ([Federal Times](#)) ([FedNewsRadio](#)) ([Agencies Outline Deep Cuts Under Sequestration](#))

House Votes to Extend Pay Freeze for Federal Workers, White House Opposes:

The House voted Friday to extend a pay freeze for federal workers, already in effect for more than two years, for another nine months. Republicans, who largely backed the measure, said it would save \$11 billion in the long run and that economically secure public servants could go a little longer without a raise. ([More](#))



Federal Pay Freeze Bill Paves Way for Reduced Spending:

If there's

anything President Obama made clear during Tuesday night's State of the Union Address, it's that he's not serious about getting government spending under control. During his speech, the president advocated a laundry list of new federal programs -- many of which have little grounding in the core constitutional functions of the federal government -- and implausibly claimed that his desired new spending spree will not add a dime to the deficit. ([More](#))

Federal Pension Systems' Unfunded Liabilities Skyrocket:

The unfunded liability of the federal government's pension systems exploded in fiscal 2011 to \$761.5 billion dollars -- an increase of \$139 billion from its fiscal 2010 deficit. The Civil Service Retirement System once again accounted for the bulk of that unfunded liability. Its deficit grew from \$634.5 billion in 2010 to \$741.4 billion in 2011, according to the Office of Personnel Management's Civil Service Retirement and Disability Fund annual report for fiscal 2012. OPM released the report at Federal Times' request. The Federal Employees Retirement System slipped back into the red. FERS held a projected \$12.2 billion surplus at the end of fiscal 2010 -- its first in four years. But one year later,

FERS reported a \$20.1 billion unfunded liability. ([More](#))

New Simpson-Bowles Plan Could Revive Earlier Proposals on Fed

Worker Benefits: The new Simpson-Bowles deficit reduction initiative put forward

Tuesday as a potential route out of Washington's budget thicket could revive several items



in the original Simpson-Bowles plan that would have a significant impact on federal employee benefits. The new document, from Erskine Bowles and former senator Alan Simpson, calls for "modernizing civilian and military health and retirement programs" and for "reforming cost-sharing" in health care. ([More](#))

Newcomers – Level I Antiterrorism

Training: The USAG-DPTMS will be offering the mandatory

Antiterrorism Level I training on **Feb. 21**. The training is offered Arsenal wide and enrollment is encouraged thru [TEDs](#). Course



Title: Garrison Antiterrorism Level I training (New Employees), then enroll under the appropriate date. For tenants without [TEDs](#) access, the briefing will be in Bldg. 90, Basement - room 14 (under stairway), 8-9 a.m. For more information, contact the USAG-ATO (309) 782-4577.

OPSEC Awareness Message: *The Stuxnet Computer Worm* -- Stuxnet is a form of malware that initially spread indiscriminately via Microsoft Windows; however, the worm includes a highly specialized malware payload designed to lie dormant until it reaches a specific target. Cyber war is rapidly evolving from the defense of information technology systems to the asymmetric battle space where offensive cyber sabotage (cybertage) on a large scale can affect entire national industries and economies. Attack Summary: Stuxnet was a highly sophisticated computer worm that was designed to target specific Supervisory Control and Data Acquisition Systems (SCADA), which are used to control and monitor specific industrial or technology processes. Stuxnet became well known



after a June 1 article in the New York Times reported that Stuxnet successfully led to the failure of uranium enrichment centrifuges at the Natanz nuclear facility in Iran in November 2010, thus disrupting Iranian development of nuclear weapons. ([More - see Pg. 15](#))

Skill-Building Resilience Training Modules Now Customized to Family Members' and DA Civilians' Needs:

Every Soldier in the U.S. Army is required to take the Global Assessment Tool at least once a year so that they can track their personal resilience skills development over the course of their career. They automatically get follow-on training modules suggested to them based on their individual assessment scores. Family members and Department of the Army civilians have also been able to take the GAT but they did not get customized suggestions for skill-building training videos called Comprehensive Resilience Modules. Now, they too will have these videos automatically recommended to them based on their individual scores in four



dimensions of resilience - social, emotional, spiritual and family. ([More](#))

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, March 8, 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 March 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. 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, "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

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](#).

Arsenal Attic Thrift Shop & Boutique:

Now available at the Thrift Shop: Couch and love seat, reasonable and like new. Plus coffee tables, end tables, and lamps. Many items half off. Open every Tuesday, Thursday and 3rd Saturday, 9 a.m. – 3 p.m. Located in Bldg. 60 Basement. Visit Arsenal Attic on Facebook. POC: (309) 782-6977.

Funeral, Inurnment, Half-staffing of Flag:

The funeral for Gen. Norman Schwarzkopf will be held at the United States Military Academy at West Point in New York, Thursday, **Feb. 28**, 12:30 p.m. (EST), at the Cadet Chapel. Inurnment to immediately follow at the West Point Cemetery with full military honors. As a mark of respect to the memory of Gen. Schwarzkopf, the national flag will be flown at half-staff at all installations, activities, and vessels of the Department of the Army in the



District of Columbia and throughout the United States and its territories and possessions, from reveille to retreat on the day of inurnment, **Feb. 28** ([ALARACT 020/2013](#)). ([More](#)) ([Inurnment](#))

Telework Week: Now Is Your

Chance: If you have not been part of the teleworking crowd, this year's annual Telework Week may provide you with an opportunity to try it out. In its third year, Telework Week 2013 runs from **March 4 to March 8**. The event is sponsored by Telework Exchange, a public-private partnership that works to increase the use of telework and development of a more mobile workforce. It promotes Telework Week to encourage greater adoption of telework by asking agencies, organizations and individuals to pledge to telework for any period of time during that work week. ([More](#))



Taking the Mystery Out of

Retirement Planning: Many American workers find retirement planning a mystery. In this booklet developed by the Department of Labor, each chapter will give you clues on how to take control of your finances so that when

you retire, you have the time and money to do what you've always wanted. For some, it's simply being with friends and family. For others, it's starting a new hobby or craft. [And for some it's starting a new life](#). Retirement Readiness NOW is not just about saving money and not just something you do just before retiring. Money is very important, but that's not all. There's a lot more to planning for your future than putting aside income out of each paycheck for retirement.

Inaugural Veterans and Active Duty Military Pheasant Hunt:

The Beckridge Hunting Preserve in Sabula, Iowa, will hold at pheasant hunt for veterans and active duty military on **March 16** at 8 a.m. / 1 p.m. Our goal is to give back to our military men, women, and veterans and thank them for all they have done by providing a fun day of camaraderie and pheasant hunting. Open to all veterans, active duty, retired and reserve military men and women in the greater Quad Cities area. This day is



meant to bring together those who have served and are currently serving, to share their experiences and honor them as a community. What you need to know: • Veterans hunt for free (no charge) • Half day pheasant hunt (your choice, 8-11 a.m. and 1-4 p.m.) • Open to all veterans, active duty, retired military and reserve. Disabled are encouraged to attend • Breakfast and lunch will be provided • Hunting licenses will be provided • Ammunition will be provided • Firearms can be supplied on a limited basis. ([More](#))

Army War College Speakers to Visit

Campus: Students of the U.S. Army War College and members of the Eisenhower National Security Series will speak on current social issues and the impact on America's Armed Forces on Wednesday, **March 20**, at 7 p.m. in Centennial Hall (3703 7th Ave.). The event is free and open to the public. This is an opportunity to hear high-ranking military officers discuss the military and how they help solve world problems of diplomacy. In addition to the lecture, members of the Eisenhower National Security Series will visit classes throughout the day.



Each member serves as the team's specialist on specific national public policy issues such as defense transformation, stability, operations, peacekeeping, future threats, information warfare, international terrorism, weapons of mass destruction, cyber-attacks, the Wounded Warrior program and other topical issues. ([More](#))

Garrison Job Fair: The Rock Island Arsenal-Garrison will host a

Job Fair in the Baylor/Jordan/Schull Conference Center, 3rd floor, Bldg. 104 (tentative location) on Wednesday, **April 17**, 9 a.m. - 1 p.m. In support of this effort, the

Garrison Manager asks that Arsenal Island organizational leaders, commanders and first sergeants encourage our transitioning Soldiers, Civilians and Family members to attend this important job opportunity event. Details regarding expected participating employers and jobs will follow as plans firm up.



Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming:

Thursday, **March 14**, in the Gold Room, Hotel Blackhawk, Davenport, 6-6:30 p.m.; registration, buffet dinner, cash bar from 6:30-8:30 p.m. The presentation will be presented by John Mundt, Ph.D., licensed clinical psychologist and national trauma-informed treatment expert with special guest speaker U.S. Army Maj. Jeffrey Hall, PTSD Survivor. For more information, contact Stephanie Burrough at (309) 779-3077.

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 1-888-275-8518 or by contacting them via email at eOPF_hd@telesishq.com. ([eOPF Welcome Letter & Packet](#)) ([Additional information on eOPF](#))

Arsenal Traffic/Construction

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

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

Soldiers Update: SMA Chandler Talks About Sequestration: Sergeant Major of the Army, Raymond Chandler, talks to Command Sergeant Majors in Charlottesville, VA about possible sequestration and how it could affect the Army. ([More](#))

Sequestration Could Mean Delayed Redeployment for Soldiers in Afghanistan: The lack of an appropriations bill coupled with sequestration could eventually translate to Soldiers being delayed in their redeployment home from Afghanistan, the Army's chief of staff said. Gen. Raymond T. Odierno, speaking at the Brookings Institution Friday in Washington, D.C., explained that replacement forces to Afghanistan in

2014 could be affected by a shortage of training dollars and be forced to delay their deployment. ([More](#))

Military Saves Week – Promoting Automatic Savings to Help Servicemembers and Their Families Reach Their Savings Goals:

Rock Island Arsenal, as part of Military Saves Week 2013, scheduled for **Feb. 25 – March 2**, is spreading



the saving message, and urging the community to participate in Military Saves Week and take the [Military Saves Pledge](#). Military Saves Week is a great opportunity to help servicemembers and their families in our community to "Set a Goal, Make a Plan, and Save Automatically." To help people save more successfully and encourage more people to save, Army Community Service is partnering with RIA Federal Credit Union, our local military banking institution, to offer military families and DoD civilian employees information they can use to "Build Wealth, Not Debt." Please visit militarysaves.org for more information and activities, or call or visit [Army Community Service's Financial Readiness program](#), (309) 782-0815 / -0829, [email](#). Military Saves



Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. The Week is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own saving status. Military personnel and civilian employees are gently reminded to properly account for their time with their supervisors. ([Arsenal Island Proclamation](#)) ([Army News Article](#))

Panetta Announces Distinguished Warfare Medal: Defense Secretary Leon E. Panetta has approved a new medal designed to recognize service members directly affecting combat operations who may not even be on the same continent as the action. The Distinguished Warfare Medal recognizes the changing face of warfare. In the past, few, if any, service members not actually in a combat zone directly affected combat operations. These new capabilities have given American service members the ability to engage the enemy and change the course of battle, even from afar, Panetta said at a Pentagon news conference today. ([More](#))

Travel Risk Planning System: The Travel Risk Planning System, commonly known as TRiPS, is an online, automated risk assessment tool developed to help commanders and leaders mitigate risk and reduce fatalities among personnel driving a private motor vehicle or motorcycle outside their local area. TRiPS was recently upgraded with an improved motorcycle section and space for digital comments, plus the addition of a digitally signable AKO MyForms DA-31 leave form and safety banners relevant to specific assessments. Program managers are also refining requirements for a significant upgrade that will increase the system's capabilities as a true trip planning tool. Input from customers in the field has been instrumental in refining the system, and users are encouraged to submit their comments at <https://safety.army.mil>. ([More](#))

RIA Tax Center is Here for You This Tax Season: The Rock Island Arsenal Tax Center is here to assist you with your Federal and State returns. As in years past, the Tax Center principally uses a drop off service. Drop



off and follow-up appointments should be coordinated with [Laura McSparin](#), (309) 782-8327. The Tax Center hours of operation are Monday – Friday, 9 a.m. – 4 p.m. If your circumstances necessitate special accommodations, we're happy to adjust our standard operations try to accommodate you but this requires prior coordination. In order to assist you with your tax returns, you will need to obtain and provide documents detailing all sources of income, as well as, those necessary to support eligible deductions and credits. You should be on the lookout for W-2s, 1099s and interest and dividend statements, which should show up in your mailbox or your online accounts. Required documents are outlined in greater detail in the [RIA Tax Client Letter](#). In addition to required substantiating documentation, clients will need to complete the [RIA Tax Center Client Intake](#). If this is your first time using the RIA Tax Center, please make sure you have your social security number or your tax identification number, the social security cards for any claimed dependants, and a copy of your last year's tax return and all accompanying documents. If you are an Iowa resident and intend to file a state return, we cannot complete your return unless we have your 2011 Federal and



State return into order to complete this year's tax return for you. If you intend to claim the American or Lifetime Learning education credits for yourself or a dependant, a recent change suggests you will need to provide a copy of your 2011 and 2012 1098E showing amounts paid and any scholarship funds received. These can be downloaded from most college or university websites. You will also need the name and complete mailing address for each college and university attended. The Tax Center is located in Bldg. 390, 1st floor, Suite 102, Room 102B. If you are unfamiliar with Bldg. 390, please note that it is a controlled access facility. If you do not have access to Bldg. 390, you will need to call the Tax Center upon arrival using one of the access phones located at the east, south, and west entrances (dial extension 2-8327; alternate extensions 2-8076/ 2-6978).

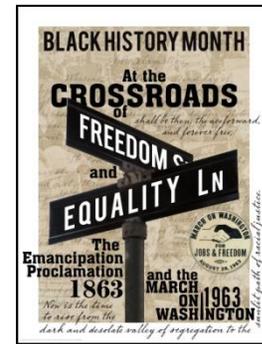
Safety Spotlight

CPSC Research: 1 Child Dies Every 2 Weeks: A new CPSC data report shows that 349 people (84 percent of them children under 9) were killed between 2000 and 2011 when TVs, furniture, or appliances toppled over onto them. The 41 reported deaths in 2011 were the

highest number reported in one year. That's an increase from 31 in 2010 and 27 in 2009. ([More](#))

Equal Opportunity Focus

National African American History Month, 2013: Presidential Proclamation – In America, we share a dream that lies at the heart of our founding: that no matter who you are, no matter what you look like, no matter how modest your beginnings or the circumstances of your birth, you can make it if you try. Yet, for many and for much of our Nation's history, that dream has gone unfulfilled. For African Americans, it was a dream denied until 150 years ago, when a great emancipator called for the end of slavery. It was a dream deferred less than 50 years ago, when a preacher spoke of justice and brotherhood from Lincoln's memorial. This dream of equality and fairness has never come easily -- but it has always been sustained by the belief that in America, change is possible. Today,



because of that hope, coupled with the hard and painstaking labor of Americans sung and unsung, we live in a moment when the dream of equal opportunity is within reach for people of every color and creed. National African American History Month is a time to tell those stories of freedom won and honor the individuals who wrote them. We look back to the men and women who helped raise the pillars of democracy, even when the halls they built were not theirs to occupy. We trace generations of African Americans, free and slave, who risked everything to realize their God-given rights. We listen to the echoes of speeches and struggle that made our Nation stronger, and we hear again the thousands who sat in, stood up, and called out for equal treatment under the law. And we see yesterday's visionaries in tomorrow's leaders, reminding us that while we have yet to reach the mountaintop, we cannot stop climbing. ([Presidential Proclamation](#)) ([StandTo!](#))

Save the Date: There will be a Women's History Month observance on Monday, **March 11**, at 11 a.m., in Bldg. 60 (Heritage Hall). Information about the speaker and other details will be forthcoming.



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.

New Session of Fitness Classes at the Fitness Center:

Beginning with the new six-week session of fitness classes on the week of Feb. 19 the Fitness Center will begin offering a new lunch hour session of our popular boot camp class. The class will run Mondays, Wednesdays and Fridays from 12-1 p.m. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))

No Limit Texas Hold 'Em Deep Stack

Tournament: See if you can bet, bluff and win to the top on Saturday, **March 2**. Doors open at 4:30 p.m. and the tournament starts at 6:30 p.m. The cost is \$50 with a \$20 add-on. First place is guaranteed to walk away \$1,000 and payouts to the rest of the top 10 percent. Call (309) 782-4372 to register. ([Flyer](#))

Arsenal Island Golf Course

Clubhouse Reopening: Due to the on-

going construction and renovation projects at the Arsenal Island Golf Course Clubhouse we will not be re-opening for lunch until **March 5**. All previously scheduled events including the football party, beer pairing dinner and poker tournament will not be affected and will happen as planned. Additionally, all previously booked private parties in the Clubhouse will not be affected. We thank you for your patience as we improve our facility and hope that when you visit us for lunch after we re-open you'll agree that it was worth the wait. Please call (309) 782-6319 with any questions or concerns.

MWR Garden Plot Signups: The sign up dates for this year's Garden Plots are: Active Duty Military **March 4**, Retired Military **March 11**, RIA Civilians **March 18**. Cost is \$25 per plot and a \$100 cleaning deposit per household. For details contact Outdoor Recreation at (309) 782-8630.

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](#))

How I Became a Pirate: Aaaaaaaarr you ready for fun on the high seas? Based on the acclaimed children's book of the same name, How I Became a Pirate is a new musical adventure about a young boy named Jeremy Jacob who gets recruited by the friendly Captain Braid Beard and his mates. Seats only \$8. On sale until **March 3**. ([Flyer](#))
Date: **Saturday, April 13**
Time: **10 a.m.**

BranDisa Tour (Brandon Heath & Mandisa): Collaborating to bring their celebrated sounds into one highly anticipated live experience, Dove Award winners and Grammy®-nominated artists Brandon Heath and Mandisa will perform at the Adler Theatre on Thursday, **March 21**.
Time: **7 p.m.**



Rock of Ages (Adler Theatre): In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50
Date: **Wednesday, April 24**
Time: **7:30 p.m.**

Monster Jam: Monster Jam returns to the iWireless Center. Leisure Travel has discounted tickets for **April 27** at 7 p.m. and **April 28** at 2 p.m. Adult tickets lower bowl are \$20.50/upper bowl \$17.50. Children under 12 only \$12.50. Discounted seats on sale until **April 1.**

Movie Night Gift Cards at Leisure Travel: Stop by the Leisure Travel Office and pick up a gift card for \$26 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](#))

MWR Outdoor Recreation:

Remember Outdoor Recreation for all of your winter outdoor recreation activities. Downhill skis, Cross country skis, snowboards, ice skates, snowshoes and many other items are available for you to check out and enjoy this winter season.

Time: **8 a.m. - 4 p.m.**

MWR RV Storage and Storage Units:

MWR has several openings for RV storage and Indoor Storage units. For more information or to sign up, please contact Outdoor Recreation at (309) 782-8630.

Time: **8 a.m. - 4 p.m.**

Free Universal Military Only: Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military identification. Admission is valid for up to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30.** Contact LTO at (309) 782-5890.

Child, Youth & School Services

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



Employee Assistance Program

For free, confidential counseling assistance or for information on

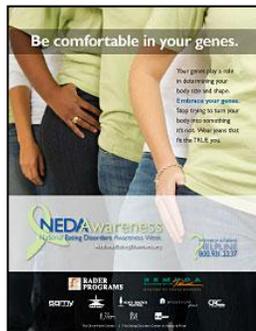


services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Eating Disorders Awareness Week – February 2013:

We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year their initial diet or weight loss tricks spiraled out of control into a mess of isolating rituals, despair, and medical complications.

Organizations across the U.S. are working to raise awareness of eating disorders and their prevention during [National Eating Disorders Awareness Week, Feb. 24 - March 2](#). The Rock Island Arsenal Employee Assistance Program would like to help you increase



your personal awareness by reminding you of confidential counseling available to you and your dependent family members. Master-level counselors offer short-term counseling and referral assistance. The EAP is located in Bldg. 56, 1st floor, East Wing and appointments are available Monday through Friday, 7:30 a.m. - 5 p.m. The Rock Island Arsenal Employee Assistance Program staff hopes you will take advantage of this free and confidential service because eating disorders are treatable and you can feel better. ([InfoGraphic](#))

PTSD Support Groups: Are you or a loved one 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.

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 Wing.

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.

Get Ready, Get Set, Go-Go-Go To School! Seeking or Pursuing a College Degree? Have Questions? The Army Education Center welcomes visits from the following schools. • **March 4:** Upper Iowa University • **March 13:** Kaplan University • **March 20:** St. Ambrose University • **March 7:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA) • **Feb. 28:** Ashford University. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Augustana College, Black Hawk Community College, and Trinity College of Nursing and Health Sciences representatives are available by appointment only at this time. All scheduled times are 10 a.m. – 2 p.m., in Bldg. 56, 1st Floor, Room 120.



Education Center POC: [Stephanie Allers](#), (309) 782-5895.

Eastern Iowa Community College Blong Technology

Center: The Army Education Center invites you to join us on a tour of the Eastern Iowa Community College Blong Technology Center.



The BTC specializes in associates level technology degree programs and offers flexible learning options. The BTC offers the latest technical training equipment: Laser/water cutters, the newest CNC machines, an extensive welding lab with a virtual welder, a wind turbine and sustainable energy system set-up, and much more. The tour is scheduled for Fri., **March 1**, 11 a.m. - 1 p.m. Instructors will be on hand for 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](#). Information on the BTC is [available HERE](#).

Rock Island Army Education Center Publishes Newsletter: The latest edition

of the Rock Island Army Education Center's quarterly newsletter is available through their [RIA Intranet site](#). This quarter's edition of the newsletter features a listing of the upcoming school visits to the center, information about the ACES Education Fair coming up on **March 21**, and articles about the Blong Technology Center's job opportunities March 1 and "Making Careers More 'Portable,' Achievable for Spouses."

NDIA Scholarships: The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship applications and eligibility criteria may be found at www.ndia-ia-il.org under Scholarships. Applications must be postmarked NLT **March 31**. For more information, call (563) 650-3252.

Sgt. Paul Fisher Scholarship: The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking www.ndia-ia-il.org. Application submission must be postmarked NLT than midnight **March 31**. For more information, call (563) 650-3252.

Women in Defense Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later than midnight **April 13**. For more information, call (309) 792-4102.

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](#))



Red Bull at RIA Commissary: Red Bull will be handing out samples here at the commissary on Friday, Feb. 22, 3-5 p.m.

Your Commissary Celebrates Heart Healthy Promotions in February: In support of the American Heart Association's National Heart Health Month, your commissary offers shoppers a myriad of special events and in-store promotions highlighting health, nutrition and great savings. "Take a look around your commissary in February and you'll find what we call healthy 'bundling' promotions," said Chris Burns, DeCA sales director. "Companies are combining their efforts to offer shoppers even better savings. An example of this is having name-brand breakfast cereals positioned next to fresh fruit." Throughout February, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

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.

RIA Museum Website: The Army's second oldest museum, the [Rock Island Arsenal Museum](#), has a new website created in conjunction with the RIA Historical Society. The Museum first opened to the public on July 4, 1905, and continues its primary mission to collect, preserve, and interpret the history of Rock Island



Arsenal and Arsenal Island by focusing on "People, Processes, and Products." Immerse yourself in history and celebrate the heritage of Fort Armstrong, Rock Island Arsenal, and the Quad Cities here on Arsenal Island via its new home, [here on the Internet](#).

Healthbeat

Lower the Salt and Cut the Fat for Heart Health Month: February is Heart Health Month – an observance that reminds us just how prevalent cardiovascular disease is. It's the leading cause of death in the United States. Taking good care of our tickers is a wise thing to do at any age, and it's never too early to start. It's almost always healthier and cheaper to buy groceries and prepare meals at home, especially when you shop at the commissary. With so many choices available though, shopping can get confusing, so here are a few tips to guide you: Focus first on the whole foods that line the perimeter of the store. Fruits and vegetables are loaded with good-for-you vitamins, minerals and fiber, and are sodium-free and fat-free, except for avocados, which contain only the good fats. Fresh, raw vegetables are an excellent low-calorie snack. Try to



make fruit, whether fresh, frozen or canned in water or natural juice, your first choice for dessert and save baked goods and sweets for special occasions only. ([More](#))

Free Colon Cancer Testing Kits

Available During March: Anyone 50 years old or older, or those with other factors associated with an increased risk of colon cancer, are encouraged to pick up and return a free colon cancer testing kit in the Quad Cities during National Colorectal Cancer Awareness Month in March. The kits are provided free of charge as long as supplies last. This annual screening is sponsored by Genesis Health System, Walgreens Drug Stores, Illini Laboratory and the American Cancer Society. Completed kits should be mailed to the Illini Laboratory. Participants will have results mailed to them within four weeks. ([More](#))

Refreshing Drink that Fights Cancer:

Refreshing and invigorating, green tea is an amazingly healthy drink that's been linked to lower risk for at least nine types of cancer, according to an explosion of recent research. Studies in Asia, where green tea is popular, show that people who drink it regularly have lower rates of bladder, colon, ovary,

stomach, breast, pancreatic, lung, prostate, and esophageal cancer. Used as a beverage and medicine for at least 3,000 years, green tea slows down growth of tumor cells in the lab—and could also help protect against Alzheimer's disease, British researchers reported. Drinking green tea also combats cavities and gum disease. As an added bonus, it has fat-burning properties that improve weight loss, particularly of belly fat. Here's a look at green tea's cancer-fighting powers, plus a tasty recipe for a sparkling cranberry-green tea beverage to keep you healthy. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed Staff meeting/training **Feb. 22** 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

In a First, VA Approves Request By Oregon Woman to Bury Same-Sex

Spouse In National Cemetery: Nancy Lynchild's grave at Willamette National Cemetery, when it is dug, will seal a marriage while setting a national first. And it will provide a public expression

of a life that retired Air Force Lt. Col. Linda Campbell once had to live in secret. The burial of Lynchild's ashes at the military cemetery will be the nation's first of a veteran's same-sex spouse. Eric Shinseki, the secretary of the Department of Veterans Affairs, which administers national cemeteries, personally approved a waiver of VA policy to permit the burial. Lynchild died of cancer in Eugene three days before Christmas. ([More](#))

Car Pooling Announcements

Submit car-pooling 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:** 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 car pool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.
- **Carpool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.



Around the Q.C.



- Feb. 21:** [Martini Shake Off](#) (River Center, Davenport)
- Feb. 22-24:** [RV & Camping Show](#) (QCCA Expo Center)
- Feb. 23:** [Day of Dance for Your Health](#) (River Center, Davenport)
- Feb. 24:** [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)
- March 1-3:** [Antique Spectacular](#) (QCCA Expo Center)
- March 2:** [American Red Cross Family Safety Day](#) (River Center, Davenport)
- March 2-3:** [2013 KWQC Women's Health & Lifestyle Fair](#) (River Center, Davenport)
- March 16:** [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)
- March 22-24:** [Flower & Garden Show](#) (QCCA Expo Center)
- March 23:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- April 6:** [Bandits Race to Home 5K](#) (Modern Woodmen Park)

- April 7:** [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)
- April 20:** [Earth Week Fair](#) (QCCA Expo Center)
- April 27:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- 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 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 22-23:** [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)
- June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)
- 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 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. 10-17:** [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. 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. 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](#).

MilitarySaves

www.militarysaves.org

Who is a Military Saver?
 You can be- each year! Take the Military Saves pledge and commit to Build Wealth, Not Debt and encourage family and friends to do the same. Save for an emergency fund, pay down on debt, and save for retirement.

What are the BENEFITS?

- Monthly e-Newsletters with military specific information from financial experts.
- Quarterly American Saver Newsletter.
- Access to online resources, calculators and tools.
- Savings strategies and tips to help you achieve your goals.

Finding Money to Save

- Save \$0.50 a day in loose change (monthly savings \$15/annual savings \$180)
- Bring your lunch to work (monthly savings \$60/annual savings \$720)
- Buy generic/shop at the Commissary (monthly savings \$100/annual savings \$1,200)
- _____ (fill in own goal/idea)



Five Saving Strategies

- 1. Save for Emergencies.** Having an emergency savings fund may be the most important difference between those who manage to stay afloat and those who are sinking financially.
- 2. Pay off high cost debt.** The best investment most borrowers can make is to pay off consumer debt with double-digit interest rates.
- 3. Save Automatically.** Use an allotment or set-up an automatic transfer monthly from your pay into a savings account. Saving automatically is the easiest and most successful way to save.
- 4. Participate in the Thrift Savings Plan (TSP).** TSP is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve.
- 5. Deploying?** Take advantage of the Savings Deposit Program. A total of \$10,000 may be deposited during deployment(s) in one-year and will earn 10% interest annually.

Go to MilitarySaves.org for more savings strategies!

Take the Military Saves pledge
 Please fill out the form below.

I will help myself by saving money, reducing debt, and building wealth over time.

I will help my family and my country by encouraging other Americans to Start Small. Think Big.

Name _____

Email Address _____

State or Country of Installation Location _____

Installation Name _____

If you are under 18, please tell us your age _____

You MUST have a valid email address to register. All Military Saves information will be sent by email. Please adjust your spam blockers to accept email from this@militarysaves.org. All personal information is confidential. Please refer to our privacy policy at www.militarysaves.org for more information. When this pledge information is entered at www.MilitarySaves.org or by a Readiness or Youth Center staff member, you will be enrolled as a Military Saver and will receive communication at the email address you provided. We may unsubscribe at any time.

Military Saves is a DoD-wide social marketing campaign to persuade military families to save money and reduce debt. It is an approved activity Consumer Federation of America, a nonprofit organization, and the Department of Defense Financial Readiness Campaign, and is supported in part by the FINRA Investor Education Foundation and Wells Fargo Bank. No one from Military Saves will ever try to ask you anything ever. Note: This is not a DoD website.

Branch of Service (check one)

Army
 Navy
 Air Force
 Marine Corps
 Coast Guard
 DoD

Duty Status (check one)

Active Duty
 Reserve
 National Guard
 Spouse
 Son/Daughter
 Other Family Member
 Civilian Employee
 Civilian Contractor
 Retiree
 Other

Rank/Grade (check one, if applicable)

E 1-E4
 E 5-E6
 E 7-E9
 W 1-W5
 O 1-O3
 O 4-O6
 O 7-O10
 Civilian Contractor
 Civilian Employee
 Family Member



THE HEROES OF AMERICA SAVED
 Start Small. Think Big.





2013 MILITARY SAVES WEEK

by the

Garrison Manager, USAG Rock Island Arsenal, IL

A PROCLAMATION

WHEREAS, personal and household savings is fundamental to America's stability and vitality; and

WHEREAS, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

WHEREAS, personal financial security of Servicemembers is a crucial aspect of military readiness; and

WHEREAS, Military Saves is a national social marketing campaign to persuade, encourage, and motivate Servicemembers and their families to take financial action in building wealth through saving money and reducing debt;

WHEREAS, USAG Rock Island Arsenal is a partner in the Military Saves campaign and is committed to helping its Military Family, including Officers, Warrant Officers and Enlisted Personnel, Family members, Retirees, and Civilian Employees take immediate financial action to build wealth, not debt;

NOW, THEREFORE, I, Joel G. Himsl, Garrison Manager, do hereby proclaim the week of 25 February through 2 March 2013 as:

MILITARY SAVES WEEK

I **HEREBY** call upon all members of our Military Family to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during MILITARY SAVES WEEK, and **pledge** to sustain that action during the following year.

IN WITNESS WHEREOF, I have hereunto set my hand this 18 day of February, 2013.

A handwritten signature in blue ink, appearing to read "Joel G. Himsl".

Joel G. Himsl
Garrison Manager