

June 27, 2011



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the island intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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 Q.C.](#)



Afghan Drawdown Not Precipitous, Obama Tells Soldiers:

President Barack Obama assured 10th Mountain Division soldiers June 23 that the drawdown in Afghanistan is not precipitous, and that gains made there will be sustained. Obama announced last night that 10,000 service members will be withdrawn from Afghanistan by the end of the year, and the remaining 23,000 surge forces will be home by September 2012. He traveled to Fort

Drum, N.Y., today to discuss his decision and thank the troops and their families. "Because of your outstanding work, what we've been able to do is train an additional 100,000 Afghan soldiers so that they can start carrying on the fight," the president told the soldiers. "Because of what you've done, areas like Kandahar are more secure than they have been in years. Because of you, we're now taking the fight to the Taliban, instead of the Taliban bringing

the fight to us." Because of that pressure on the Taliban, there are signs that members may be interested in participating in a political settlement, Obama said, which ultimately is going to be critical for consolidating that country. "As I look



around this room, I suspect that some of you joined the military after 9/11 because you had seen fellow Americans suffer at the hands of [Osama] bin Laden," the president said. "When we got him, and as we keep on driving to get the rest of them, it's because of the work and the sacrifice that you guys have made." ([More](#))

Military Explorers "Explore" First

Army Headquarters: Sgt. 1st Class Evadne Benson, center, First Army Equal

Opportunity Advisor, meets with two squads of Military Explorers,



from Post 9044 in Davenport, Iowa, and Post 120 from Wisconsin Rapids, Wis. The cadets, ranging from 11 to 21 years of age, are learning about the military ways of life prior to their potential future affiliation with the service of their choosing. The "Nighthawk" and "Green Dragon" squads took a guided tour of the new First Army headquarters building on Rock Island Arsenal, Rock Island, Ill. The group is conducting a four-day Explorer Challenge on "The Rock", consisting of military training and orientation events. ([More](#))

ASC Hosts Transportation ROC

Drill: Army Sustainment Command headquarters hosted a rehearsal of concept drill May 23-26, reviewing operational responsibilities for transportation services. Subject matter experts from Army Materiel Command, Installation Management Command, Directorates of Logistics and Army Field Support Brigades joined their ASC hosts at Rock Island Arsenal, Ill., for a DOL Transportation ROC drill. Diane Wadsworth, DOL transformation team member, said the main goal of the ROC drill was to bring in Army transportation subject matter experts involved with DOL operations. ([More](#))



Quad City Navy Week Comes to Rock

Island Arsenal: Rear. Adm. Tilghman D. Payne, Commander, Navy Region Midwest, visited the Rock Island Arsenal Joint Manufacturing and Technology center on Tuesday as part of Navy Week in the Quad Cities. During his visit he toured the only vertically integrated metal manufacturer in the Department of Defense and saw opportunities where RIA-JMTC can work with the Navy. Currently RIA-

Upcoming Dates

- June 26-30:** On the Road, Off the Phone Week [📅](#)
- June 26-July 2:** National Mosquito Control Awareness Week [📅](#)
- July 1-7:** National Clean Beaches Week [📅](#)
- July 2:** 223rd Anniversary of the US Constitution Taking Effect [📅](#)
- July 3:** Stay Out of the Sun Day [📅](#)
- July 4:** Independence Day (*Federal Holiday*)
- July 4:** Earth at Aphelion [📅](#)
- July 7:** Father Daughter Take a Walk Together Day [📅](#)
- July 10-15:** National Fraud Awareness Week
- July 11:** 149th Anniversary -- Rock Island Arsenal Established by Act of Congress
- July 11:** World Population Day [📅](#)
- July 17:** National Ice Cream Day [📅](#)
- July 17-23:** Captive Nations Week [📅](#)
- July 18:** National Hug Your Kids Day [📅](#)
- July 21:** MWR RIA Employee Appreciation Day [📅](#)
- July 21:** 67th Anniversary of Guam Liberation from Japanese Occupation [📅](#)
- July 23:** 64th AMVETS Birthday [📅](#)
- July 24:** Parents' Day [📅](#)
- July 24:** 42nd National League of Families of American Prisoners and Missing in Southeast Asia Anniversary [📅](#)
- July 26:** 67th Anniversary of Desegregation of the US Army
- July 26:** 63rd Anniversary of the Integration of the United States Armed Forces [📅](#)
- July 26:** International Day Against Drug Abuse and Illicit Trafficking [📅](#)
- July 26:** 21st Anniversary of the Americans with Disabilities Act [📅](#)
- July 26:** National Aunt and Uncle Day
- July 27:** National Korean War Veterans Armistice Day [📅](#)
- July 28-29:** Southern Delta Aquarids Meteor Shower [📅](#)



JMTC is working on ball valves for Navy submarines. Quad Cities Navy Week celebration 2011 gives area residents an opportunity to meet some of the Navy's Sailors and learn about the Navy's mission and its broad-ranging capabilities. ([More](#))

Rock Island Arsenal Hosts CBWTU

Muster: The Community Based Warrior in Transition Unit " Illinois held a muster here, June 12-17 giving new CBWTU-IL members an opportunity to learn about the services available to them. On June 13, the crowd of more than 50 Soldiers and their Family members heard a panel presentation by one former Soldier and two current Soldiers who were assigned to CBWTU-IL and recently released. All three shared their personal accounts of the CBWTU-IL program with the crowd. ([More](#))



OPM Launches Effort to Improve

Feds' Image: The Office of Personnel Management (OPM) is crafting a plan to improve how federal agencies deal with poorly performing



employees and how the public perceives civil servants, OPM Director John Berry told Federal News Radio Monday. "If we do our job right and show the American public that yes, there is strong performance accountability in the government, and yes ... people who are doing great jobs can be rewarded, people who are doing good jobs can be kept up to pay, and people who are doing bad jobs can be gotten rid of ... I think it will go a long way in rebuilding the trust," Berry said. ([More](#))

Senate Confirms Panetta as Defense

Secretary: The U.S. Senate voted unanimously this evening to confirm Leon E. Panetta as the next secretary of defense. Panetta received broad bipartisan support following his June 9 confirmation hearing before the Senate Armed Services Committee in which he said his foremost mission as defense secretary would be to protect the United States and ensure it has the "best-trained, the best-equipped and the strongest military in the world." ([More](#))



New Orders Detail Pentagon

Cyberwar Guidelines: President

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Rock Island Arsenal Like

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Rock Island Arsenal via Army Sustainment Command



Rock Island Arsenal hosts CBWTU muster
www.army.mil

On June 13, a crowd of more than 50 Soldiers and Family members heard a panel presentation by one Soldier and two current Soldiers during a Commur Warrior in Transition Unit " Illinois muster at Rock Arsenal, Ill.

13 minutes ago · Like · Comment



Rock Island Arsenal

The U.S. Army Materiel Command's Joint Munitions Command headqu Rock Island Arsenal recently published its latest edition of Joint Munitions Lethality Life Cycle Management Command (JM&L LCMC) publication, " check it out at <http://go.usa.gov/WVf>

<http://go.usa.gov/WVf>
www.jmc.army.mil

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Obama has signed executive orders that lay out how far military commanders around the globe can go in using cyberattacks and other computer-based operations against enemies and as part of routine espionage in other countries. The orders detail when the military must seek presidential approval for a specific cyber assault on an enemy and weave cyber capabilities into U.S. war fighting strategy, defense officials and cyber security experts told The Associated Press. ([More](#))

Senators Introduce Bill to Reduce Federal Vehicle Fleet By 20%:

Senators Tom Coburn, M.D. (R-OK) and Jeanne Shaheen (D-NH) have introduced a bill that would reduce the amount the federal government can spend on buying and leasing non-essential vehicles. It would cut the vehicle budget by 20% and save \$500 million. Currently, the federal vehicle fleet includes 662,000 cars, vans, sport-utility vehicles, trucks, buses and ambulances owned or leased by federal agencies that collectively use around 1 million gallons of fuel per day. The vehicle budget has increased by \$1 billion since 2006. ([More](#))



Cutting Federal Spending: One Federal Agency Targeted in Congress for Extinction:

With the federal deficit spiraling, elected officials are looking for ways to cut back on spending. Federal employees are certainly aware of this as their pay is frozen to some extent and there are various proposals to cut back on the cost of the federal workforce by putting more restrictions on benefits, including retirement. It is rare that a federal agency, once created, ever goes out of existence. When major problems surface about agency performance, the agency often asks for—and sometimes gets—additional money based on the argument that it would have done a better job with more funding. ([More](#))

Supply Store Hours for Week of June 27:

The Arc Business Supply will be closed from **June 27-30** due to end of fiscal year inventory. Supply orders can still be placed online at arcbusinesssupply.org. Thank you for your support.



USERRA (Uniformed Services Employment and Reemployment

Rights Act): Are you being called to

active military duty? If yes, please contact your CPAC to make an appointment for a USERRA briefing. At the time of this briefing you will be requested to fill out some forms regarding your benefits. These forms are very important if you want to continue your benefits (health insurance, life insurance, etc.) while you are on "leave without pay" from your government position. POC: debra.j.kelly.civ@mail.mil, (309) 782-6132

Iowa Fallen Soldiers Traveling Wall:

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

Travel Warning – Israel: The Department of State warns U.S. citizens of the risks of traveling to Israel, the West Bank, and the Gaza Strip, and about threats to themselves and to U.S. interests in those locations.



The Department of State urges U.S. citizens to remain mindful of security



factors when planning travel to Israel and the West Bank and to avoid all travel to the Gaza Strip. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information.

TACOM RI Ball Game July 18

Modern Woodmen Park: Calling All Baseball Fans – TACOM-RI's Last Summer Event. Open to all Island Employees and their guests. Discounted tickets for \$6.



Between inning entertainment. Come and reminisce with TACOM employees at their last summer event. To purchase tickets before the **July 1** deadline please call (309) 782-8488 or [email](#) for information on the ticket seller nearest you.

Change to AOR/OCONUS Brief:

Effective **June 30**, the USAG-RIA will no longer conduct Area of Responsibility / Outside Continental United States briefings at the installation level. Each command is directed to their

respective Antiterrorism Officer. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation can contact the USAG-ATO for the training.

Blood Drives at the Arsenal: Our blood drives scheduled during the months of July and August are particularly critical times. Summer vacations and activities mean fewer donors coming in the doors to give blood. "But the need for blood by patients in our area hospitals never takes a vacation!" In the Caisson Room/Bldg. 60, 10 a.m. – 12 p.m.: Fridays, **July 8 & 15**, Fridays, **Aug. 12 & 19**. To sign up for these drives, donors may email Sharee Hoegerl at shoegerl@mvrbc.org or call (563) 359-5401 ext. 119. Donors may also log on to www.bloodcenter.org and click on "IMPACT" to schedule a donation time for these drives. 3rd Shift to be held in the Cafeteria, Bldg. 210 – Friday nights: **July 8, 15, & 22**. To sign up for these drives, donor should sign up with their supervisors. The drives will begin at 2:15 am. Goal is 20 donors each night. 2nd Shift – to be held in the



Cafeteria, Bldg. 210 – Friday nights: **Aug. 19 & 26**. To sign up for these drives, donor should sign up with their supervisors. The drives will begin at 2:15 am. Goal is 18 donors each night. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

Save the Date: 10th Annual Women In Defense Golf Outing Friday, **Aug. 5**, at Glynn's Creek Golf Course. Shotgun Tee Time 8 a.m. For more information call Brenda Hanes at (309) 794-0115

Blue Grass Legion Pancake

Breakfast: Blue Grass American Legion Post 711 serves an all you can eat pancake breakfast for \$6.

The menu includes pancakes, sausage, scrambled eggs, potatoes, homemade cinnamon rolls, coffee, milk and juice. 106 South Juniata St., Blue Grass, Iowa.

[\(More\)](#)

Date: **Saturday, July 2**
Time: **6 a.m. - 9:30 a.m.**



Trivia Night at St. Alban's: Time for another summer of trivia at St. Alban's Episcopal Church, 3510 W. Central Park in Davenport, **July 23**, and **Aug. 20**. Teams of eight or less. \$10 per person. Cash prizes for winners, door prizes, 50-50 raffle. Contact George Eaton at eatongeo@msn.com for reservation. Only 10 tables.
Time: **7-10 p.m.**

B-17 'Aluminum Overcast' Headed to Davenport During EAA's 2011 National 'Salute To Veterans' Tour: "Aluminum Overcast," the Experimental Aircraft Association's restored B-17 bomber, will descend upon Davenport Municipal Airport in Davenport on **July 8-10** for one of nearly 60 tour stops scheduled for its 2011 "Salute to Veterans" national tour. At each stop, flight "missions" are available in the airplane, which allow people to fly in this spectacular aircraft. For more information regarding these flights, including rates for flights and ground tours, visit www.b17.org or contact EAA's B-17 Tour Office at (800) 359-6217.

Annual Red Cross Golf Outing at TPC Deere Run: Mark your calendars now for this premier golf fundraiser in the Quad Cities. For information &

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

Employment of Random

Antiterrorism Measures: Random Anti-Terrorism Measure Program. RAMP is a program designed to disrupt/deter surveillance on our Installation and Housing areas. The U.S. Army Garrison Rock Island Arsenal utilizes a vigorous RAMP program. Measures from Higher FPCON are selected and sent to the Police and Guard force for implementation. RIA is currently enforcing Random Antiterrorism Measures at each of our three Entry Control Point locations. High-visibility deterrent measures can convince adversaries they will be unable to accomplish their "attack sequence" of surveillance, plan, execute and escape with being detected. Highly visible and unpredictable coverage patterns, along with a security force and aggressive measures can be viewed by adversaries that the security of this installation is too effective for them to succeed. Self Protection Measures: - Vary routes/routines and times to and from work/activities. - Enter/Exit buildings from different locations. - Don't divulge

family/personal information to strangers. - Be aware of surroundings. - Maintain a low profile in dress and behavior. - Be prepared for the unexpected. Please, remember if you see something that seems out of place or suspicious, call 911 immediately.

OPSEC Message of the Month –

Social Networking: Some people update their social networks with every detail of their lives, revealing intimate details such as their date of birth, home address and when they're off on holiday. Are you advertising your home to burglars? Keeping in touch via social networking sites is part of everyday life for most of us, but disclose too much information and you could become an easy target for burglars. Other concerns, Social networkers not locking their profiles, meaning anyone – including criminals – can access their status updates. Some even admitted posting photographs of their homes. A burglary is not just distressing; making a claim will drive up your future insurance premiums as well. That means you could still be paying for one thoughtless tweet or wall post for years. There has even been some suggestion that an insurer could refuse to pay a home insurance claim if you had revealed online that you would be away – after



all, you are expected to take reasonable care of your property. As a nation, we are becoming increasingly comfortable with sharing more and more information on the web – but it's important to consider your personal security and to make sure your privacy settings are up to date. Otherwise, your casual online chatter could end up giving a burglar all the information they need to make you their next victim.

Arsenal Attic Thrift Shop &

Boutique: The Arsenal Attic is seeking someone with bookkeeping experience for a position with the Attic beginning sometime in July. Persons interested should have an updated resume ready for submission to the Rock Island Arsenal Welcome Club. Specific information regarding this position will be announced within the next few weeks. POC: (309) 782-6977.

Arsenal Attic Thrift Shop &

Boutique: Arsenal Attic announcing a position opening for bookkeeper. Must be proficient in Excel and have accounting experience. Mail resume/cover letter to Arsenal Attic, P.O. Box 3186, Rock Island, IL 61204. You may also drop in Attic Mail Slot, Bldg. 60 Basement, or email to

bbwhit@mediacombb.net. POC: (309) 782-6977.

Arsenal Traffic/Construction



Bridge Closures (for washing): Rock Island Viaduct & Pedestrian Bridge: Monday, Tuesday, Wednesday, June 27-29, 8:30 a.m. - 2 p.m. (off peak traffic hours).

Pothole Repairs: During the next several weeks, there will be pothole repairs at various locations on Arsenal Island. Barricades, cones, safety tape and flagmen will be present at the repair sites. Please use caution when approaching these locations.

Parking for the Fitness Center: Due to the arrival of personnel from the First Army, effective June 20, some parking areas will no longer be available to the Fitness Center customers. The Garrison has converted nine spaces in lot OG in front of Bldg. 67 to accommodate the First Army's handicapped employees. These nine Fitness Center spaces have been transferred to Lot OQ on 3rd Street next to B66 and marked as reserved for the Fitness Center. In addition, 11 Fitness Center spaces in front of Bldg. 110 have been removed from the Fitness

Center designated parking and marked reserved for First Army. It is the intent of the Garrison to gradually transfer 11 spaces in this parking lot back to the Fitness Center by the end of summer as TACOM-RI employees leave. If you have any questions or concerns, please contact Marilyn Miller, (309) 782-2715, marilyn.w.miller.civ@mail.mil, if you have any questions.

Bridge Closures for Washing: Bridge closures **June 27-29** are necessary for bridge washing as follows: Rock Island Viaduct and Pedestrian Bridge from **June 27-29**, 8:30 a.m. – 2 p.m. (off peak traffic hours).

Building/Space Closures



Closure of Bldg. 390 Front Entrance and Sidewalks:

The contractor constructing the new entrance and circle drive has revised drawings and is now requesting sidewalk/entrance closures in order to perform the work. Pedestrian traffic along Rodman will be required to utilize the south sidewalk to traverse along the roadway. For pedestrian access/entry to Bldg. 390, please use the East Courtyard doorway.

Date: **Tuesday, June 28**

Time: **7 a.m.**



Active Duty/Reserve Zone

☉ **Drill Sergeant of the Year 2011:** The Drill Sergeant of the Year (DSOY) competition is an Army-level competition that invites the DSOY winners from each of the four active-duty basic combat training installations (Fort Benning, Ga., Fort Jackson, S.C., Fort Leonard Wood, Mo., and Fort Sill, Okla.) and two reserve divisions (95th and 98th). The competition took place at Fort Jackson, S.C., from June 12-17. For five days, these competitors faced numerous mentally and physically demanding challenges to include performing and teaching associated Warrior Tasks and Battle Drills from Basic Combat Training. This year's winners, Staff Sgt. John Heslin (Active component) from Fort Benning, Ga., and Staff Sgt. Andrew J. Palmer (Reserve component) from the 98th Reserve Division, will serve at TRADOC Headquarters as subject matter experts to the TRADOC leadership and spokespeople for Initial Military Training. ([More](#))

Safety Spotlight

☉ **Celebrating July 4th Safely: Fireworks Big and Small Can Pose Risks, CPSC Urges Caution with Every Use:** Sparklers, bottle rockets and small firecrackers may appear harmless due to their size, however, new data released today by the U.S. Consumer Product Safety Commission (CPSC) shows that last year, during the 30 days surrounding July 4, these fireworks sent about 1,900 injured consumers to emergency rooms. CPSC's statistics show that in 2010 about 8,600 consumers ended up in hospital emergency rooms due to injuries involving legal and illegal fireworks. ([More](#))

Napa Home & Garden Recalls NAPAfire and FIREGEL Pourable Gel Fuel Due to Fire and Burn Hazards:

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. Pourable NAPAfire and FIREGEL Gel Fuel bottles and jugs ([More](#))

Motorcycle Class Registration Now On-Line: The [U.S. Army Installation Command Registration system \(AIRs\)](#) is a web-based scheduler and tracking tool for the Army Traffic Safety Training Program. [AIRs](#) allows military and civilian personnel to [electronically register](#) for traffic safety courses (Motorcycle Safety Classes and Intermediate Driver Training Classes) conducted at IMCOM garrisons. ☉ The two-day Basic Rider Motorcycle Course is scheduled for **June 28 and 29**; the one-day Experienced Rider Motorcycle Course is scheduled for **June 30**, and **Aug. 10 or 11**; two sessions of the Intermediate Driver Training Course are scheduled for **Aug. 9**. ([More](#))

Equal Opportunity Focus

☉ **Prevention of Sexual Harassment Training (POSH) for New Hires:** Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for new hires. The location will be the Blackhawk Conf. Room, Bldg. 108, 3rd Floor, new hires at 8:30 a.m. on the following days: **July 12, and Oct. 11**. To sign up for this mandatory training, please register through [TEDs](#);



key word: "push for new hires." POC for POSH training (or to receive special accommodations) is mary.gale@us.army.mil at (309) 782-5024.



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com 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.

Mark Your Calendars –

Arsenal MWR

Employee

Appreciation Day:

Arsenal Island's Family and Morale, Welfare and Recreation

[Employee Appreciation Day](#) is

scheduled for **July 21**, 10:30 a.m. - 4 p.m. (official ceremony will be held at 11 a.m. at the main stage). This year's theme is "Working Together to Make a Difference." The [event](#) is open to all military personnel, civilians, contractors, retirees, and their family members.

Please plan to attend and enjoy a variety

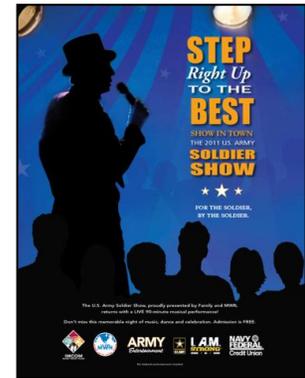


of food, games, sporting events, adult tricycle races, and great entertainment; and best of all the camaraderie. Music will be performed by "The Spirit of the USO Band" from Chicago. Any Arsenal Island organization wanting to set up a static display and have logistical requirements, please call (309) 782-1230 ([Registration Form](#)). Contractor personnel are reminded that it is their responsibility to make arrangements with their contractor supervisor/employer for appropriate leave or other status which does not conflict with their employer's contract obligations. Federal personnel cannot grant or authorize leave for contractor employees. Also, contractors are reminded that attendance by their employees at the event is not time or performance which is compensable under the contract. ([More](#))

No Factory Tour at This Year's FMWR Employee Appreciation Day Picnic:

Due to other opportunities to tour the factory the tours of the factory will not be offered this year at the annual Employee Appreciation Day Picnic on **July 21**. Tours will be offered at JMTC's Industry Day on **Aug. 4**. Please call (309) 782-5759 for more information.

2011 U.S. Army Soldier Show: The U.S. Army Soldier Show, presented by Family and MWR, returns with a 90 minute live musical performance. See talented Soldiers explore music genres and cultures from around the



world. Don't miss this memorable night of music, dance and celebration on **June 28**, 7 p.m., Adler Theatre, Davenport. Admission to the show is free on a first-come, first-seated basis. Visit the [Army Entertainment website](#) for information; or call (309) 782-1230; linda.s.rice.naf@mail.mil.

2011 Army Arts & Crafts Contest:

The 2011 Arts and Crafts contest began May 1. Calling all artists ... submit your original artwork in a variety of categories including: ceramics, drawings, wood, digital art (new category), fibers and textiles, water base painting, glass, oil base painting, metals and jewelry, mixed media - 2D and/or mixed media - 3D for a chance at Army-wide fame. For information and



guidelines visit the [Army MWR website on the Arts and Crafts page](#) or call (309) 782-1230.

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890, anna.winters@us.army.mil, <http://riamwr.com/BusPgms/special.htm>

Free Tickets for Military for the John Deere Classic:

The John Deere Classic in conjunction with the Association of the United States Army is proud to once again offer free tickets to Military to the John Deere Classic PGA Golf

Tournament at TPC Deere Run **July 6-10**. The John Deere Classic, Lowes and the RIA chapter of AUSA will host a Military hospitality suite directly behind the 15th hole on Sunday, **July 10**.

Military can pick up their tickets at the Leisure Travel Office in Bldg. 60 or call (309) 782-5890 for more info. There will also be a PGA Tour Exhibition on Tuesday, **July 5**, 10-11:30 a.m. ([Flyer](#))

Circa 21 Presents – If You Give A

Mouse A Cookie: When a boy shares his snack with a hungry, demanding

mouse, he learns a hilarious lesson about cause-and-effect. This adorable children's play will be at the [Circa 21 Dinner Playhouse](#) in Rock Island and is based on the popular children's book. Show-only, concessions will be available prior to show.

Date: **Saturday, July 16**

Time: **10 a.m.**

Cardinals vs. Cubs: Seats on sale for \$99 for the Cards vs. Cubs bus trip on Saturday, **Sept. 24**. This game will be at Busch Stadium. Departure time is 5:30 a.m. from Col Davenport pavilion area. Six seats per customer, no seats will be put on hold. No alcohol allowed on bus.



Mt. Olympus Water & Theme Park:

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

Quad City Stallions: The Quad City Stallions are in their third season this year at Augustana College in Rock

Island. A member of the Midwest Football Alliance, games run from **May thru July**. The Quad City Stallions is a semi-pro football team in the Midland Football League. Season Pass is \$20 single game tickets \$5 and kids under 12 are free. ([website](#))

Danube Group Cruise: From the splendor of Prague to the Gypsy violins of Budapest, you'll treasure every moment of this memorable Danube River cruise. Enjoy guided sightseeing. Experience the music, art, culture and historical sites. More than \$1,000 savings per person when booked through Leisure Travel Office. Contact LTO to schedule an appointment for this cruise offer. ([Flyer](#))

Date: **Friday, Oct. 21**

QC River Bandits: Discounted box seat tickets available for all home games. All tickets are \$8. Enjoy Thirsty Thursdays and Firework Fridays.

Circa 21 Presents – Hairspray: Take a trip back to 1962 with Tracy Turnblad, a big girl with big dreams and even bigger hair. This Tony Award-winning musical is filled with laughter, romance, dancing, unforgettable tunes, and is a joyous tribute to the 60s Seats on sale until July 7 at a discounted \$43.50.



Date: **Saturday, July 16**
Time: **5:45 p.m.**

July Downtown/Loop Shopping Trip:

Join us for a day of shopping in downtown Chicago. Here you'll find department stores such as Bloomingdale's, Lord & Taylor and Nordstrom, Crate & Barrel and Pottery Barn, jewelers such as Tiffany and Van Cleef & Arpels, big name boutiques and indoor shopping malls, such as Water Tower Place. \$39 per person.

Date: **Saturday, July 16**
Time: **6:30 a.m.**

Six Flags Great America: Visit this amazing theme park with awesome rides, great shows, and incredible attractions, plus Hurricane Harbor. Discounted admission tickets available for the 2011 season. Tickets are \$36 for Adult/Child.

Child, Youth & School Services

British Soccer Camp: Child, Youth & School Services is proud to once again host Challenger Sports' British Soccer Camp **July 11-15**. This camp is open to all children (not restricted to children of Arsenal employees) ages 4-16. All

participants receive a free t-shirt and soccer ball with registration. Register online at www.challengersports.com or call (309) 782-7544 for more info. ([Flyer](#))

Lead the Way: SKIESUnlimited is offering Lead the Way summer sessions in June and July. All sessions are held for three days from 9 a.m. - 2:45 p.m. Extended afternoons are an option. Registered patrons may enroll at www.riamwr.com/cys or call (309) 782-0791 to schedule registration. Please call SKIESUnlimited at (309) 782-5969 with any questions.

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



Special Needs Military Summer Camp: The 4-H Military Partnership Program and Camp Ronald McDonald

at Eagle Lake are offering camping opportunities for up to 92 special needs military youth. Enjoy Some Summer Fun! When: Aug. 7-12. Where: Camp Ronald McDonald, Eagle Lake, near Susanville, Calif. Who: Special needs military youth ages 8-18. This camp is a military youth-only camp and is free of charge. Registration begins soon. For more information, visit: <http://www.campronald.org/home.php> or contact Crystal O'Hara, 4-H Military Partnership Program Representative, at (530) 757-8968 or crohara@ucdavis.edu.

Newcomers' Orientation Tour: Do you know...? The answers to these questions and others are answered on the Newcomers' Orientation Tour. (That's right, it is a tour again.) Plus you get to know more about Garrison programs and facilities that make your time here more enjoyable. Held monthly on the fourth Thursday, except November and December. You will be introduced to "The Rock" and take a walking tour of Kingsbury Manufacturing Center (also known as Joint Manufacturing and Technology Center). The orientation is



open to all military, civilians, contractors and military Family members. Duty time is not automatically authorized, so please check with your supervisor. Seating is limited so [register online](#). For questions, call (309) 782-0829.

Second Accredited Financial Counselor Candidate Joins Army Community Service: Army Community Service is pleased to announce the arrival of a new member of the Army Volunteer Corps as an Accredited Financial Counselor Candidate. Christina "Chris" Hoenig, who is the wife of a deployed soldier. She has began her practicum in the Financial Readiness Program as of June 6. Welcome, Christina!



Employee Assistance Program

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

Prescription Take Back Day: 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. 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. The EAP is providing an opportunity to dispose of your unused and expired prescription drugs. On **June 28 & 29**, the EAP and Law Enforcement will be collecting unused and expired prescription drugs at the following places and times ... **June 28:** 5:30-8:30 a.m. & 2:30-4:45 p.m., at Memorial Field Parking lot; **June 29:** 5:30-8:30



a.m. & 2:30-4:45 p.m., in the Commissary Parking lot. Participants bringing in unused or expired prescription drugs for disposal will receive a free umbrella or car shade.

Anonymous Online Mental Health Screening -- June 2011: Man, what are you drinking? Or more importantly, how much? If you are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels -even occasionally- may put you at risk for serious health problems? ([More](#))

Smoking Cessation Group: You can afford to quit smoking. All Federal Employees Health Benefits Program enrollees are now covered 100 percent for smoking cessation aides. Join the Employee Assistance Program's Smoking Cessation educational support group that meets each Wednesday 3-4 at the EAP office located in Bldg. 110, 1st floor, SE wing.

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. (Additional resource: [Virtual PTSD Experience](#))

EAP Offers Grief Group: The RIA EAP is now offering a new service – Grief Group. This group discusses the latest research on bereavement and coping with loss. Topics include divorce, aging, deployment, retirement, and much more. The group meets every Wednesday from 3-4:30 p.m. at the EAP office, Bldg. 110, 1st Floor, SE Wing.

Education/Training Review

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

Palmer College to Offer Free Tuition to Eligible Veterans: Through a unique program offered by the U.S. Department

of Veterans Affairs (VA), Palmer College of Chiropractic is making it possible for eligible U.S. veterans enrolled or about to enroll at any of Palmer's three campuses to have up to 100 percent of their out-of-pocket tuition and fees associated with education programs covered for a one-year period. Known as the Yellow Ribbon GI Education Enhancement Program, the plan covers all undergraduate and graduate tuition not already provided for by the Post-9/11 Veterans Educational Assistance Act of 2008. ([More](#))

Defense Commissary Agency / PX

The [Rock Island Commissary](#) makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

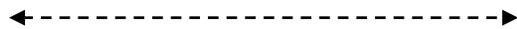
Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

This Week in Rock Island Arsenal History – June 27-July 3: At the end of June 1876, RIA workers had completed a mission of cleaning, repairing, and packing 3,700 rifles at a cost of \$4,140.16. Of this sum \$427.32 was for tools and fixtures, making the cost per rifle about \$1.12. In June 1903, the RIA Commanding Officer was directed to expedite final preparations of Armory Row at RIA and to manufacture Springfield 1903 rifles at a rate of 125 daily. Construction of Shop K (Bldg. 68) was completed by the close of June 1882. On June 31, 1942, the RIA began to employ women for shop work. The first women hired for the shops were S2 females assigned to inspect metallic belt



links. On June 31, 1831, Black Hawk arrived at Rock Island with 27 other chiefs and warriors for a peace conference held outside Fort Armstrong. Black Hawk signed a treaty in which he pledged to leave Illinois and not recross the Mississippi River without government permission. RIA workers started assembling Mark VIII Tanks on July 1, 1919. The order was for 100. Assembly of the last tank was completed on June 5, 1920. The mission was completed in 286 days. In July 1916, employment at the RIA numbered 2,226 and reached a maximum WWI figure of 13,263 employees in July 1918.



Healthbeat



5 Foods That Make You Fat, 5 That Don't: Avoiding weight gain as you age isn't impossible, after all. If you yearn to be among those who sail through the years without picking up a pound for each birthday, Harvard doctors have a game plan for you. And it goes far beyond the old "eat less, exercise more" mantra. Reducing your intake of specific foods, sleeping 6 to 8 hours nightly, getting some exercise, and turning off the TV all predicted less weight gain with time, they found. They also found five foods strongly linked with weight

gain and five others linked with less than average weight gain. "The message here is that the type and quality of food and beverage one eats are incredibly important," says researcher Dariush Mozaffarian, MD, DrPH, associate professor of medicine and epidemiology at Harvard School of Public Health, Brigham and Women's Hospital and Harvard Medical School. The new research, he says, "shows how multiple lifestyle factors, including diet, were related to long-term weight gain." ([More](#))

Even Small Amounts of Alcohol May Impair Driving:

Driving with a buzz can be as dangerous as driving when you are fully intoxicated, a new study suggests. The blood-alcohol content (BAC) limit in the U.S. is set at 0.08%, but levels well below this legal limit are associated with car accidents that cause incapacitating injury and death. According to the CDC, close to 30 people in the U.S. die every day in motor vehicle crashes involving an alcohol-impaired driver. This is the equivalent of one death every 48 minutes. "Buzz kills," says David Phillips, PhD a sociologist at University of California, San Diego. "No amount of alcohol seems to be safe for driving." The new study appears in *Addiction*. In

the study, drivers who tested positive for blood alcohol at levels well-below the legal BAC limit were more likely to be in severe car accidents than sober drivers largely because they drove significantly faster, were less likely to be appropriately using a seatbelt, and were usually driving the striking vehicle. The more alcohol the driver drank, the faster that they were likely to be driving, and the more severe the car accident was likely to be, the study shows. ([More](#))

U.S. Is Becoming a Nation of Snackers:

When is a snack not really a snack, but a mini-meal or even a full-on meal? And can snacking -- even serial snacking -- result in weight gain? The answers depend on both the snacker and his or her chosen snack, according to experts speaking recently at the Institute of Food Technologists 2011 Annual Meeting and Food Expo in New Orleans. But one thing is clear: Snacking is on its way to becoming a national pastime. Snacks, including calorie-laden beverages, comprise more than one-quarter of our daily caloric intake. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Closed July 1 and 5. Clinic closed for the Holiday, Monday, July 4th.



Notes for Veterans

VA's Mail-Order Pharmacy Program
Recognized 2011: The Department of Veterans Affairs' mail-order pharmacy program has been recognized as a J.D. Power 2011 Customer Service Champion – one of only 40 entities in the United States to earn the distinction this year. “We are honored to receive this distinction and be included in this elite group of companies that focus on customer service excellence,” said Rita Brueckner, national quality management officer for VA's Consolidated Mail Outpatient Pharmacy program. ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Looking for someone to carpool with from the Sterling-Rock

Falls area, 3rd shift, 10:15 p.m.-6:15 a.m., john.b.mitchell1@us.army.mil

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

Around the Q.C.

- **June 28:** [Soldiers Show](#) (Adler Theatre, Davenport)
- **July 1-3:** [IH Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
- **July 2:** [Red, White, and Boom](#) (Rock Island & Davenport)

- **July 4:** [28th Annual Genesis Firecracker Run](#) (East Moline)
- **July 4-10:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
- **July 6:** [John Deere Classic Pro Exhibition](#) (Arsenal Island Golf Course)
- **July 9-10:** [Village Summer Stroll](#) (Village of East Davenport)
- **July 11:** [2011 Drum Corps International Tour](#) (Brady Street Stadium, Davenport)
- **July 11:** [Rhythms Along The River](#) (Brady Street Stadium, Davenport)
- **July 17:** [Classic Car Show](#) (Village of East Davenport)
- **July 19-24:** [Rock Island County Fair](#) (East Moline)
- **July 21:** [Family and MWR Employee Appreciation Day](#) (Memorial Park & Field)
- **July 21:** [First Army "Uncasing of the Colors"](#) (Location TBD)
- **July 21-24:** [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)
- **June 23:** [Rock Island District, Corps of Engineers' Corps Day](#) (Memorial Field)
- **July 29-30:** [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)
- **July 30:** [RAGBRAI Ends in Davenport](#) (Downtown Davenport)
- **July 30:** [37th Annual Quad-City Times Bix 7](#) (LeClaire Park, Davenport)
- **Aug. 2-7:** [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
- **Aug. 4:** [RIA-JMTC Industry Day](#) (iWireless Center, Moline)
- **Aug. 4-7:** [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)
- **Aug. 6:** [Crime Stoppers 5K Run](#) (Moline)
- **Aug. 7:** [Heartland British Auto Fest](#) (Village of East Davenport)
- **Aug. 11-13:** [25th Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)



Aug. 12-13: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 14-20: [International Softball Congress World Fastball Tournament](#) (Greenvalley Complex, Moline)
Aug. 19-20: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 25-28: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 26-28: [All Era Veterans Healing Field of the Quad Cities](#) (Davenport Memorial Park Cemetery)
Aug. 27: [Quad Cities Irish Festival](#) (Downtown Rock Island)
Aug. 27: [Silvis Family Run](#) (Silvis, Ill.)
Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 5: [Run with Carl](#) (Bettendorf)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)
Sept. 9-10: [¡Viva Quad Cities!](#) (Lot West of Isle® Casino Hotel Bettendorf)
Sept. 10: [Run for ¡VIVA!](#) (Lot West of Isle® Casino Hotel Bettendorf)
Sept. 10: [Quad-City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)
Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)
Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)
Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)
Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)
Sept. 25: [QC Marathon](#) (Downtown Moline)
Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Oct. 27: [Fright Night](#) (The District)
Oct. 29: [Witches Walk](#) (LeClaire, Iowa)
Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Sept. 7-16, 2012: [East West Riverfest](#)

Island Insight



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

The Army publication, Island Insight, is an unofficial publication authorized under [AR](#)

[360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is



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**SOLDIERS LEADERS
CIVILIANS FAMILIES**

Take 5

before lighting that fuse!

Don't be a Dud

- Only use fireworks outdoors
- Obey local laws
- Always have a garden hose or bucket of water nearby
- Don't alter or combine fireworks
- Wear safety glasses
- Never allow children to handle fireworks
- Never use homemade fireworks
- Never relight a dud firework. Soak it in water after 20 minutes
- Alcohol and fireworks don't mix. Have a 'designated shooter'



*What Have You Done,
to Save a Life Today?*



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<https://safety.army.mil>

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A BAND OF BROTHERS
& SISTERS