

July 5, 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 O.C.](#)



JMTC Signs Agreement With Mazak

Corporation: Mazak Corporation has signed an agreement effective June 29 with Rock Island Arsenal Joint Manufacturing and Technology Center that will train Arsenal employees on how to use multiple machining centers built by Mazak as well as machinists in the Quad City community. Mazak Corporation is a leader in the design and manufacture of productivity-improving machine tool solutions. Committed to

being a partner to customers by consistently providing innovative technology, Mazak recently announced an increase in production for 2011 at its Florence, Ky. manufacturing plant. The Arsenal has partnered with Mazak and established onsite training programs to further build upon the existing skills base of its workforce. The software-simulated courses teach basic milling, Mazak INTEGREGX Multi-Tasking machining and advanced milling. The

goal is to impart machinists with the skills needed to do part prove outs and help with process planning. "What we can do with this partnership can help this entire community and make manufacturing stronger in this area as well as the rest of the country," said Col. James Fly, Jr., commander Rock Island Arsenal Joint Manufacturing and



Technology Center. "Rock Island Arsenal's proactive approach to training both internally and in the surrounding community is admirable," said Brian Papke, president of Mazak Corporation. ([More](#))

Soldier Show Wows 'Em in Iowa: The ringmaster gathers and engages the audience, as performers in the Army Soldier Show take the stage. Come one, come all, to the greatest show on Earth! A packed house at Adler Theater gave the 2011 U.S. Army Soldier Show a rousing reception, June 28. This year's show incorporates the different places that host American Soldiers around the world. The title theme this year is "Carnival - A Traveling Thank You" which features the ideals and missions that require great sacrifice, as freedom comes at a cost to our Soldiers, their families and our country. "This show expresses our appreciation to the citizens of host nations and to the Soldiers, Families, Department of Defense civilians and retirees who support our Soldiers," explained J. C. Abney, Installation



Management Command's deputy chief of staff, in the Soldier Show program handout. ([More](#)) ([Photos](#))

RIA & John Deere Classic Golf

Demonstration: The Arsenal Island Golf Course and the 2011 John Deere

Classic invited military and civilians to attend a golf demonstration featuring Professional Golf Association members Mike Weir and Todd Hamilton July 5.

Weir is the 2003 Masters Champion. Hamilton won the British Open in 2004. ([Photos](#))



Auto Insurance: Looking at Your

Policy: In the legal assistance office at Rock Island, we normally have a number of clients who have been involved in auto accidents. Our first question is, "Do you have insurance to cover this accident?" In order to drive your vehicle in either Illinois or Iowa, you are required by state law to have



Upcoming Dates

July 1-7: National Clean Beaches Week [📅](#)

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: First Army "Uncasing of the Colors," Bldg. 68 [📅](#)

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 [📅](#)

July 28: World Hepatitis Day [📅](#)

July 29: 236th Army Chaplain Corps Birthday [📅](#)

Aug. 1-7: National Farmers Market Week [📅](#)

Aug. 2: National Night Out [📅](#)

Aug. 5: 6th Patriot Guard Riders Birthday [📅](#)

Aug. 5-6: Iowa Sales Tax Holiday Weekend [📅](#)



insurance on your vehicle. The Pass and ID office will not give you base decals unless you show evidence that you currently have insurance. Even though you have insurance, very few of us take the time to review and understand what the insurance policy covers or does not cover. This article is a brief overview of what auto insurance is supposed to provide and what is normally contained in your auto insurance policy. ([More](#))

Maj. Gen. MacCarley Addresses QC Honor Flight Veterans: First Army Deputy

Commanding General, Maj. Gen. Mark MacCarley met and spoke to a very special group of World War II Veterans, spouses, Family members and friends **June 28** at the Waterfront



Convention Center in Bettendorf. Most of the attendees are veterans who have participated in a nationwide effort called the Honor Flight program, a non-profit organization that make it possible for WWII veterans to visit the WWII Memorial in Washington, D.C. More than 400 veterans from the Quad Cities region gathered for this special reunion

and muster of sorts, to encourage more WWII veterans to participate. ([Photos](#))

Warrior Competition Tests Physical, Mental Skills:

They snuck into the shadows, pausing on bended knees, clutching rifles against padded chests. A moment, and then in one fluid movement, the line of soldiers stealthily crept to the next corner. A second pause before one of the men shouted "Grenade, grenade, grenade!", prompting the covey of men to run into the house. There was a scuffle and a shot, and then the man hidden in the house was brought down to the ground. ([More](#))



ASC Presence Felt at 4th of July Parade:

Maj. Gen. Yves Fontaine, Commanding General of the U.S. Army Sustainment Command, served as Grand Marshal of the 53rd annual AMVETS 4th of July



facebook



Rock Island Arsenal Like

Government Organization · Rock Island, Illinois



Wall



Rock Island Arsenal

Island Insight for the week of June 27 is available at <http://go.usa.gov/zID>

In This Edition:

- Afghan Drawdown Not Precipitous, Obama Tells Soldiers
- Military Explorers "Explore" First Army Headquarters
- ASC Hosts Transportation ROC Drill

See More

<http://go.usa.gov/zID>
www.ria.army.mil

June 25 at 1:57pm · Like · Comment



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 a Soldier and two current Soldiers during a Commu-

715 like this

DO YOU



Like

US?

[Log into Facebook](#) and keep up to speed with your installation by clicking "Like" to add the Post to your newsfeed. Have a smartphone? Use the [QR Code](#) at right to quickly access the page.



parade in East Moline, Ill. Thousands lined the streets to enjoy the celebration. ([Photos](#))

First Army Welcomes BG (P) Penn

And Family: Brig. Gen. (P) Kendall W. Penn, newly assigned First Army deputy commanding general for operations, is officially welcomed to First Army's headquarters at Rock Island Arsenal, Ill. Lt. Gen. Mick



Bednarek, First Army commanding general, said in his introduction of Penn, that he feels Penn brings a great deal of experience to First Army, having been deployed as commander of the 39th Infantry Brigade Combat Team with the Arkansas Army National Guard. "He also brings a senior leader quality which many have lost - listening, which will help him to solve problems, deal with the issues at hand and be able to provide what formations need most," said Bednarek. Penn was joined by his wife Mary, and daughter Lois. His previous assignment was as Deputy Commanding General at First Army Division East, Fort Meade, Md. ([Photos](#))

EFMP Respite Care: Enhancing the Quality of Life for Caregivers:

Starting in July, the Exceptional Family Member Program is standardizing and streamlining the process for delivering respite care to eligible Families in need of support. The EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive, coordinated community support, housing, educational, medical and personnel services to Families with special needs. It is focused on helping these Families find the support and care needed to ensure all their members can thrive. ([More](#))



MyBiz Employment Verification:

Federal employees now have access to request their own Employment Verifications and route instantly to their financial institution. DoD Civilian Personnel Management Service proudly announces the availability of Self Service MyBiz Employment Verification; which allows



employees to email employment and/or salary information to an external organization (business, bank, credit union) directly from the Defense Civilian Personnel Data System via secure Internet. The MyBiz Employment Verification tool is available from your workstation. For additional information on how to email EV information to an external organization, please refer to the following [website for detailed instructions](#). "EV" - the employee's choice for quick, secure email verification of employment and/or salary information.

Antiterrorism Theme – Antiterrorism Doctrine:

To meet a growing and evolving terrorist threat, the Army combined the most important elements of AT policy with the doctrinal wisdom and practical application from operational forces, installations, and stand-alone facilities. By leveraging extensive AT expertise from across the force, sound doctrinal principles, processes, and tools emerged. FM 3-37.2 establishes AT principles (assess, detect, warn, defend, and recover), integrates AT within the combating



terrorism framework and protection warfighting function, and builds on the Army's effective operations and intelligence processes. ([More](#))

U.S. Army Energy Security and Sustainability:

"Energy security" and "Sustainability" are complementary principles that enable the Army to operate effectively and for extended periods in the face of diverse and changing conditions. Critical to nearly every military advantage, from tactical mobility to global communications, the Army must assure energy capabilities through informed behaviors; resilient infrastructure; reliable, efficient and flexible systems; and diversified sources of supply. ([More](#))



DHS Debuts Energy Star-Like System For Software Security:

The Homeland Security Department and consulting firm Mitre Corp. on Monday unveiled a system for rating the protection of software products to help agencies, contractors and consumers ensure they are buying safe technology, in the same way the Energy Star labeling program

helps guarantee eco-friendly purchases, DHS officials said. ([More](#))

Photos Wanted - Feds on the Job Across the Country:

Many feds are concentrated in the D.C. region, but the majority live and work elsewhere. Federal News Radio wants to feature feds outside of the D.C. area. Whether you're in the U.S. or in another country altogether, we're looking for pictures of you doing your job. The more fun and creative, the better. Photos will be placed in a photo gallery on [FederalNewsRadio.com](#). Be sure to include the names of people in the photo, your agency, and a brief description of what you do. Email us your photos. ([More](#))

First Army Newcomers' Orientation and Tour:

First Army's Newcomer orientation and tour is scheduled **July 14, 9 a.m. - 3:30 p.m.**, at the Arsenal Island Golf Course club house. Seating is limited - so register early. [Open link](#), scroll down to July 14. Trouble with the link? Call ACS, (309) 782-0816/0829.



Annual Corps of Engineers' Fishing Clinic:

Start planning to participate in the annual Mississippi River Project's Fishing Clinic scheduled for **Saturday,**



Aug. 6. This is a free event that will be held at the Locks and Dam 14's Day Use Recreation Area located close to Pleasant Valley, Iowa. The clinic will start at 9 a.m. and end at 3 p.m. Educational programs on water safety, fishing and fish ID will be held in the morning. A free lunch consisting of hot dogs, frog legs and catfish fillets will be served. The afternoon will consist of a fishing derby. Please bring your equipment; the Corps will have a limited number of rods and reels for families to use. Bait (worms) will also be provided. Trophies and other prizes will be awarded to the youth. Pre-registration is required, do so by calling (309) 794-4301.

TACOM Furniture Not to Be Taken:

Please be advised that all furnishings, chairs, and equipment are being left behind by TACOM for use by the government tenant that will be occupying the vacated TACOM space. This means that the new tenant will be leaving their furnishings behind for the



tenant that will be occupying the space behind them, etc. What this means is that furniture and chairs are not available for taking. This is the standing agreement that we have with TACOM and they are holding strong to it on their end as we plan to on ours. Some of these 'personnel only' moves have begun to take place already and others are planned for the near future. Some of the spaces have recently been offered to DoD Organizations as finished space that is fully furnished. POC: tracy.r.neitzer.civ@mail.mil, (309) 782-4074

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](#))

Prairie Flowers Program: The Corps of Engineers' Mississippi River Project announces that the Visitor Center at Locks and Dam 15 is inviting guests to join us for a presentation on prairie flowers. This



presentation will take place in our Visitor Center as well as in our native plantings area around the Visitor Center. Guests will be able to view some common prairie plants that were found long ago in the native grasslands of the Midwest and learn about their importance in our environment. This program will be held on **Saturday, July 16, 9-10 a.m.** The program will be approximately one hour long and be guided by a Visitor Center park ranger. This program is free of charge and everyone is invited to attend. Advanced registration is required. An adult must accompany children under 12 years of age. All persons over age 16 must carry a photo ID to enter the island. Vehicles are subject to search and participants should allow 15 minutes extra to ensure proper arrival time for the tour. For more information, or to sign up for either of these programs, please contact the Visitor Center at (309) 794-5338.

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.

10th Annual WID Golf Tournament:

Women in Defense 10th annual Golf Tournament, Friday, **Aug. 5**, at Glynn's Creek Golf Course. Shotgun tee times,



Continental breakfast and lunch included. For more info contact Brenda Hanes at (309) 794-0115 or see [WID website for registration form](#).
Time: **8 a.m.**

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.**

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.

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



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.**



Arsenal Attic Thrift Shop &

Boutique: Arsenal Attic announcing a position opening, 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.

Bowlers Needed: Individuals or 5-man teams, Thursday nights at Bowlmor. Ask your family members, friends and co-workers. If your interested contact Jed Ruhberg at (309) 235-4855
Date: **Monday, Aug. 1**

Benefit for Peyton White: Peyton was diagnosed with Metachromatic Leukodystrophy, (MLD) and requires a bone marrow transplant. This will require an extended stay at the U of I Hospital. Please come help us ease the burden of traveling, missed work, and medical expenses at Uptown Neighborhood Bar & Grill, Bettendorf, **Sunday, July 24**. Peyton is the grandson of Cyndi Emler.
Time: **1-6 p.m.**

Arsenal Traffic/Construction

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.

Building/Space Closures

There are no Building/Space Closure announcements at this time.

Active Duty/Reserve Zone

Affordable & Integrated Army Equipment Modernization White Paper:

As an endstate, the Army must develop, field and sustain the right equipment in an incremental and iterative manner to ensure Soldiers and units have the capabilities needed to be successful across the full-range of military operations today and into the future. The Army must change the way it develops and delivers capabilities. This change is necessary. Changing our approach provides the flexibility needed in a rapidly changing operational environment by embracing ideas that will inform both rapid and deliberate acquisition equipping processes. Key to this effort is clearly defining gaps, validating requirements, disciplining requirements growth, establishing a clear priority of needs, routinely re-assessing the value of systems in development and in the field and taking advantage of technological advances as well as emerging solutions. ([More](#))

Military Leadership Diversity

Commission: We are continuing implementation of the Army Diversity Roadmap, including the actions that align with the MLDC recommendations.



The Army is participating in Department of Defense planning sessions on implementation of MLDC recommendations and supporting development of the DoD Diversity Strategic Plan by the Defense Diversity Working Group. ([More](#))

Safety Spotlight

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 one-day Experienced Rider Motorcycle Course is scheduled for **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 Baylor Conf. Room, Bldg. 102, 3rd Floor, at 8:30 a.m. on **July 12**. 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.

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>

Disney LIVE! Phineas and Ferb:

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

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

the park hopper option or water park for \$138. This offer has been extended until October 2012.

Adventureland Bus Trip: Leave the driving to us. Join us on this day trip to Adventureland. Enjoy both parks. Military and families \$26, civilians \$55. Limited seats remaining.
Date: **Saturday, July 9**
Time: **6:30 a.m.**

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. ([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.

Employee Assistance Program

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

Anonymous Online Mental Health Screening – July 2011: Summer is here and your commute to work is filled with sites of pretty gardens, sunny sidewalks and children playing. You cannot help but smile, but after a few seconds you start thinking about the risk that the kids

will become dehydrated, sunburned or get hit by a car. Do you go through the day filled with exaggerated worry and tension? Do you anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work? A little dose of daily worrying is merely human, but if your worry becomes uncontrollable or disproportionate to the problem, you may be suffering from an anxiety disorder. ([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 – July 4-10: Col. George Davenport was murdered by bandits at his Rock Island estate on July 4, 1845. In July 1878, excavation work for Shop K (Bldg. 68) began. On July 6, 1978, a ceremony was held at RIA to celebrate the completion of the first two of 19 M198 155mm towed howitzers to be manufactured and assembled at the RIA. In July 1962, the RIA acquired from Watertown Arsenal the responsibility for support development, industrial engineering, manufacture, and maintenance engineering on carriages, mounts, recoil mechanisms, and loaders for towed anti-aircraft guns: and carriages, recoil mechanisms, limbers and wagons for field guns and towed howitzers of calibers larger than the 155mm gun and 8 inch howitzer.

Healthbeat

☺ **Colon Cancer Death Rates Continue to Drop, CDC Reports:** *But, 22 million people who need screening haven't gotten one, researchers add.* The death rates from colon cancer continue to drop in the United States, but they could fall even further if more people were screened, government health officials reported Tuesday. Although two-thirds of Americans were screened for colon cancer by 2010, 22 million more hadn't been, according to a new report from the U.S. Centers for Disease Control and Prevention. Between 2003 and 2007, the number of new cases of colon cancer fell from 52.3 per 100,000 people to 45.4 per 100,000, according to the CDC report. That drop means there were 66,000 fewer cases of the disease. In addition, the death rate from colon cancer, the number two cancer killer, dropped over the same time from 19 per 100,000 people to 16.7 per 100,000, the researchers found. That means that 32,000 fewer people died from the disease. ([More](#))

10 Biggest Summer Myths—Busted: My dad was an amateur meteorologist. Granted, he didn't know a cold front from a cold frost (or a cold frosty one, for that matter). But he was able to



predict incoming thunderstorms with remarkable accuracy. Or so he believed. "It's going to storm tomorrow. I can feel it," he'd tell me. "Yes it is. I heard about it on the radio," I'd respond. My dad had a bad back and creaky knees. He claimed his pain would flair up a day or two before a big storm. But science suggests he was fooling himself: Researchers have actually been studying this phenomenon for years. And though there's a fairly strong link between weather and joint pain after the temperature or pressure drops, there's no conclusive evidence that pain can predict weather changes, says Greg Belcher, M.D., head of the Arthritis and Joint Replacement Center at Good Samaritan Hospital in San Jose, Calif. I bet you have an amateur meteorologist in your family, too. After all, pain as a storm predictor is a long-held conventional wisdom of summer, right up there with how air conditioning can make you sick and freeze if you ever come across an angry bear in the woods. As you're about to learn, both of those "truths" are false, too. In fact, some of our most cherished beliefs about summer are flat-out wrong. Like these 10. [\(More\)](#)

Health Clinic Announcement: Sick Call Hours 7-8 a.m. TRICARE office closed July 5, 18-22 for training. Call 1-800-TRICARE for assistance. Lab Closed July 7. Clinic closed July 29 at 11:30 a.m. - Staff Meeting and Training.

Notes for Veterans

VA Begins Implementation of Open Source Program: The Department of Veterans Affairs (VA) June 30 announced that it has begun the implementation of an open source community based on its electronic health record (EHR), selecting The Informatics Applications Group (tiag) to create the Custodial Agent that will serve as the community's central governing body. VA will contribute its current EHR, known as VistA (Veterans Integrated System Technology Architecture), to seed the open source effort. "Our EHR is central to the quality of care we provide to Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. "As we continually advance the health care we deliver, so too must we advance the capability of EHR software. Moving to an open source model invites innovation from the public and private sectors. It is an important element of our EHR collaboration with

the Department of Defense and an important part of our strategy to ensure that VA clinicians have the best tools possible, and that Veterans receive the best health care possible." [\(More\)](#)

VA Issuing First Payments to Caregivers: The Department of Veterans Affairs will send out more than \$430,000 in stipend payments to nearly 200 Family Caregivers of Veterans in July. These Family Caregivers were the first to complete their Caregiver training under the program of Comprehensive Assistance for Family Caregivers. The first payments to 96 recipients were issued today. "This is a long-awaited day for many Family Caregivers who diligently worked to achieve this landmark legislation to enhance services for Family Caregivers," said VA Secretary Eric K. Shinseki. "I am proud VA can now offer direct support to the loved ones who give the Veterans we serve a greater quality of life by allowing them to remain at home surrounded by family and friends." [\(More\)](#)

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.



- 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 13:** [YouthFest](#) (Centennial Park, 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"](#) (Bldg. 68, Rock Island Arsenal)
- 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. 6:** [Christian Care Walk the Walk](#) (Sunset Park, Rock Island)
- 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](#) (Greenvally 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](#) (Figue 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 published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 by the Rock Island Arsenal Garrison Public Affairs Office.



Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); ROCK-RIA-PA@comus.army.mil, Phone: (309) 782-1121. The Island Insight is [available online](#).

Life Jackets, Man's Best Friend!
Visit us at www.Bobber.info

Water Safety Program
BOBBER the WATER SAFETY DOG
US Army Corps of Engineers



**SOLDIERS
LEADERS
CIVILIANS
FAMILIES**

Take 5

**before getting
on the boat!**

Ship-Shape

- Always wear a life jacket
- Get the boat checked
- Watch the weather to prepare for local conditions and electrical storms
- Communicate trip details in event of an emergency
- Do not swim or wade near a boat's exhaust pipe, sit on the swim platform when the engine is running or hold onto the deck when the boat is moving
- Have CPR instructions and local emergency numbers on the boat



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



**ARMY SAFE
IS ARMY STRONG**

