

July 11, 2011



Island Insight



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

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

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ASC On Track to Absorb Installation

Logistics Activities: "Each function has a separate means for success," said Maj. Gen. Yves J. Fontaine, Army Sustainment Command's commanding general, in his opening remarks at the June 30 Directorate of Logistics Day here. "The first thing is to identify what needs to be done today," he said. Declared "DOL Day," the day-long event included discussion on the timeline of the DOL transfer from

Installation Management Command to Army Materiel Command, ASC's parent. DOL Transformation Team members, Army Field Support Brigade representatives and ASC senior staff members were all in attendance and offered feedback throughout the briefing. "If you hear something that you have questions on, let us know," said Fontaine. "Issues may pop up as the briefers present, and this is an opportunity to work through those."

Each DOL functional area involved in the transfer presented current regulations and solutions on how to make a smooth transfer. In recent months, ASC's Directorate of Logistics Transformation Team hosted numerous rehearsal of concept drills, enabling each specific area to work through any issues or



concerns in small working groups with subject matter experts. [\(More\)](#)

ASC's Chief of Staff Visits Military

Kids at Camp: It's no ordinary summer camp if children's conversations are regularly punctuated by an exclamatory "Hooah!" At the YMCA's Camp Abe Lincoln, several dozen military family children bonded with their peers July 3-8. At the invitation of camp organizers, Col. Richard Dix, Army Sustainment Command's chief of staff, spoke with campers. He pointed out that kids whose parents deploy overseas, especially to combat areas, bear a part of the burden of military service. [\(More\)](#)



Federal Pay, Benefits Would Be at Risk in August, Group Says:

Unless the debt ceiling is raised, the federal government sometime in early August would be unable to meet a wide range of spending obligations that include federal salaries and benefits and military active-duty pay, according to an analysis from a public policy group. The analysis



released June 28 by the Bipartisan Policy Center, a group founded by four former U.S. senators, said after that date, the Treasury Department would begin to prioritize payments to stay under the debt limit. [\(More\)](#)

Feds Fight Higher Annuity

Contribution: A coalition of federal and postal employee organizations has urged President Barack Obama and congressional leaders to resist any proposal to require members of the federal and postal workforces to contribute a larger share of their salaries to their defined benefit annuities. Such measures have appeared in recommendations proposed by the president's bipartisan National Commission on Fiscal Responsibility and Reform and in the House-approved fiscal 2012 budget resolution. The request came in July 1 letters to the president and the top lawmakers signed by 25 employee groups. According to the letters, members of the Federal-Postal Coalition — which includes nearly every major federal employee organization —



Upcoming Dates

- 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:** 81st Veterans Administration Birthday [📅](#)
- 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. 4:** 221st U.S. Coast Guard Birthday [📅](#)
- Aug. 5:** 6th Patriot Guard Riders Birthday [📅](#)
- Aug. 5-6:** Iowa Sales Tax Holiday Weekend [📅](#)
- Aug. 6-15:** Illinois Sales Tax Holiday (*on hold*) [📅](#)



represent 4.6 million federal and postal employees. ([More](#))

Agencies Must Cut Service Contracting By 15 Percent:

The White House wants agencies to cut spending on management support service contracts by 15 percent over the next 14 months. As a part of the administration's Campaign to Cut Waste, Jeff Zients, the Office of Management and Budget's deputy director for management, and Dan Gordon, the administrator of the Office of Federal Procurement Policy, called for a reduction that is expected to save an additional \$6 billion by the end of fiscal 2012. ([More](#))



Avoiding a Weiner Scandal Social Media Tips for Federal Workers:

Twitter, Facebook and other social media tools have been in the headlines for all the wrong reasons this past week given the news about Rep. Anthony Weiner and his online liaisons. While this news can be enough to scare federal employees away from social



media, digital communication is a potential tool that often times can be the best avenue for federal employees to connect with the people they serve – the American public – anywhere, anytime. ([More](#))

GSA: More Social Media Apps Free for the Taking:

The General Services Administration has added 13 free social media applications for federal agencies on its Apps.gov website since spring 2010, bringing the total to 51. The new applications added since March 2010 include Challenge.gov, a platform for government contests; SocialOomph, a productivity tool that lets users schedule tweets in advance and shorten Web addresses; Xtranormal, a video-making application with cartoon figures; and Yammer, a private social network application. ([More](#))



Anonymous Hackers Release 90,000 Military Log-Ins:

The latest dump of information from the hacktivist collective Anonymous has made available around 90,000 email addresses and





Rock Island Arsenal

Government Organization · Rock Island, Illinois



Wall

Rock Island Arsenal via Army Sustainment Command

ASC's chief of staff visits camp
www.army.mil
At the YMCA's Camp Abe Lincoln, several dozen children bonded with their peers July 3-8. At the camp organizers, Col. Richard Dix, Army Sustainment Command's chief of staff, spoke with campers.

21 hours ago · Like · Comment

Rock Island Arsenal

Island Insight for the week of July 5 is available at <http://go.usa.gov/>

In This Edition:

- JMTIC Signs Agreement With Mazak Corporation
- Soldier Show Wows 'Em in Iowa
- RIA & John Deere Classic Golf Demonstration

See More

<http://go.usa.gov/Zye>

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US?

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passwords belonging to US military personnel. Monday's leak marks the latest release in the "AntiSec" campaign that was started in recent weeks by the now defunct Anonymous offshoot LulzSec. Hacktivists worldwide have been attempting to expose the lack of security in place on the servers of high-ranking businesses and organizations. ([More](#))

Chief Financial Officers to Rank Nominees for SAVE Award: New guidance to agency financial chiefs for implementing the Obama administration's Campaign to Cut Government Waste includes assigning them a role in ranking nominations for the Securing Americans Value and Efficiency Award. In a June 28 [memo](#) to chief financial officers, Controller Danny Werfel directed that chief financial officers "review and rank submissions for improvements within your agency made by federal employees for the president's 2011 SAVE award." ([More](#)) ([FNR](#))



Testing of Simplex System - Buildings 108, 109 & 110: A Simplex System test will take place **July 19** at 6 p.m. If the

alarm goes off and personnel are still in the building, please disregard the alarm as a test. If building alarms are heard after 7 p.m., please evacuate and wait for Fire Department to state all clear.

Volunteers Needed - One Day Engineering Kids Camps for 4-6th Graders at Putnam (July 26, 27, or 28): The non-profit Quad City

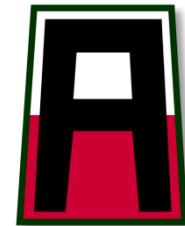
Engineering and Science Council (QCESC) is seeking volunteers to support the 3rd annual Engineering Kids Camp. The event is being held on **July 26, 27, and 28** at the Putnam Museum in Davenport with total capacity for 270 students. No pre-work or pre-knowledge on the hand-on activities is required which include Lego robotics (NXT), parachutes, and electricity/circuits. Volunteers will be assisting the Iowa State University College of Engineering staff that will be leading the camp. Volunteers will need to be present from 8:30 a.m. - 3 p.m. for one of the three days. Volunteers will be provided a camp t-shirt, lunch, IMAX movie, and a rewarding experience by helping to create and/or support our local youth's STEM (Science,



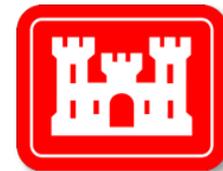
Technology, Engineering, and Math) interest. ([Registration](#))

Rock Island CPAC Relocation: The Rock Island Civilian Personnel Advisory Center is relocating on **July 18-21** from Bldg. 102 and moving to Bldg. 104, first floor, west wing. POC is angelina.b.watkins.civ@mail.mil, (309) 782-7304.

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.



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.

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.

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 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 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.**

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.**

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



Trivia Night at St. Alban's: Time for another summer of trivia at St. Alban's Episcopal Church, 3510 W. Central Park in Davenport, **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.**

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.**

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.



Arsenal Attic Thrift Shop &

Boutique: The Attic will re-open Tuesday, July 12 at 9 a.m. This is the first time we've been open for sales during this month. We look forward to welcoming all our regulars back and invite everyone to stop in and see what's new as we gear up for another great year.

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

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

Active Duty/Reserve Zone

C
DoD Announces Iraq, Afghanistan Campaign Stars: Bronze campaign stars are now authorized for service members who have served in Iraq since Sept. 1, 2010, or in Afghanistan since Dec. 1, 2009, Defense Department officials announced today. The new campaign stars, worn on the Iraq and Afghanistan campaign medals, recognize service during Operation New Dawn in Iraq and the Consolidation III campaign phase in Afghanistan. Operation New Dawn began Sept. 1, 2010, marking the official end of Operation Iraqi Freedom and U.S. combat operations in Iraq and a new focus on advising, assisting and training Iraqi security forces. ([More](#))

Court Orders Halt to 'Don't Ask, Don't Tell' Enforcement: The 9th Circuit Court of Appeals has ordered the

government to stop enforcing the terms of the law that prevents openly gay service members from being in the military. The Defense Department will comply and is informing commands worldwide of the court's order, Pentagon spokesman Marine Corps Col. Dave Lapan said. The court lifted a stay put in place Nov. 1. DOD and Justice Department lawyers are studying the ruling. ([More](#))

Safety Spotlight

C
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: "posh 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.

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.

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](#))



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>

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.**

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.

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.

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

☉ **Lead the Way:** SKIESUnlimited is offering Lead the Way summer sessions in 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](http://www.riamwr.com/cys) 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



Fatherhood at the River Bandits: Attn Military Dads: Bring the kids out to the

Modern Woodman ballpark for a great night of baseball. Admission to the game plus a voucher for a hot dog and soda will be provided by the Family Advocacy Families First Program. RSVP to FAP at (309) 782-3049 or jennifer.a.kerr10.civ@mail.mil.

Date: **Thursday, July 14**

Time: **7 p.m.**

Discovery Time Playgroup: Join the group as we explore summer fun in the Quad Cities. We meet every Thursday from 9:30-11:30 a.m. This week we will be at VandeVeer Park in Davenport. Snack will be provided, and no RSVP is necessary. For more information, contact FAP at (309) 782-3049 or visit [RIA FAP on Facebook](#).

Date: **Thursday, July 14**

Time: **9:30-11:30 a.m.**

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: There has never been a better time to quit smoking. Federal Employees Health Benefits Program enrollees have 100 percent coverage and full access to treatments that are proven to help them quit smoking. The EAP offers a Smoking Cessation educational support group that meets each Wednesday from 3-4 p.m. at the EAP office.

PTSD Support Groups: Post-Traumatic Stress Disorder - You don't have to go through this alone. 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 information.

Education/Training Review

Army Continuing Education Services:
The Army Continuing Education

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

Defense Commissary Agency / PX

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

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 11-17: Congress passed an Act on July 11, 1862, which established an arsenal at Rock Island. On July 12, 1950, the RIA responded to an emergency and shipped the first 3.5 rocket launcher (bazookas) to Korea during the early days of the conflict. On July 13, 1962, the RIA held a Centennial Ball at the Davenport Coliseum Ballroom. A King and Queen were chosen in honor of their years of service at the RIA. In July 1814, Lt. John Campbell's expedition to Prairie Du Chien was ambushed and defeated just above Rock Island by Black Hawk's British Band. The island where the attack occurred bears the name Campbell's Island and a monument was placed at the site of the battle to commemorate those who died there. In July 1957, the RIA long time mission (since 1899) responsibility for the industrial engineering, manufacturing, and maintenance engineering of certain



categories of small arms, was transferred to Springfield Armory. On July 17, 1944, two companies of Italian prisoners of war arrived at RIA.

Healthbeat

U.S. Obesity Epidemic Continues to Spread:

A new report outlining how obesity threatens America's future reveals that obesity rates climbed over the past year in 16 states, and not a single state reported a decline in the proportion of excessively overweight residents. The report, released Thursday, also found that more than 30 percent of the people in 12 states are obese. Four years ago, only one state could make that claim. Twenty years ago, "there wasn't a single state that had an obesity rate above 15 percent, and now every state is above that," said Jeff Levi, executive director of Trust for America's Health, which compiled the report.

[\(More\)](#)

Little Ways to Lose Big Pounds: It's a familiar story: You pledge to honor a daily elliptical routine and count every last calorie. But soon, you're eating cupcakes at the office and grabbing happy hour mojitos, thinking, Oops, diet over. There is a better way: Swap the

all-or-nothing approach for one or two healthy switch-ups in your daily routine. "Doing this can lead to more weight loss than you ever imagined," says Marissa Lippert, R.D., author of *The Cheater's Diet*. [\(More\)](#)

What's Better: Sugar or Sweetener?:

Ideally I would have you pick neither, but if you had to make a choice, pick sweeteners. Eating lots of foods and drinks with added sugars is the number one nutrition behavior that I change with a new client. It is very detrimental to both health and weight loss efforts. Oftentimes it is too hard to completely stop eating or drinking these empty calories, as they are addictive, so I recommend replacing some of the things you consume which contain added sugars with versions that do not. This could be as simple as drinking diet soda instead of regular soda. Eventually you'll want to replace that diet soda with a drink that does not contain any artificial sweeteners, like green tea or black tea either unsweetened or with an all-natural sweetener like stevia or xylitol. [\(More\)](#)

Health Clinic Announcement: Sick Call Hours 7-8 a.m. TRICARE office closed **July 18-22** for training. Call 1-800-TRICARE for assistance. Clinic

closed July 29 at 11:30 a.m. - staff meeting and training.

Notes for Veterans

VA Creates Women Veterans Call Center:

The Department of Veterans Affairs (VA) has embarked on a major initiative to reach out to women Veterans in order to solicit their input on ways to enhance the health care services VA provides to women Veterans. "We are taking a proactive approach to enhancing VA health care for women Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. "We are seeking the input of women Veterans so that VA can continue to provide high quality health care to the growing numbers of women Veterans." Representatives at VA's Health Resource Center (HRC) are placing calls to women Veterans nationwide, asking them to share their experiences with VA and suggest potential enhancements that will further VA's mission to provide the best care anywhere. [\(More\)](#)

President Considers Tax Credit to Hire Veterans:

A tax credit for companies that hire military veterans could be the next step in helping the acutely underemployed group, President



Barack Obama suggested yesterday in his Twitter town hall meeting. The president addressed many economic issues surrounding his theme of how to reduce the federal deficit, and was asked about jobs for veterans while fielding questions submitted on Twitter. A Twitter user asked the president, "Can you give companies a tax break if they hire an honorably discharged veteran?" ([More](#))

Bariatric Surgery Study Looks at Survival Impact in Older Veterans: In the first study to compare survival associated with bariatric surgery in mostly male patients, bariatric surgery was not significantly associated with decreased mortality, according to a research study published in the June 15 issue of the Journal of the American Medical Association. "At VA, we are committed to delivering the best care possible to Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. "VA's research program plays an invaluable role by continually evaluating available approaches to determine their benefits and risks in different populations." In recent years, there has been a substantial increase in the prevalence of obesity, which is a challenge to treat. ([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 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](#) (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 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](#).



SOLDIERS LEADERS
CIVILIANS FAMILIES

Take 5

before going
to the beach!

Save that Skin

- Wear sunglasses with total UV protection
- Wear wide-brimmed hats, long-sleeved shirts and pants
- Avoid direct exposure as much as possible during peak UV radiation hours
- Apply sunscreen properly

SAFE
SUMMER



What Have You Done,
to Save a Life Today?



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