

July 25, 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.](#)



First Army Uncases Colors: Barely skipping a beat in its comprehensive and instrumental mission to support Reserve Component forces, First Army officially completed a long but seamless transition to its new location in an uncasing of unit colors ceremony Thursday outside its headquarters building here. First Army relocated to RIA from its previous headquarters at Fort Gillem, Ga., under the 2005 Defense Base Closure and Realignment authorization. The

unfurling of organizational colors is the Army's traditional way of symbolizing the arrival and official beginning of a unit's mission at a new location. Thursday's ceremony marked the culmination of an almost two-year process that began when a handful of First Army personnel began to gradually trickle in before the bulk of the unit arrived in early June. "Our colors are now prominently displayed in front of First Army headquarters," said Lt. Gen.

Mick Bednarek, First Army commanding general in remarks Thursday. "This symbolic posting declares that First Army has completed its relocation and is formally 'open for business' on the Arsenal. It also means we are ready to 'pump up the



volume' of activities across the Quad Cities. ([More](#))

Feds Feed Families Food Drive, Aug. 3-23: Arsenal Island will participate in the "Feds Feed Families: Feeding Families

One Fed at a  Time" Food

Drive Campaign. Feds Feed Families is part of a nation-wide Federal food donation campaign started three years ago in the National Capital Region by the Office of Personnel Management. DoD is participating for the first time this year. Donations from RIA will go to the River Bend Food Bank of Moline, Ill., for use throughout the greater QCA. The timing of the campaign is excellent as during the summer their food bank runs low. The most needed items are non-perishable foods including beans, tuna, ham, stews, soups, vegetables, chili, packaged energy or granola bars, peanut butter, and meals in a can. The food bank also accepts toiletries and hygiene products along with the non-perishable food items. Food collection containers will be placed at various locations throughout the Arsenal beginning **Aug. 3**. The POC's for Feds Feed Families Campaign on RIA is in Army Community Service: [Jon Cook](#),

(309) 782-0815, or [Jan Saito](#), (309) 782-4736. ([More](#))

White House Launches SAVE Award Competition: The

White House's third annual SAVE Award competition launched today as part of the Obama administration's ongoing effort to modernize government.

Through the Saving Americans Value and Efficiency award program, federal employees have submitted more than 56,000 cost-cutting ideas over the past two years to the Office of Management and Budget for review. Federal agencies will solicit submissions until **July 29**, and finalists will be chosen in September. ([More](#))



Defense Leaders Mourn Shalikashvili:

Defense Secretary Leon Panetta and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen issued statements July 23 expressing their condolences on the death of retired Army Gen. John Shalikashvili. (Shalikashvili) "We are a stronger, more capable military today because of his efforts to make us so. He



Upcoming Dates

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 Famers 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*) 

Aug. 6: 66th Anniversary of the Bombing of Hiroshima 

Aug. 6: 46th Anniversary of Voting Rights Act of 1965 

Aug. 7: National KidsDay 

Aug. 7: Purple Heart Day 

Aug. 7: Friendship Day 

Aug. 7-13: National Stop on Red Week 

Aug. 7-13: National Health Center Week 

Aug. 8: Victory Day 

Aug. 9: Smokey Bear's 67th Birthday 

Aug. 9: 66th Anniversary of the Bombing of Nagasaki 

Aug. 13: International Left-Handers Day 

Aug. 14: 76th Anniversary of the Social Security Act 

Aug. 14: National Spirit of '45 Day 

Aug. 20: National Homeless Animals Day 



will be deeply missed," Mullen said. ([More](#)) The flag of the United States is being flown at half-staff in honor of and tribute to the memory of Gen. Shalikashvili. He was the first foreign-born Soldier to reach the rank of a four-star general in the U.S. Army. Shalikashvili died at the age of 75 on July 23, at the Madigan Army Medical Center in Joint Base Lewis-McChord, Wash. from a stroke.

Pentagon Strategy Addresses Energy Challenges: Reducing demand, finding alternative energy sources and improving the energy

security of military operations are among the goals of the Defense Department's operational energy strategy, a senior Pentagon official said here yesterday. Sharon E. Burke, assistant secretary of defense for operational energy plans and programs, described the strategy during an Army and Air Force energy forum. "[The strategy is] going to guide the entire department in how we use energy for military operations," Burke said. "It's the framework for moving forward with our energy challenges." Defense Secretary Leon E. Panetta has warned of



a changing security environment and its effects on operational energy demand, she noted. ([More](#))

Former Comptroller Adds Another Budget Plan to Debt Crisis Mix:

Federal agencies "need to get the message that the days of 20 and 30 percent spending increases are over," former Comptroller General David Walker told reporters on Capitol Hill on Wednesday as he added his own budget-cutting proposals to the swirl of competing plans for resolving the debt-ceiling crisis. ([More](#))

RIA National Night Out: National Night Out is a unique crime/drug prevention event designed to heighten crime and drug prevention, generate support for anticrime programs, strengthen neighborhood spirit and send a message to criminals letting them know that neighbors are organized and fighting back. This year the USAG-RIA will be supporting this program on **Aug. 2**. Join us at Memorial Field between 5:30-7:30 p.m. for various kids' activities, free ice cream, meet Sparky and McGruff, and



facebook



Rock Island Arsenal Like
Government Organization · Rock Island, Illinois



Wall



Rock Island Arsenal

The Associated Press reports "Towa, Illinois Stand Together for Arsenal" <http://apne.ws/0wjrRG> -- the Aledo Times reports similar "Any Proposal to Relocate JMTC Would Face Bipartisan Resistance in Congress" (see below)

Any Proposal to Relocate JMTC Would Face Bipartisan Resistance in Congress
www.aledotimesrecord.com

Members question cost savings as Army awaits its recommendations.

July 14 at 2:10pm · Like · Comment



Rock Island Arsenal via Department of Defense (DoD)

Today, the Department of Defense (DoD) released DoD's first ever Strategic Operating in Cyberspace. The strategy is a roadmap for DoD to operate effectively in cyberspace, defend national interests, and achieve national objectives. The strategy provides a framework for DoD to promote our values in this vital civilian space while carrying out our duty to protect More: <http://goo.gl/448>

Wall
Info
Questions
Photos
Events
Video
Notes
About
Welcome to the official Facebook page of Rock Island Arsenal. The Arsenal i...
More
735 like this

DO YOU



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.



touch a truck (emergency vehicle).
([Flyer](#))

Level I Antiterrorism Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **July 28**. The training is offered Arsenal wide and enrollment is encouraged thru TEDs. Course Title: Garrison Antiterrorism Level I training (new employees), then enroll under the appropriate date. For more information, contact the USAG-ATO at (309) 782-0116.



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](#))

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, **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. 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.**

Rock Island Arsenal Welcome Club Charity Golf Outing: The [RIAWC](#) Charity Golf Outing & Dinner is at the Arsenal Island Golf Course held in conjunction with RIA-JMTC Industry Day. Interested Golfers or for dinner contact: LUCKYL78@hotmail.com or suzhimsl@aol.com. Money raised helps support scholarship program and community grants to military, national and local charities. Please come and join the fun.
Date: **Wednesday, Aug. 3**
Time: **11 a.m. - 9 p.m.**

Force Protection Thought for July: Terrorism is an enduring, persistent, world-wide threat to our nation and to our Army forces. The Army community must seek to understand the threat, detect and deter terrorist activities, ward and defend against the full range of



terrorist tactics. Antiterrorism awareness themes seek to focus efforts and instill Army-wide heightened awareness and vigilance to prevent and protect the Army community and critical resources from acts of terrorism. ([More](#))

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](#))

10th Annual WID Golf Tournament:

Women in Defense 10th annual Golf Tournament, Friday, **Aug. 5**, at Glynnis 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](#).

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.

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

Arsenal Attic Thrift Shop &

Boutique: The Thrift Shop extends our welcome to First Army and your Families. Call us or stop in if there's anything we can do to help you or anything you need to get settled in. Located in Bldg. 60 basement, open every Tuesday and Thursday and 3rd Saturday from 9 a.m. - 3 p.m., (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**

2011 Cards for the Troops: Please join the [Rock Island Arsenal Welcome Club](#) at the Arsenal Island Golf Course clubhouse for a fun evening of stamping cards for our deployed troops. Must RSVP to: mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-sided tape; all other materials supplied. Optional dinner at 5 p.m. RSVP: (309) 782-4372.
Date: **Tuesday, Sept. 27**
Time: **6:30-9 p.m.**

Travel Warning – Republic of South Sudan: The U.S. Department of State warns U.S. citizens of the risks of travel to the republic of South Sudan and continues to recommend U.S. citizens to avoid all but essential travel to various areas within the country. Skirmishes have broken out between forces loyal to the



Government of Sudan and forces loyal to the Sudan People's Liberation Army (SPLA) in this region, and there has been a build-up of military forces along both sides of the border. 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. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

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

Elevator Outage – Bldg. 62 East

Passenger: The east passenger elevator in Bldg. 62 will be out of service on **July 29**, for approximately 6-8 hours. This outage is necessary to facilitate the installation of a traveler cable for the access control system in Bldg. 62.
Time: **8 a.m.**

Freight Elevator Closure - Bldg. 220:

The #1 freight elevator in Bldg. 220 will be taken out of service on Friday, **Aug. 12**. The elevator will be out of service 7 a.m. - 3:30 p.m. to perform necessary repairs.



Active Duty/Reserve Zone



"Don't Ask, Don't Tell" Repeal

Certified by President Obama: Based on recommendations from military leaders, President Barack Obama has certified to Congress that the U.S. armed forces are prepared for repeal of the "Don't Ask, Don't Tell" law. There is a 60-day waiting period before the repeal goes into effect, so the law will officially come off the books Sept. 20. After that date, gay servicemembers can be open about their sexual orientation. The president signed the certification and delivered it to Congress July 22. ([More](#))

Army Post-Deployment Health

Reassessment: The Army Post-Deployment Health Reassessment (PDHRA) is a critical Army and commander's tool that promotes the health and well-being of Soldiers and DA civilians. As a comprehensive health screening, the PDHRA helps maximize unit personnel readiness by examining for physical and behavioral health concerns associated with deployment. Conducted 90-180 days post-deployment, the PDHRA supports the early identification of health issues prioritizes the treatment of potentially

serious conditions and promotes Soldiers well-being and operational readiness. ([More](#))



Safety Spotlight



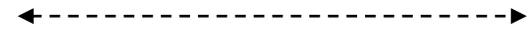
Summer Season Requires Extra

Safety Vigilance: Safety is an individual responsibility of all Defense Department personnel, especially during summer, when accidents historically increase, a senior Pentagon safety official said here today. Joseph J. Angello, director of operational readiness and safety for the Defense Department since 1995, said the period from Memorial Day weekend through Labor Day weekend has come to be known as "the Critical Days of Summer." "Think of it as your summer months -- when you were kids, you had your summer vacations," he said. "It's the summer months when you're out, active and you're enjoying yourself." No factor has affected people across all branches of service, as well as federal employees, more than alcohol, Angello said. ([More](#))

Motorcycle Class Registration Now

On-Line: The [U.S. Army Installation Command Registration system \(AIRs\)](#) is a web-based scheduler and tracking tool

for the Army Traffic Safety Training Program. [AIRs](#) allows military and civilian personnel to [electronically register](#) for traffic safety courses (Motorcycle Safety Classes and Intermediate Driver Training Classes) conducted at IMCOM garrisons. ⚡ The 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: The Garrison EEO Office will offer POSH training for new hires on **Oct. 11** in the Baylor Conf. Room, Bldg. 102, 3rd Floor, at 8:30 a.m. To sign up for this training, register through [TEDs](#); key word: "posh for new hires." POC for special accommodations is Mary Gale, (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.

Employee Appreciation Day Survey:

If you attended the Employee Appreciation Day event, thank you for braving the heat and joining us for a fun day. If you attended please consider taking a few minutes to take the quick online survey found here https://www.surveymonkey.com/s/ZNF_TL9M and let us know how you felt about it. We use your input to continually adapt this great annual event to truly make this your event. As our way of saying thanks, if you take the survey and give us your email address we'll enter you into a drawing for a free standard oil change from the Auto Skill Shop and a drawing for a pair of free movie tickets from the Leisure Travel Office.



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>

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

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.



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.

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](#))

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/acs) 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: 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.

DoD Voluntary Education Partnership MOU: To protect the interests of service members and to facilitate the achievement of their educational goals, DoD has established a new policy, effective Jan. 1, 2012, under

which all schools participating in the Tuition Assistance Program must have a signed memorandum of understanding with the Department. Schools will begin the process of signing the MOU this month. ([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 25-31: By July 1898, the RIA was conducting final inspection and delivery to the Army of finished ordnance products manufactured by 46 different private contractors. Army arsenals could not meet the urgent war demand for equipment and weapons by themselves during the Spanish-American War. On July 28, 1937, Col. Norman Ramsey assumed command of the RIA. He was appointed Brigadier General on Oct. 25, 1940. He was RIA CO until 1944.

Healthbeat

Being Optimistic May Reduce Risk of Stroke: Findings from a new study suggest that being optimistic may reduce your risk of stroke. The observational study, conducted by researchers at the University of Michigan, is published online in *Stroke: Journal of the American Heart Association*. People who are optimistic expect a favorable



outcome. They also tend to focus on the most hopeful aspects of a situation. "Our work suggests that people who expect the best things in life actively take steps to promote health," study researcher Eric Kim says in a news release. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. X-ray closed **July 25-27**. Clinic closed **July 29** at 11:30 a.m. - staff meeting and training.

Notes for Veterans

VA Launches New Prevention Initiative to Serve 22,000 Veteran Families at Risk of Homelessness:

Secretary of Veterans Affairs Eric Shinseki announced today the award of nearly \$60 million in homeless prevention grants that will serve approximately 22,000 homeless and at-risk Veteran families as part of the new Supportive Services for Veteran Families (SSVF) program. This initial \$60 million award will serve Veteran families at 85 non-profit community agencies in 40 states and the District of Columbia under VA's new homeless prevention initiative. "This new homeless prevention program will provide additional comprehensive support to Veterans who have served

honorably, and now find themselves in a downward spiral toward despair and homelessness," said VA Secretary Eric K. Shinseki. "This program expands our capacity to act before a Veteran becomes homeless and to target the problem of family homelessness. These grants would not have been possible without the extraordinary partnerships forged with community organizers who are firmly committed to making a positive difference in lives of Veterans and their families." ([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 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: [Golf FORE Homes](#) (Byron Hills Golf Course, in Port Byron, Ill.)

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@conus.army.mil, Phone: (309) 782-1121. The *Island Insight* is [available online](#).



Rock Island Arsenal National Night Out

Tuesday August 2nd 5:30-7:30 pm, Memorial Park



National Night Out promotes police and community partnerships, crime and drug prevention awareness, safety and neighborhood unity.

Activities will include

- **Free Ice Cream**
- **Inflatable Bouncer**
- **Appearance by Sparky and McGruff the Fire and Crime Dogs**
- **Police and fire vehicles**
- **and more...**

Join us!!!

FOR MORE INFORMATION CALL
(309) 782-0116/4577



ANTITERRORISM

VIGILANCE

Always Ready. Always Alert.
Because someone is depending on you.

