

Aug. 1, 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 Industry Day: The Joint Manufacturing and Technology Center is having its 5th Annual Industry Day on Thursday, **Aug. 4**, at the iWireless Center in Moline, from 8 a.m. to 2 p.m. Industry Day is an opportunity for JMTC to bring together the organic industrial base & private enterprise to collaborate on how to produce the best equipment for our warfighters. Nothing a Soldier shoots, wears, or drives is made exclusively by the U.S. Army.

Everything JMTC makes is with the help of private industry & partners in academia. This year JMTC has 200 exhibitors showcasing their abilities and ideas on how we all can better support the warfighters. A few key exhibitors are JMTC's partners, Mandus Group, Sivyer Steel Corporation, HF Webster, Mazak Corporation, and BAE Systems. Exhibitors in academia include Iowa State University, University of Iowa, and St. Ambrose University. And those

representing part of our Army family, First Army, Army Sustainment Command, and Watervliet Arsenal. Website: <http://jmtc-industry-day.ria.army.mil/>



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

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](#)) The collection containers are located in the following locations: Commissary, Health Clinic, Bldg. 390

HHC, Bldg. 212 Cafeteria, Fitness Center, Arsenal Island Golf Course, Bldg. 110 1st Flr East, Bldg. 68 Basement, Bldg. 299 Entrance, Child Development Center, Bldg. 90 1st Flr North, Bldg. 60 Cafeteria, Clock Tower Basement, School Age Services, Bldg. 350 1st Flr West Center, Bldg. 102 1st Flr West, and the Navy Operational Support Center.

First Army Celebrates 236th

Chaplaincy Anniversary: A small and enthusiastic group of First Army Soldiers and civilians participated in a two-mile spiritual run on a warm and humid mid-western morning to celebrate the 236th Chaplaincy Corp anniversary July 29.

"The Chaplaincy Corp has had a long and distinguished history of service," said First Army Command Chaplain, Col. Robert Meek, as he discussed the anniversary prior to the run. "For 236 years, the Chaplain Corps has steadfastly supported Soldiers and Families during peace and in war, answering a second call " that of service to the nation," said Secretary of the Army John McHugh in a statement for the Chaplaincy birthday. "Through



Upcoming Dates

- 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. 19:** National Aviation Day
- Aug. 20:** National Homeless Animals Day 
- Aug. 26:** National Women's Equality Day 
- Aug. 28:** Read Comics In Public Day
- Aug. 29:** 95th Marine Forces Reserve Birthday
- Aug. 29-Sept. 4:** Burning Man 
- Sept. 1:** 72nd Anniversary of the start of WWII
- Sept. 2:** 66th Anniversary of the Signing of the Japanese Instrument of Surrender
- Sept. 4-10:** National Suicide Prevention Week 
- Sept. 5:** Labor Day (*Federal Holiday*)
- Sept. 11:** 10th Anniversary of 9/11 
- Sept. 9-11:** National Days of Prayer and Remembrance
- Sept. 18-24:** Child Passenger Safety Week 
- Sept. 24:** National Seat Check Saturday 



initiatives such as Strong Bonds, the Chaplain Corps has directly and positively impacted the resilience of our Families," McHugh said. ([More](#))

Mullen Speaks on Debt Deal,

Progress in Iraq: Because the growing national debt remains as the biggest threat to national security, the recent debate and resolution of the debt ceiling crisis are important steps, the chairman of the Joint Chiefs of Staff said here today. "It is up to Congress how to figure out how to move ahead with regard to the debt," Navy Adm. Mike Mullen said during a news conference. "I don't have the details of the deal," the chairman said. "I certainly expect there will be defense cuts as a part of this deal -- I just don't know yet." Mullen said that because he doesn't yet know what the Pentagon's topline budget is for fiscal 2012, which starts Oct. 1, planning is difficult. ([More](#))



Debt Deal Means Big Cuts For

Agency Budgets: It came down nearly to the wire, but late Sunday night, President Barack Obama announced a deal had been struck to raise the federal

government's borrowing limit. While the final deal splits the debt ceiling increase into two stages, it also means federal agencies will likely have to endure two steep rounds of budget cuts. ∞ In a statement, the White House said the plan would act as a "down payment" on future deficit-reduction efforts by "locking in historic spending discipline" between both domestic and DoD spending. For example, the initial \$900 billion goal includes \$350 billion in savings from the base defense budget, which the White House noted as the first defense cut since the 1990s. ([More](#))

20,000 Ways to Save: With all eyes riveted on the debt-ceiling drama, the Office of Management and Budget on Monday announced that federal employees had submitted "an incredible 19,559" ideas for new agency economies. That would be 1,000 more entries for the president's Securing Americans Value and Efficiency (SAVE) Award than were submitted for last year's contest, according to OMB communications and strategic planning adviser Kenneth Baer. ([More](#))



The image shows a screenshot of the Rock Island Arsenal Facebook page. The page header includes the Facebook logo and the name "Rock Island Arsenal" with a "Like" button. Below the header is a navigation menu with options like Wall, Info, Questions, Photos, Events, Video, and Notes. The main content area shows a post from Rock Island Arsenal with a photo of the facility and text about a proposal to relocate JMTC. A red arrow points to the "Like" button in the top right corner of the page.

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.



Social Media Engagement: Feds Need Better Policies:

Federal agencies must develop better internal rules and policies for using social media now that they increasingly are leveraging it to engage with the public, a government watchdog agency has found. The Government Accountability Office (GAO) examined how 23 key agencies are using social media and identified distinct ways that Twitter, Facebook, YouTube and other sites help them reach their respective target audiences, according to a report the office released this week. ([More](#))



Ashton Carter Named as New Deputy Secretary of Defense:

The Obama administration named Ashton Carter as the next deputy secretary of Defense, giving an official who has already presided over hundreds of billions of dollars' worth of military-related spending cuts the power to help shape the coming era of Pentagon austerity. Carter, a mild-mannered physicist and former Harvard professor,



currently serves as the Pentagon's chief weapons buyer. National Journal reported last week that he was the front-runner to succeed William Lynn as the Defense Department's second highest-ranking official. ([More](#))

Golf Scramble at Arsenal Island Golf Course:

First Army, in coordination with the Arsenal Island Golf Course, is holding an Islandwide Golf Scramble **Aug. 5**, with tee times expected to begin between 1:30 and 2 p.m. You, and individuals in your organization, are invited to participate. Interested parties should email the following point of contact with your names to be assigned tee times (POC: Jimmie Ring, jimmie.s.ring.civ@mail.mil). They would like to have the participants finalized by Wed., **Aug. 3**.



ASC's 2011 "Real Time Resiliency" Golf Scramble:

The event will take place at the Arsenal Island Golf Course, Thurs., **Aug. 18**, 10 a.m., the format will be a four-person scramble (shotgun start). The entry fee is \$50/player, which includes green fees &



cart, as well as beverage tickets for use at on-course drink stations. There will be an award ceremony for 1st, 2nd, & 3rd place teams. Prizes for "real time resiliency" golf skill challenges: Longest Drive: men & women (Hole #10, Par 5); closest to the pin (Hole #17, Par 3); and longest putt (Hole #15, Par 5). A breakfast buffet will be available at 9 a.m. for \$11. For payment contact: [Sgt. Maj. Nicholas Castillo](#), (309) 782-5934 (w), (309) 752-3105 (BB); NLT Wed., Aug. 12 (Limited to first 124 paid slots).

Fire Alarm Testing - Buildings 60/61/62:

The fire alarm system in buildings 60, 61 and 62 will be tested on **Aug. 11 at 5 p.m.** This is in support of IJO 11-03277. Testing will take approximately two hours. The fire department will be onsite supervising the testing. Questions may be directed to the point of contact below.

Antiterrorism Awareness Month:

Antiterrorism awareness empowers the entire Army (units, leaders, Soldiers, DA civilians, families, and contractors) to take prevention measures and serve as "sensors" which extend the overall protection posture of the force. This year



AT awareness month focuses on high priority areas such as AT doctrinal principles (supporting the fourth quarter fiscal year 2011 (4QFY11) theme), suspicious activity reporting, integrating AT into the operations process, and active shooter response. ([More](#))

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 suzhims1@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.**

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 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](#).



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.**

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

Reopening - Moline Bridge Ramp to 14th Street & 4th Avenue: With the reopening of the Moline Bridge Ramp, the USAG-RIA Directorate of Emergency Services would like to remind all drivers to please use caution. Vehicles entering the installation on the Moline Bridge Ramp have the right away. Vehicles entering from the River Drive Ramp are required to yield before proceeding. This morning there were several close call incidents where drivers may have not noticed the ramp was open and proceeded toward the Access Control Points without yielding,



almost hitting vehicles on the approach. Please be alert and safe.

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

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

Army Career and Alumni Program: Supporting Soldier Career Success: The decision to transition out of uniform is as important as the initial decision to put it on. Soldiers deserve as much support at this critical point in their service as they do with earlier parts of their career. That is why the Army provides the Army Career and Alumni Program and is working to make ACAP even more effective. ACAP delivers transition and job assistance services to Soldiers to support them in making informed career decisions. These services include pre-separation counseling, Veteran Affairs benefits briefings, and Department of Labor Transition Assistance Program workshops, which cover career planning, job searches, resume writing and interviewing. ACAP services are available to separating and retiring Active Component Soldiers, demobilizing Reserve and National Guard Soldiers, Family members, retirees, and Civilians affected by

BRAC, reduction in force or Global Realignment. ([More](#))

Army Career Tracker: Army Career Tracker (ACT) is a new Army web portal created to change significantly the way training, education and experiential learning support is provided to Army enlisted, officer, civilian, and their leaders/supervisors. Users can search multiple education and training resources, monitor career development and receive advice from their leadership. As part of the 2011 Army Campaign Plan, Army Learning Concept 2015 (ALC 2015) and Civilian Workforce Transformation Initiatives, ACT allows users to manage career objectives and monitor progress towards career requirements and goals. Using the single ACT portal, Army users can search multiple catalogs and quickly locate training and education resources. ([More](#))

Chaplain Strong Bonds Program: Strong Bonds is a chaplain-led program for commanders which builds relationship resiliency. The Strong Bonds mission is to increase Soldier and family readiness through relationship education and skills training. Four Strong Bonds programs applied to the Army Force Generation cycle help single Soldiers, couples and families to



thrive in the turbulence of the military environment. Attendees voluntarily participate in a Strong Bonds offsite training designed to maximize relationship training impact. The get away provides an emotionally safe and secure training environment in which to address the effect of military lifestyle on relationships. ([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](#))

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.



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.**

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.



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



CYSS Parent Advisory Council

Meeting: CYSS will hold a Parent Advisory Council (PAC) Meeting on Tues, **Aug. 9**, 11 a.m. – 12 p.m. at Bldg. 11 (the CDC Barn). Topics will include SKIES class updates, inclement weather days program change, expansion of child care spaces, and school transportation basics & brainstorming. Feel free to bring your lunch, dessert will be provided.



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



AER's Commander's Referral

Amount Increased to \$1,500: Army Emergency Relief (AER) announced effective Aug. 1, the maximum amount



a Soldier can receive through the Commander's Referral Program will increase from \$1,000 to \$1,500. The repayment period will be extended from 12 up to 15 months. For more information contact AER (309) 782-0815.

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](#).

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 – Aug. 1-7: On Aug. 1, 1917, construction of Shop M (Bldg. 220) began. Shop M was constructed to manufacture field and siege artillery carriages. On Aug. 1, 1962, the Ordnance Weapons Command was renamed the U.S. Army Weapons Command (WECOM). The Battle of Bad Axe massacre of Black Hawk's hostile band of Indians by combined forces of U.S. Regulars, State Volunteers, and friendly Indians occurred on Aug. 2, 1832. The battle ended the Black Hawk War. On Aug. 3, 1865, Col. Thomas Rodman assumed command of the RIA. Later he was promoted to Brigadier General. He died June 7, 1871. In August 1911, the first Shop Planning Section was established in the front bay, first floor of Shop G. On Aug. 5, 1907, Lt. Col. Frank Hobbs became commanding officer of the RIA. On April 12, 1911, he died of illness. In August 1898, the RIA reached its peak

employment during the Spanish-American War with 2,900 employees.



Healthbeat



Mouthwashing Moms Less Likely to Have a Premie: Expectant mothers who have gum disease are less likely to deliver their babies prematurely if they use mouthwash throughout their pregnancy, a new study suggests. Pregnant women with gum disease, also called periodontal disease, are known to have more preemies than women with healthy gums. But it's unclear whether that link is causal, and so whether better oral hygiene would make a difference. The new study, although not ironclad proof, found that regularly using an alcohol-free mouth rinse appeared to cut women's risk of early labor by about three-quarters. "I think this is extremely encouraging," said Dr. Steven Offenbacher, a professor at the University of North Carolina's School of Dentistry, who was not involved in this study. "We haven't known the best way to manage these patients." ([More](#))

Colon Cleansing: Not So Healthy, Analysis Says: It has been touted as a natural way to improve your health and cleanse the soul. But doctors are now

finding the procedure known as colon cleansing can cause dangerous side effects. Colon cleansing, technically known as colonic hydrotherapy or colonic irrigation, is a popular treatment, usually performed at spas. It often involves the use of chemicals in the body and in hydrotherapy, the colon is flushed with water through a tube inserted in the rectum. But oral home remedies are also available and have become popular, especially over the Internet. Now researchers from Georgetown University in Washington, D.C. say there's no evidence any of these colon cleansing treatments work and, in fact, when used improperly can cause cramping, kidney failure and in some extreme cases, death. "There can be serious consequences for those who engage in colon cleansing whether they have the procedure done at a spa or perform it at home," says the lead author, Dr. Ranit Mishori, a family medicine physician at Georgetown University School of Medicine. "Colon cleansing products in the form of laxatives, teas, powders and capsules... tout benefits that don't exist." ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed Aug. 26 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. ([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.

- ☪
- 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](#) (Greenville 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](#).

Take 5 before the cookout!

Safe BBQ

- Perform a thorough safety inspection before lighting the grill
- Never use an grill in an enclosed space
- Only use an approved charcoal lighter fluid to start a charcoal - fired grill, and never add any flammable liquid to a burning fire
- Follow the instructions for lighting your gas grill
- Keep grills away from houses, fences, trees and anything else with a propensity for burning
- Don't wear loose clothing when cooking on a grill
- Keep all flammable materials away from the grill
- Make sure the fire is out when you are done

Safe Summer

What Have You Done to Save a Life Today?

ARMY STRONG
DEPARTMENT OF DEFENSE
ARMY SAFE IS ARMY STRONG
A BOLD & BRAVE
LEADER





Never Forget the 9/11 Attacks



Remember the past—prepare for the future

On September 11, 2001, Americans woke to face one of the most challenging times in our history. We cannot forget that horrific day—nor the sacrifices that the men and women in uniform and their families make every day.



Photo credit: U.S. Navy photo by Mass Communication Specialist 1st Class Brien Aho

The Pentagon Memorial

Commemorating those who died on American Airlines Flight 77 and in the Pentagon

Army-wide vigilance contributes to the defense of
our Nation and our Army.

Always Ready, Always Alert
Because someone is depending on you



(<https://www.us.army.mil/suite/page/605757>)