



August 13, 2012

# 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](http://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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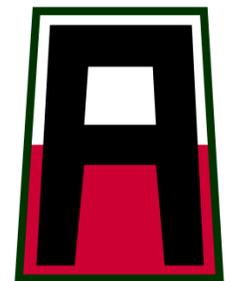
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## **First Army Receives Top Honor:**

There were several reasons to celebrate Friday at the Rock Island Arsenal as the First Army marked its 94<sup>th</sup> birthday, the naming of its new conference room in honor of its founder and its receipt of the Army Superior Unit Award. First Army commander Lt. Gen. J. Michael Bednarek said First Army was one of five unit headquarters to receive the award this year. He said the award was not in recognition of any single person

but the combined efforts of the unit's Army and civilian staff. "It's about a complete team," Bednarek said. "A high-performance team. A team driven towards a common goal of sustaining excellence." The award was presented in recognition of the First Army's work from June 1, 2008, to September 2011 to mobilize, train and demobilize more than 5,000 National Guard and Army Reserve units, made up of 260,000 soldiers for duty around the world,

according to the citation. "The extraordinary efforts and exemplary performance of the soldiers and civilians of Headquarters, First Army and its subordinate units are in keeping with the highest traditions of service to our nation and reflect distinct credit upon themselves and the United States Army," the citation reads. ([More](#))



## JMTC Employee Rides For a Cause:

A small town in the Midwest has streets lined with families and children. The escort starts down the main road where children begin to wave flags. A group of motorcycles follows next. Several big, bad bikers wearing dark sunglasses with tears streaming down their faces make their way into town. These bikers are part of official organizations called American Legion Riders and Patriot Guard Riders. Not many people are aware that Rock Island Arsenal Joint Manufacturing and Technology Center employee Rob Chitwood is an active member of both. The organizations go hand-in-hand to support those in need. The American Legion started after the Patriot Guard. ([More](#))



## McHugh: Army's Success Depends On Civilian Workforce:

The last 11 years of conflict have once again given the nation reason to be proud of American Soldiers' incredible achievements: the sacrifices



they've made, the flexibility and skill they've shown, and the strategic capabilities they've brought during a challenging time. "This Army has not just succeeded, but it has excelled, and has done so magnificently," said Secretary of the Army John McHugh, addressing a group of the most senior career civilians during a recent professional education program. Acknowledging the critical role Army civilians have played, McHugh continued, "All of us, as part of this team, had a very important piece in that effort." ([More](#))

## Family Gets Peek at Pfc. Felkins' WWII Service:

Twelve years after his death -- and about 67 years after his discharge -- World War II veteran Pfc. Ken Felkins was honored for his service. Several of his family members gathered at First Army Headquarters on Arsenal Island Saturday afternoon for a ceremony in his honor. Pfc. Felkins' son, Gary Felkins Sr., of Rock Island, accepted a shadowbox on behalf of the family



## Upcoming Dates

- Aug. 12-18:** National Health Center Week
- Aug. 13:** Victory Day
- Aug. 13:** International Left-Handers Day
- Aug. 14:** 77<sup>th</sup> Anniversary of Social Security Act
- Aug. 18:** National Homeless Animals' Day
- Aug. 19:** National Aviation Day
- Aug. 20:** Stay at Home with Your Kids Day
- Aug. 26:** National Women's Equality Day
- Aug. 28:** Read Comics In Public Day
- Aug. 29:** Marine Forces Reserve 96<sup>th</sup> Birthday
- Sept. 1:** 73<sup>rd</sup> Anniversary of the start of WW II
- Sept. 2:** V-J Day
- Sept. 2:** 67<sup>th</sup> Anniversary of the Signing of the Japanese Instrument of Surrender
- Sept. 2-8:** National Suicide Prevention Week
- Sept. 3:** Labor Day (Federal Holiday)
- Sept. 8:** Federal Lands Cleanup Day
- Sept. 8-14:** National Seat Check Saturday and Child Passenger Safety Week
- Sept. 9:** National Grandparents Day
- Sept. 9-15:** National Employer Support of the Guard and Reserve Week
- Sept. 9-15:** National Assisted Living Week
- Sept. 10-14:** National No Bully Week
- Sept. 10:** World Suicide Prevention Day
- Sept. 11:** Patriot Day
- Sept. 14:** National Anthem's 198<sup>th</sup> Anniversary
- Sept. 15:** Woodsy Owl's 41<sup>st</sup>. Birthday
- Sept. 16:** Mexico's Independence Day
- Sept. 16-22:** National Adult Immunization Awareness Week
- Sept. 16-22:** National Clean Hands Week
- Sept. 16-22:** National Unmarried and Single Americans Week
- Sept. 17:** Citizenship & Constitution Day
- Sept. 18:** U.S. Air Force, Air National Guard 65<sup>th</sup> Birthday
- Sept. 18:** World Water Monitoring Day
- Sept. 19:** National Talk Like a Pirate Day



that was filled with a number of military awards his father had earned, including the Bronze Star, Good Conduct Medal, American Campaign Medal, Asiatic-Pacific Campaign Medal with four bronze service stars, World War II Victory Medal, Combat Infantry Badge, Honorable Service Lapel Button for World War II and a Marksman Badge with a Rifle Bar. ([More](#))

## **With Election Near, Know Hatch Act**

**Limits:** As the November elections approach, federal employees need to be reminded about the Hatch Act, which imposes significant restrictions on their allowable political activity. These restrictions are important because the intent is to protect federal employees from undue political influence and to assure the public that career civil servants are not motivated by political concerns as they carry out their day-to-day responsibilities. Enforcement of the Hatch Act falls to the Office of Special Counsel (OSC) through cases it prosecutes at the Merit Systems Protection Board (MSPB). Pay attention to Hatch Act training and rules



because a violation of the Hatch Act carries a mandatory removal from public service unless the members of the MSPB unanimously agree that a lesser penalty is appropriate. ([More](#))

## **Federal Pay and 'Fairness:' What It Means for the Federal Workforce:**

Republican Presidential candidate Mitt Romney named Congressman Paul Ryan (R-WI) as his vice presidential pick Saturday. The announcement has put the budget plan that Ryan released earlier this year back into the spotlight. Since the federal workforce was a featured line item in Ryan's budget, this will likely resurrect some debate over what are "fair" expectations regarding pay and benefits of the federal workforce. What might the Romney-Ryan team mean for federal workers? ([More](#)) ([Federal Times](#)) ([GovExec](#)) ([WaPo](#))



## **Federal Workers Fret About Jobs As Sequestration Looms:**

Lawyer Lynnette Rodgers faced a choice last year as she weighed job offers, one from the Social Security Administration and a second from the Cuyahoga County

government in Ohio, where she lived. The county job would keep her close to home, while moving to the Washington area would have her paying about twice as much for housing. But Rodgers took the federal job, she said, because she thought she could make a difference in the lives of more people. ([More](#))

## **GSA Announces New Discount Airfares for Feds Beginning Oct. 1:**

The General Services Administration on Thursday announced airfares beginning Oct. 1 under its City Pairs program. Federal travelers can save up to 73 percent off commercial airfare under the program, GSA said. GSA released a list of routes online offered by the program but declined repeated requests for more details on how the program will be changed from current offerings. GSA anticipates the government will save roughly \$6 billion annually in reduced airfares through the program. ([More](#))



## **Treasury May Revamp Flexible Spending Account Rule:**

A little-noticed bulletin from the Treasury Department could have a big impact on the roughly 155 million Americans who



use flexible spending accounts to cover out-of-pocket health care expenses. The government's notice, sent out in May, included a surprise in what otherwise might have been a dry announcement on the implementation of President Obama's health care reform law. In addition to detailing a new spending cap, the federal government asked for comment on whether it should scrap the "use it or lose it" rules associated with the tax-free health care spending accounts known as FSAs. ([More](#))

## **Senate Bill Would Revive Transit**

**Benefit:** As the August recess approached, the Senate Finance Committee early this month approved legislation to extend a laundry list of expired or soon-to-expire tax provisions, including a measure to reinstate parity between the transit and parking portions of the commuter benefit through 2013. The bill would make the parity reinstatement retroactive to January 2012. The committee passed the bipartisan bill on a 19-5 vote. ([More](#))



**Pet Vaccine Clinic:** The Great Lakes Veterinary Treatment Facility will be hosting a pet vaccination clinic on Thursday, **Sept. 6**, 1-6:30 p.m.; and Friday, **Sept. 7**, 8-11:30 a.m., at the Rock Island Arsenal Fire Station Fire Station. For more information [click here](#). POC: [corinn.hardy@us.army.mil](mailto:corinn.hardy@us.army.mil), (515) 450-2447

**Feds Feed Families:** The "Feds Feed Families" campaign" will be **Aug. 7-28**. All items collected will be donated locally to the River Bend Food



Bank in Moline, which services all of the Quad-Cities. The timing of this campaign is especially important during the summer months when food banks typically face shortages. This is due to an increase in demand that is compounded by decreased community donations. Items will be collected every Tuesday until the end of the campaign. Collection boxes on Arsenal Island are located in buildings 60, 68, 90, 102, 104, 110, 210, 299, 350, 390, the Clock Tower Building, Commissary, PX, Child Development & School Age Centers and all cafeterias. The donations will go a long way to assist the local food bank and the people they serve.

The 2012 Feds Feeds Families co-chairs are [Louise Paradis](#), USAG-RIA, (309) 782-4797; and [Sgt. Major Keith Jones](#), ASC, (309) 782-2963.

**Open Season Dates Announced:** The annual federal benefits open season will run **Nov. 12 – Dec. 10** this year. During that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures this year will have a separate section on deductibles, copayments, coinsurance, out-of-pocket limits and other costs; covered services, examples of covered services, and excluded services; and rights to continue coverage and grievance and appeal rights. OPM also is revamping its own brochure to make it more concise and easier to understand. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program.

**Red Cross of the Quad Cities Annual Golf Outing at TPC Deere Run: Hit**



the greens on one of the Quad Cities' premier golf courses on **Sept. 17**. Enjoy lunch and 18 holes of golf at TPC Deere Run while supporting Red Cross services in our community. Space is limited - sign up is required by Sept. 10. Contact Allison at (309) 277-4005 for more information.

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

**VIOS Schedule for August:** Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal **Aug. 14, 15 and 16**.



Appointments may be scheduled online by submitting a DA3903 Work Request using the Visual Information Ordering Site at [www.vios.army.mil](http://www.vios.army.mil) for these available times: Tuesday, **Aug. 14**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Aug. 15**, 7:20 a.m. – 3:40 p.m.; Thursday, **Aug. 16**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-In appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, Basement, by elevator). Priority is: 1. Active Duty Soldier's DA Photos; 2. Official Government Passport Photos; 3. Official

Command Photos; 4. DA Photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" Head and Shoulders-Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an Official Government Passport Photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the Passport Agent in Block 14. 3. Present that DA3903 form to the Photographer before the passport photo is taken. You will receive two 2"x2" Passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

**Volunteers Needed:** Rock Island Arsenal will be conducting a full scale emergency exercise to test the Arsenal's ability to respond to an emergency situation. To make this event meaningful, the Garrison Manager is asking for 50 volunteers who wish to participate as role players. Volunteers will need approval from their Chain of Command. Anyone interested in volunteering please contact Edmund



Peterson, RIA-JMTC Security Specialist, (309) 782-1756 or by email at [Edmund.r.peterson.civ@mail.mil](mailto:Edmund.r.peterson.civ@mail.mil). Volunteer safety/in-brief, Tuesday, **Aug. 28**, 10-11 a.m.; Exercise, Thursday, **Aug. 30**, 7 a.m. - 2 p.m.

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room



(First Floor, Bldg. 60), on **Friday, Aug. 17, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 24**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Sept. 21**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



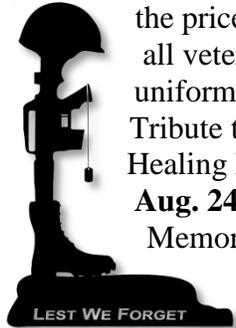
**Donation Has It's Rewards!** With Memorial Day, 4<sup>th</sup> of July and Labor Day holidays, summer can be an especially challenging time in terms of keeping our blood supply stable. To create awareness of this need,



and to thank donors who take the time to donate during the summer season, the Mississippi Valley Regional Blood Center will be holding a daily drawing for a \$50 gas card starting Monday, May 21 and running through Saturday, **Sept. 8**. Any donor who gives at Arsenal Island Blood Drives May 25 - **Aug. 31** will automatically be entered into the daily drawing..

**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](#).**

**Tribute to Our Fallen (formerly Healing Fields)**: To honor our brave military men and women who have paid the price for our freedom, and all veterans who have worn the uniforms of this Great Nation. Tribute to Our Fallen (formerly Healing Fields) will take place **Aug. 24-26** at Davenport Memorial Park Cemetery (behind Runge Funeral Home/Crematory). Opening ceremonies begin at 7 p.m. on Friday, **Aug. 24**, with



closing ceremonies beginning at 4 p.m. on Sunday, **Aug. 26**. As the Tribute to Our Fallen field is open continuously around the clock from Friday afternoon through Sunday afternoon, there is ample time for visitors to tour the site and talk with veterans and others on hand or just quietly reflect. ([More](#))

**Holy Day Service**: Father Brotherson will be conducting a Holy Day service for the Assumption of Mary. The service is open to anyone who would like to attend. It will be held in the Arsenal Club in Bldg. 60. Date: **Wednesday, Aug. 15** Time: **11:30 a.m. - 12:15 p.m.**



**Colonel's Croquet Party**: Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel



Davenport House. ([More](#)) ([Site](#)) [www.davenporthouse.org](http://www.davenporthouse.org)  
Date: **Saturday, Aug. 18**  
Time: **3-7 p.m.**

**Quad City Phoenix Festival**: Free Family Music & Arts Festival at Schweibert Park, downtown Rock Island, Sunday, **Aug. 26**, to raise awareness/funds for domestic violence victims in the Quad Cities. Includes food & merchandise vendors, music concerts, silent auction, 50/50 raffle, bounce house, kid's activities, prizes, Zumba, martial arts & self defense demonstrations, face painting, caricature, and much more. ([More](#))  
Time: **12-6 p.m.**



**Volunteers Needed - Make a Difference**: Quad City Phoenix Festival in Schweibert Park, downtown Rock Island, is seeking volunteers to assist with festival activities (set-up, tear-down, distributing beverages, silent auction, etc. by donating minimum of one hour of time or all day to help raise awareness & funding in support of QC domestic violence shelters. Contact Christy at (309) 737-7599  
Date: **Sunday, Aug. 26**



Time: **12-6 p.m.**

## **Thomson Causeway Photo Contest**

**Returns:** The Annual Mississippi River Project Photo Contest is returning for its 21<sup>st</sup> year. Effective May 25 amateur photographers were eligible to submit photos in three separate categories: Wildlife, Recreation, or Landscape. Photos must be taken on pools 11-16 of the Mississippi River. Participants have until Friday, **Aug. 24**, to submit photos to the Thomson Ranger Office. If you would like more information regarding the contest, contact the Thomson Ranger Office at (815) 259-3628.

## **Arsenal Attic Thrift Shop &**

**Boutique:** Visit the attic ... the Thrift Shop is packed with great merchandise for sale. Open Tuesday and Thursday, 9 a.m. – 3 p.m., and Saturday, **Aug. 18**. Attention consignors: Sorry about the website difficulties. You can pick up the new forms on disc at the store until the problem is resolved. POC: (309) 782-6977

**2012 Cards for the Troops:** 5<sup>th</sup> Annual Cards for the Troops, Arsenal Island Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP-

[mssipple1@gmail.com](mailto:mssipple1@gmail.com). No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP. Date: **Tuesday, Sept. 25**  
Time: **6:30 p.m. - 9 p.m.**

## **Arsenal Traffic/Construction**

**Notice to Workforce Regarding Temp Closures of Hillman Street:** For the safety of workers and drivers alike, we will be implementing intermittent road closures along Hillman Street in the V-Area (vicinity of buildings 332, 333, 336, 337, 340, 341, 343, 345 and 355) when workers are loading or unloading trucks. These closures will occur as necessary and the section of road that is closed will be dependent on where work is being performed. The closures will use large barricades with "Road Closed" signs attached. There will also be warning signs posted in advance of the closure area to ensure that drivers have an opportunity to take a different route. The use of barricades to close the roads will begin in the near future. Another notice will be sent to remind employees prior to implementation. At this time, we would also like to remind everyone that road closures are in place for good reason and that driving around or

moving barricades to go through the road closure is not only unsafe, it is illegal and you can be issued a \$140 ticket for failure to obey a traffic control device.

**Davenport River Drive Closure:** On Tuesday, May 29, Davenport Public Works closed River Drive from Iowa Street to Oneida Ave to begin underground utility improvements and re-surfacing. This is Phase I of a three Phase project. Phase I will close River Drive until **mid to late August**. Phase II and III are not expected to close the road completely. We expect to have one lane open in each direction. Those phases will not start until Phase I is complete. Overall, River Drive is not going to be a commute of choice for several months and detours will be in place.

## **Building/Space Closures**

*There are no building/space closure announcements at this time.*

## **Active Duty/Reserve Zone**



## **Zero Tolerance in Army For Bullying,**

**Hazing:** All service members have a personal responsibility to intervene in and stop any occurrences of hazing or bullying, said Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey, in a recent statement. "(This behavior) undermines our values, tarnishes our profession and erodes the trust that bonds us," Dempsey said. A recent letter signed by Secretary of the Army John M. McHugh, Chief of Staff of the Army Gen. Ray Odierno and Sgt. Maj. of the Army Raymond F. Chandler III, underscores the chairman's position. ([More](#))

## **Panetta: National Guard, Reserve**

**Key to Defense Strategy:** Defense Secretary Leon E. Panetta told the Soldiers and Airmen based at Niagara Falls Air Reserve Station their service is critical to the defense strategy, Aug. 9. Panetta said New York was the cradle of the United States military, and that its critical role for the armed forces continues today. "New York's Air National Guard is the largest Air Guard in the nation, with tremendous cutting-edge capabilities," he said. "And many New York installations, including Niagara Falls Air Reserve Station, are making a very important contribution to our nation's defense." ([More](#))

## **St. Ambrose University Military**

**Appreciation Day:** Please help St. Ambrose University celebrate the American military and its veterans on **Sept. 15**. First, we welcome you and your family to join us for a pancake breakfast with current SAU students at 9:30 a.m. in the Cosgrove Hall Cafeteria, 518 W. Locust St, Davenport. Parking will be available in our Gaines Street lots. Please RSVP for yourself and guests for the breakfast by **Sept. 1** at [GatesAndrewA@sau.edu](mailto:GatesAndrewA@sau.edu). Then attend the 1 p.m. Fighting Bees football game at Brady Street Stadium in Davenport. Active military and veterans admitted free with Department of Defense or Department of Veterans Affairs ID. Thank you for your service.



## **Safety Spotlight**



**Recall Issued For Fruit Sold at Fast Food And Grocery Retailers:** Products containing apples sold at Burger King, McDonald's and other food retailers in Iowa, Illinois and other states are being recalled because of possible Listeria contamination. Missa Bay, LLC issued a

voluntary recall for products containing diced or sliced apples with use-by dates between July 8 and Aug. 20. The recalled products were distributed in Iowa, Illinois and 36 other states. The recalled products include two-ounce packages of BK Fresh Apple Slices sold at Burger King, 5.75-ounce Fruit & Walnut Snacks sold at McDonalds and numerous products containing apples and sold under the "Ready Pac" and "Wawa" labels. Consumers who purchased an affected product should record the use-by date or UPC number, dispose of the product and contact Ready Pac Consumer Affairs for a full refund at (800) 800-7822 Monday through Friday between 8 a.m. and 5 p.m. Pacific time. The recall is voluntary and no illnesses have been reported. ([More](#))

**Area Schools Back in Session:** The following dates are provided as useful information for Arsenal parents, as well as to inform the Island workforce when to expect children and teens to be once again populating walkways and roads in their communities and neighborhoods on their way to school. Area public school start dates: [Sherrard, Ill.](#) – **Aug. 2**; [Rock](#)



[Island/Milan, Ill.](#) – Aug. 3; [Davenport, Aug. 13](#); [North Scott, Iowa](#) – Aug. 14; [Moline](#) – Aug. 14 (freshman 8-11:30 a.m.); [Geneseo, Ill.](#) – Aug. 15; [Orion, Ill.](#) – Aug. 15; [Bettendorf](#) – Aug. 15; [Pleasant Valley, Iowa](#) – Aug. 15; [Moline](#) – Aug. 16; [East Moline, Ill.](#) – Aug. 21. Remember drivers – look out for children and teens. "Children get caught up in the excitement of the back-to-school season and often forget to look out for cars," said Rose Rougeau, spokesperson for AAA. "Many children have trouble making accurate judgments about traffic speed and distance, so drivers have to be particularly aware." One-fifth of all children 14 years of age and younger who die in motor vehicle crashes are pedestrians, according to the National Highway Traffic Safety Administration. These pedestrian fatalities are more likely to happen in the afternoon hours, when school is letting out. Don't take children's safety for granted. Recent studies have shown that more than one-third of motorists in school zones or neighborhoods just "roll through" intersections with a stop sign. Don't be that way. Slow down in school and residential areas, and be sure to come to a complete stop at all intersections. Drivers should look out for children who may dart out into the street near school zones, playgrounds,

bus stops, and in residential neighborhoods. School-age children can be especially vulnerable in areas with heavy traffic volume, parked vehicles on the street, higher posted speed limits, and few pedestrian control devices. Look for clues such as crossing guards, bicycles, and playgrounds that indicate children could be in the area.

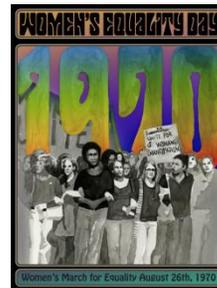


## Equal Opportunity Focus



### Women's Equality Day Observance:

There will be a Women's Equality Day Observance on Aug. 24, 11 a.m. – 12 p.m., in the Arsenal Island Golf Course Clubhouse. If special accommodations are needed, please contact Sgt. First Class Raymond Gonzalez at (309) 782-3021 or Sgt. First Class Evadne Benson at (309) 782-9060.



## Morale, Welfare & Recreation (MWR)



### Morale, Welfare & Recreation

(MWR): Visit the MWR website at

[www.riamwr.com](http://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.

### Pay the Week Day Rate on Labor Day Weekend at the Arsenal Island Golf Course:

In celebration of Labor Day, all of you working stiffs who can't get the week day rate will get it all weekend. That's right, pay the week day rate on Saturday, Sunday and Monday. (Sept. 1-3). Call (309) 793-1604 for more info and to reserve your tee time.

### Arsenal Island Golf Course Is Celebrating 2 Years of Public Play:

September marks the 2<sup>nd</sup> anniversary of the Arsenal Island Golf Course becoming a public course. Come help the most historic golf course in the Quad Cities celebrate with some of the great deals we have going on. Head over to [www.facebook.com/ArsenalIslandGolf](http://www.facebook.com/ArsenalIslandGolf) or call (309) 793-1604 for more information.

### Flag Football & Kickball Leagues

Now Forming: Coed kickball and flag football leagues will start on Aug. 29, at the East and West Fields of the Sports Complex. Both leagues are to be held on Wednesday nights and will run six



weeks with a single elimination tournament to follow. Rosters are due Monday, **Aug. 20**. Cost is \$100 per kickball team and \$200 per football team. Kickball is a coed league and each team will need at least four female participants. Adult females may play flag football, but there is no required number of females per team. Call the Fitness Center at (309) 782-5124 for more info. ([Kickball Flyer](#)) ([Flag Football Flyer](#))

**Now Booking Holiday Parties at the Golf Clubhouse:** Although it's probably tough to think about holiday season with all this hot weather, it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and profession banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

**Want a Free Bucket of Range Balls?:** All you have to do is 'like' the [Arsenal Island Golf Course Facebook page](#) between now and Labor Day (**Sept. 3**) and we'll give you a free bucket of range balls! ([Flyer](#))

**New MWR Website:** Come check out our new and improved MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the MWR marketing office for assistance at (309) 782-4420.

**Electronic Marquee Outage:** The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

**Outdoor Grill 350:** The Grill in front of Bldg. 350 will be open on Mondays and Wednesdays, 10:30 a.m. to 12:30 p.m., weather permitting.



## 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. ([email](#)) ([website](#))

### **Northern Iowa vs. Iowa Football:**

Leisure Travel has 20 seats to the Northern Iowa

Panthers vs.



the Iowa

Hawkeyes

football game at Kinnick Stadium in Iowa City. Cost is \$65 per person.

Special Promotions at the stadium on gameday include "Varsity Club Day" and "Be Bold, Wear Gold"

Date: **Saturday, Sept. 15**

Time: **2:30 p.m.**

### **Central Michigan vs. Iowa Football:**

Leisure Travel Office has 20 seats to the Central Michigan

Chippewas vs.



the Iowa

Hawkeyes

football game at Kinnick Stadium in Iowa City. Seats are \$65 each.

Date: **Saturday, Sept. 22**

Time: **TBA**

**WDW and Universal Tickets:** Leisure Travel cannot order tickets to Walt



Disney World or Universal Studios starting Wednesday, **Sept. 12** until Wednesday, **Sept. 26**.

**Historical Quarters One:** Did you know you can rent Historical Quarters One for all of your special events? Give Anna or Eric a call at Leisure Travel for more details (309) 782-5890.

**Ghost Hunters' Dinners at Historic Quarters One:** The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **Aug. 17, Oct. 1, Oct. 13, and Oct. 31**. Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601 for more info and to reserve your spots. ([Flyer](#))



**Six Flags Great America:** Leisure Travel has 2012 Six Flags Great America one-day general admission

tickets now in stock. Two big parks for one low price; all the thrills your nerves can handle with 14 roller coasters ... 20 acres with 30 waterslides. Discounted tickets are \$38, children under two are free.

**Noah's Ark Waterpark:** Wisconsin Dells America's largest water park, with 49 water slides and dozens of other various attractions. Leisure Travel has discounted one-day admission tickets for \$30.

**Ringling Bros and Barnum & Bailey Circus:** The circus is coming to the iWireless Center Labor Day weekend. Leisure Travel has discounted tickets on sale now. Adults tickets are \$16 and children under 12 are \$12. We have different times and dates of shows. Date: **Saturday, Sept. 1**.

**Circa 21 Presents: Smokey Joes Café:** The timeless songs of the golden age of rock 'n' roll come alive in this electrifying production. You will laugh, shout and sing along to more than 40 of the greatest songs ever recorded. Revisit the neighborhoods of the 1950s, 60s and 70s. Seats on sale until **Oct. 1** for \$43.50. Date: **Saturday, Oct. 13** Time: **5:45 p.m.**

## Child, Youth & School Services

**Covenant Cottage Child Development Home:** [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

## Army Community Service (ACS)

ACS is located in Bldg. 110, 1<sup>st</sup> 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

## Employee Assistance Program

☺  
For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.

### Summer Depression – August 2012:

You have probably heard of seasonal affective disorder affecting people as the seasons shift towards fall and winter. Did you know some people experience symptoms of depression in response to the longer, warmer days of spring and summer? This reverse seasonal affective disorder (also known as summer depression) has physical symptoms that are the opposite of the winter version such as poor appetite, insomnia, agitation and anxiety. You may be surprised to learn about summer depression as everyone seems so happy this time of year. Vacations are in full

swing, workloads are often lighter, and kids are spending their days playing outside. Do you feel like you are the only one who is not caught up in the fun? Whether it is due to the weather change or the expectations of the season many times people feel depressed, anxious, or restless during the summer months. For this reason the counselors at the Rock Island Arsenal Employee Assistance Program invite you to take advantage of your free and confidential benefit. EAP services include brief, solution-focused counseling and referral assistance to community providers if indicated. The EAP office is located in Bldg. 56, 1<sup>st</sup> floor, East wing. You may schedule an appointment by calling (309) 782-4357. Office hours are from 7:30 a.m. until 5 p.m. Monday through Friday. The staff at Rock Island Arsenal EAP wants you to enjoy this last month of summer. If you aren't feeling your best making an appointment to talk to an EAP counselor is the first step to feeling better.

**PTSD Support Groups:** Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact

Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Smoking Cessation Group:** Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., at the new EAP office located in Bldg. 56, 1<sup>st</sup> floor, East wing.

## Education/Training Review

☺  
The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

**Post-9/11 GI Bill Celebrates Start of Fourth Year:** August marks the third anniversary of the Post-9/11 GI Bill, and since it was implemented, the Department of Veterans Affairs has provided educational benefits to 773,000 veterans and their family members, according to a Department of Veterans Affairs news release. “This is one of the



most important programs helping our Iraq and Afghanistan veterans reach their educational goals,” Secretary of Veterans Affairs Eric K. Shinseki said. “We’re proud this important benefit is making such a big difference in the lives of so many veterans.” The Post-9/11 GI Bill pays tuition and fees on behalf of veterans or eligible dependents to the school in which they are enrolled. Eligible participants also receive a monthly housing allowance and up to \$1,000 annually for books and supplies. The program also allows eligible service members to transfer their benefits to their spouses and children. ([More](#))

## **CCME Announces 2012 Scholarship Application:**

The Council of College and Military Educators offers \$1,000 scholarships each year to Service members (active duty and veterans) and their spouses working towards higher education degrees. Applicants must submit the [on-line CCME Scholarship Application](#) by **Oct. 1**. The three scholarships are: • CCME Joe King Scholarship (5 awards) applicant must be a uniformed service member (active, reserves, guard). • CCME Spouse Scholarship (5 awards) applicant must be the spouse of a uniformed service member (active, reserves, guard, veteran). • CCME Veteran Scholarship

(5 awards) applicant must be a prior uniformed service member (active, reserves, guard).

## 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](#) ([Facebook](#))**

**Save on School Lunches, Snacks at Your Commissary:** Before their children return to the classroom, military parents can check their commissary for sales events offering contests, coupon booklets, giveaways, shopping sprees and overall discounts on all their "Back to School" meals, said the Defense Commissary Agency's director of sales. "Your commissary is the place to be for all your back-to-school essentials!" said Chris Burns, the agency's sales director. "There are specials on everything you

need for hearty family breakfasts, healthy 'pack-a-lunch' and snacks for school, and easy-to-fix, 'good-for-you' snacks for after school with friends." Now through September, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings.

**Food Safety Alerts:** For information about the latest food-safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](#) and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

**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 to the public, Tuesday through Saturday, 12-4 pm. Closed Sunday, Monday, federal holidays, the Friday**



after Thanksgiving, and Christmas Eve. Admission is free.

**Colonel's Croquet Party:** Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#))



[www.davenporthouse.org](http://www.davenporthouse.org)  
Date: **Saturday, Aug. 18**  
Time: **3-7 p.m.**

**RIA 150 History Break:** Think about taking a "History Break" to celebrate Rock Island Arsenal's 150<sup>th</sup> Anniversary, **Sept. 13**, George Eaton, ASC Historical Office, will present "Battles of Credit Island and Campbell's Island, War of 1812." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second



Thursday of each month in 2012. Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: On **Oct. 11**, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." On **Nov. 8**, John Punkiewicz or Lou Ann McCracken, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The Rock Island Civil War Prison: Andersonville of the North?](#)"

**This Week in Rock Island Arsenal History – Aug. 13-19:** In August 1927, Charles Lindbergh visited the RIA and stayed overnight in Quarters One and toured the shops. On Aug. 13, 1863, Major Charles P. Kingsbury arrived at Rock Island to assume his duties of

constructing and commanding the Rock Island Arsenal. On Aug. 15, 1945, V-J Day, Japan surrendered unconditionally to end World War II. During World War I in the month of August 1918, the Rev. M. E. Krotzer, Presbyterian from LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop O, a patriotic measure.

## Healthbeat

**National Immunization & Influenza Vaccination Awareness Month:** The month of August has been designated as National Immunization & Influenza Vaccination Awareness Month. It is critically important that every Soldier, family member, Department of the Army civilian and health beneficiary receive all required immunizations and obtain their influenza vaccinations to ensure the Army is a healthy and mission ready force. ([More](#))

**7 Surprising Back-to-School Hazards:** Several recent trends combined with long hours in crowded, germmy classrooms can put kids at risk for a wide range of problems, from back pain to nerve injuries, infections, obesity, and bullying. In fact, 40 percent of kids ages 5 to 17 get hurt or sick at school each



year. The good news, however, is that simple steps can help protect your child's health. Here are the health hazards to watch for and how to prevent them. ([More](#))

**Health Clinic Announcement:** Health Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **Aug. 31** at 11:30 a.m. Tricare Closed **Aug. 16**. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

### **Service Organizations Can Help Vets**

**Speed Up VA claims:** Veterans working on claims for benefits can speed up the process with the help of veterans service organizations (VSOs). The Department of Veterans Affairs, which has taken flak for its claims backlog, actively cultivates partnerships with VSOs to help vets put together what are called "fully developed claims" (FDCs)—claims that contain all the available supporting evidence vets need to launch a claim that will make it through processing faster. In fact, VA hosted a workshop July 31 for 10 VSOs with the aim of ramping up the groups' role in VA's effort to eliminate that

claims backlog by helping vets assemble those FDCs, which move far more quickly through the system than traditional claims. ([More](#))

## Car Pooling Announcements

Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

### **Car Pool:**

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.
- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2<sup>nd</sup> shift 2:15-10:30 p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1<sup>st</sup> Friday of Pay period. [Email](#) or call (309) 782-5472.

## Around the Q.C.



- Aug. 15:** [Quad Cities Pink Heals Tour](#) (Faye's Field, Bettendorf)
- Aug. 17-18:** [River Roots Live](#) (Downtown Davenport)
- Aug. 18:** [Inaugural Colonel's Croquet Party](#) (COL Davenport House, RIA)
- Aug. 18:** [River Action's 3<sup>rd</sup> Annual Floatzilla](#) (Lake Potter)
- Aug. 23-26:** [World Series of Drag Racing](#) (Cordova Dragway)
- Aug. 24-26:** [Tribute to Our Fallen](#) [formerly known as 'All Era Veterans Healing Field Of The Quad Cities'] (Davenport Memorial Park Cemetary)
- Aug. 25:** [Quad Cities Irish Festival](#) (Rock Island)
- Aug. 25:** [RIBCO's 3<sup>rd</sup> Annual River City Beer Festiv-ale](#) (The District)
- Aug. 26:** [Quad City Phoenix Festival](#) (Schweibert Park, Downtown Rock Island)
- Aug. 28-Sept. 5:** [ASA Girls 12U Fastpitch Tournament](#) (Greenvalley Sports Complex, Moline)
- Aug. 30-Sept. 2:** [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds)
- Sept. 1:** [8th Annual Labor Day Ride For Non-Hodgkin's Lymphoma](#) (The District)
- Sept. 1-2:** [Quad City Air Show](#) (Davenport Municipal Airport)
- Sept. 1-2:** [Rock Island Grand Prix](#) (Downtown Rock Island)
- Sept. 3:** [Bettendorf Rotary 18<sup>th</sup> Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)
- Sept. 6:** [13<sup>th</sup> Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)



**Sept. 7-16:** [East West Riverfest](#) (Quad Cities)  
**Sept. 8:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park)  
**Sept. 8-9:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 15:** [Taming of the Slough](#) (Sylvan Island)  
**Sept. 15:** [Brew Ha Ha](#) (LeClaire Park)  
**Sept. 15:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 15:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Sept. 15-16:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)  
**Sept. 19-21:** [Upper Mississippi River Conference](#) (TBD)  
**Sept. 21-22:** [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)  
**Sept. 22-23:** [Quad Cities Kite Festival](#) (Centennial Park, Davenport)  
**Sept. 23:** [Quad Cities Marathon](#) (Downtown Moline)  
**Sept. 27-29:** [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)  
**Sept. 28-30:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Sept. 29:** [17<sup>th</sup> Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)  
**Oct. 5-6:** [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)  
**Oct. 6:** [Hilltop Campus Village 3<sup>rd</sup> Annual Fall Music Festival](#) (Hilltop Park, Davenport)  
**Oct. 7:** [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)

**Oct. 13:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Oct. 13-14:** [Gun Show](#) (Mississippi Valley Fairgrounds)  
**Oct. 23-28:** [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)  
**Oct. 25:** [Fright Night](#) (The District)  
**Oct. 26:** [Bucktown's Deadstock](#) (Bucktown)  
**Oct. 27:** [Witches Walk](#) (Downtown LeClaire)  
**Oct. 27:** [Daiquiri Factory's Boneyard Boogie](#) (The District)  
**Oct. 27-28:** [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)  
**Nov. 11:** [Doll Show](#) (Mississippi Valley Fairgrounds)  
**Nov. 16-25:** [Quad City Arts Festival of Trees](#) (RiverCenter)  
**Nov. 17:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 17:** [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 1-14:** [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)  
**Dec. 2:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)  
**Dec. 7:** [Gallery Hop!](#) (The District)  
**Dec. 8-9:** [131<sup>st</sup> Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)



## Island Insight

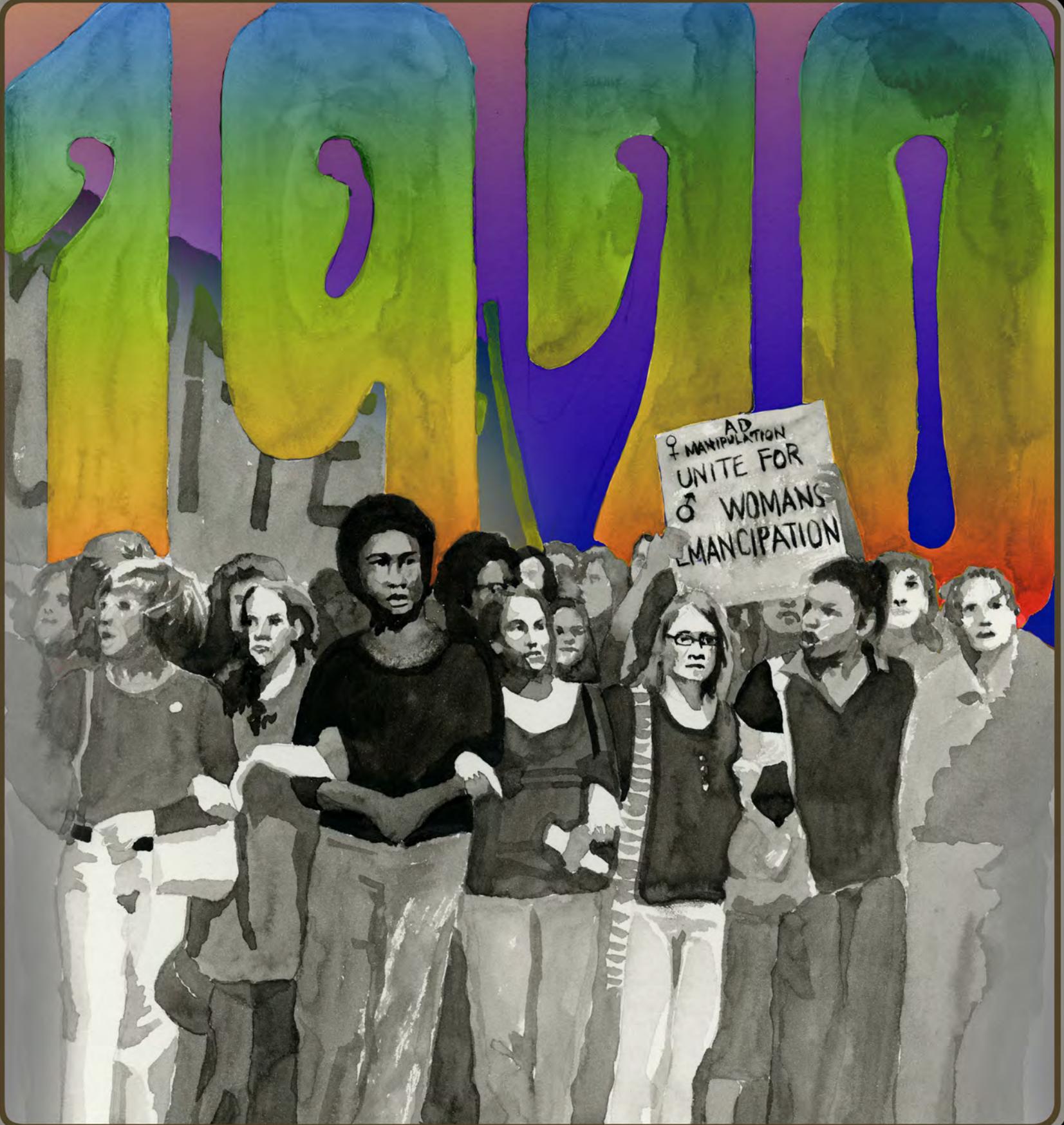


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*The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal 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](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: (309) 782-1121. The Island Insight is [available on-line](#).*



# WOMEN'S EQUALITY DAY



Women's March for Equality August 26th, 1970