

March 24, 2014



# 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:** <https://home.ria.army.mil/sites/ii/ii.cfm>

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Ask the Garrison Commander

## ASC Women's Observance Focuses on Fight Against Pay Discrimination:

A crowd of nearly 100 gathered to celebrate Women's History Month at an observance hosted by Army Sustainment Command at Heritage Hall here March 26. According to the National Women's History Project, this year's theme, Celebrating Women of Character, Courage, and Commitment, honors the extraordinary and often unrecognized

determination and tenacity of women. Against social convention and often legal restraints, women have created a legacy that expands the frontiers of possibility for generations to come. They have demonstrated their character, courage and commitment as mothers, educators, institution builders, business, labor, political, religious and community leaders, relief workers, and CEOs. Their lives and work inspire girls and women

to achieve their full potential and encourage boys and men to respect the diversity and depth of women's experience. Judith Morrell, director of the Davenport Civil Rights Commission, was the keynote speaker. Morrell's speech centered on the plight of Lilly Ledbetter, a woman who fought



"HOME OF US ARMY LOGISTICS"



diligently to achieve pay equality. [\(More\)](#)

## Joint Munitions Command

**Recognized By AUSA:** Brig. Gen.

Kristin French, JMC commanding general, and JMC Historian Keri Pleasant, accept an Association



of the United States Army certificate of appreciation award March 24 from Jeff Carr, AUSA Rock Island Chapter President, to recognize past support from JMC. [\(More\)](#)

**Barge Traffic Resumes In Q-C:** Early morning commuters crossing the Government Bridge were greeted by a rite of spring Friday — the return of barge traffic in the Quad-Cities. The



Cooperative Ambassador became the first interstate tow of the season to pass through Lock and Dam 15 at Rock Island, said Ron Fournier, spokesman for the U.S. Army Corps of Engineers — Rock Island

District. The tow and its 12 barges locked through from 7:20-8:14 a.m., heading upriver. [\(More\)](#)

## Carson Sworn In As 31<sup>st</sup> Under

**Secretary of U.S. Army:** Secretary of the Army John McHugh swore in Brad R. Carson as the 31st Under Secretary of the Army, and Chief Management Officer of the



Army, during an informal ceremony amongst family, friends and colleagues, today, at the Pentagon. "Brad Carson has a long and very proud history of serving this nation and knows what it's like to wear the uniform of this country," said McHugh prior to administering the oath of office. [\(More\)](#)

## SecArmy: Readiness Shouldn't Be

**Political Football:** "This is the time for protection and predictability, not politics," Secretary of the Army John M. McHugh told lawmakers here, today. "We must have predictable, long-term funding," he continued. "If sequestration, as is the



# Upcoming Dates

**April 4:** Installation Planning Board, Baylor Conference Room, 10 a.m.

**April 5:** ACS & CYS Child Abuse Awareness and Recognition of Month of Military Child Expo, Fitness Center, 10 a.m. – 1 p.m.

**April 6-11:** Volunteer Appreciation Week

**April 8:** Holocaust Remembrance Day

**April 8:** Installation Volunteer Ceremony, Heritage Hall, 1 p.m.

**April 8:** RIA Community Special Events Planning Mtg. Heritage Hall, 1 p.m.

**April 8:** Crime Victim Awareness Day, Heritage Hall, Bldg. 60, 11 a.m.-1 p.m.

**April 9:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

**April 12:** Free Spring Vehicle Inspection, Bldg. 351 Auto Craft Center, (TBD)

**April 12:** Easter Bunny at Commissary

**April 12:** QC Bandits Race to Home 5K Run, Government Bridge, 8 a.m.

**April 16:** Employment/Education Event, Heritage Hall, 9 a.m.

**April 16:** QC Honor Flights, Moline International Airport

**April 17:** Sexual Assault Review Board, Bldg. 390, 10:15 a.m.

**April 18:** Good Friday Service, Time TBD

**April 19:** RIA Easter Egg Hunt at Memorial Park, 10 a.m. - 1 p.m.

**April 20:** Easter Brunch, Arsenal Island Clubhouse, 10:30 a.m. – 2 p.m.

**April 21:** Boundless Playground Dedication & Army Family Covenant Signing Ceremony, 10 a.m.

**April 22-24:** DA Photo Studio

**April 22-25:** JMC Pre-Command Course

**April 24:** Community Information Exchange, Arsenal Island Golf Clubhouse, 9 a.m.



law, returns in [fiscal year 20]16, our gains will be eroded and another round of indiscriminate cuts will gut our force to the point where we're unable to meet the president's 2012 Defense Strategic Guidance." ([More](#))

## **Senator Durbin Not Optimistic About Arsenal BRAC:**

⌘ Durbin said that Scott is among three vital military installations in Illinois, ahead of the Rock Island Arsenal in importance and second only to Naval Station Great Lakes. The Naval Station is on solid ground, Durbin said. "Every recruit passes through it, there's been a huge capital investment made there and there's no alternative to it." He did not sound quite as optimistic about the future of the Rock Island base. "It's in a constant state of hand-to-mouth survival, a struggle year-to-year to survive ... and be competitive." ([More](#))



## **DoD Ties Another Round of BRAC to Sizable Civilian Personnel Cuts:**

The Defense Department will struggle to significantly reduce the civilian workforce without another round of base closures. A majority of the DoD

civilians work outside of the Pentagon at bases, depots and other places that may or may not be needed any longer as the military reorganizes and shrinks. DoD officials say civilian and contractor workforce cuts at the headquarters level across all the services, agencies and combatant command already are under way. But it's not nearly enough. ([More](#))

## **Another Budget Quandary For DoD: What If War Funding Dries Up?:**

Pentagon officials have spent the last several weeks warning members of Congress that its current budget plan involves painful choices around force size, the divestment of entire weapons platforms and reduced compensation for military members. But even those bleak assessments rest on the perhaps overly-rosy assumption that Congress will help DoD sidestep sequestration by continuing to approve tens of billions of dollars in annual contingency funding over the next several years for a war that is supposed to draw to a close by the end of 2014. ([More](#))



## **DoD, Coast Guard Civilians Eligible for Expedited Airport Screening:**

Civilian Defense Department and Coast Guard employees will soon be eligible for the same expedited screening that servicemembers receive at 115 U.S. airports. Beginning April 15, some 800,000 DoD and Coast Guard civilians will be able to "opt in" to the Transportation Security Administration's pre-check expedited screening program, according to an American Forces Press Service news release. All military and Coast Guard personnel, including those in the reserves and the National Guard, already are eligible for the program, which began in March 2012. ([More](#))

## **Bill Would Give Feds a 3.3 Percent Pay Raise in 2015:**

Federal employees would receive a 3.3 percent pay raise in 2015 under a House bill unveiled by a Washington-area lawmaker. The legislation, introduced by Rep. Gerry Connolly, D-Va., would apply the increase to both General Schedule employees and wage-grade workers. President Obama has proposed a 1 percent pay raise for civilian employees and military service members in 2015 -- the same bump both groups



received this year. Until now, federal civilian employees hadn't received an across-the-board annual pay raise since 2010, although they were eligible to receive raises through step increases and promotions during the past three years. ([More](#))

## **How Obamacare Could Lead to Better, Cheaper FEHBP Coverage:**

The 2010 Affordable Care Act will improve coverage while lowering costs for the 8.2 million workers, retirees and dependents participating in the federal employee health care program, an Obama administration official said Thursday. Office of Personnel Management Director Katherine Archuleta told attendees of the annual Carrier Conference that the 2010 law has already helped keep health care premium growth for federal employees at less than 4 percent for three consecutive years, the first time it has been that low in 20 years. Archuleta also stressed that the law's emphasis on preventative care will improve the plans in the Federal Employees Health Benefits Program, the "original



marketplace" that served as a model for Obamacare. ([More](#))

## **Dems Drop Sequestration End from Agenda:**

US Senate Democratic leaders have stripped from their legislative agenda efforts to further ease or eliminate the remaining eight years of across-the-board defense and domestic spending cuts. As Senate Majority Leader Sen. Harry Reid of Nevada and other top Democrats — including Appropriations Defense subcommittee Chairman Sen. Richard Durbin of Illinois — assembled on a small stage in a Senate studio Wednesday, an aide placed a large white poster board with dark blue letters on a stand beside them. ([More](#))



## **CFC Pledge Total Plummet:**

Contributions to the Combined Federal Campaign in 2013 fell 19 percent from levels received during the 2012 campaign, according to a posting on a blog maintained by supporters of the



effort. The posting appeared on the Payroll Philanthropy blog operated by the Workplace Giving Alliance—a consortium of nonprofits that participate in public-sector workplace fundraising. The alliance reviewed local CFC figures assembled by the Office of Personnel Management. ([More](#))

## **Improve Your Speaking, Listening Skills:**

Esprit de Corps Toastmasters meets on the first and third Wednesday each month at the Clock Tower Building from 11:45 a.m. to 12:45 p.m. Bring your lunch. The mission of a Toastmaster club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth; join us. One of the goals for this month is to bring a friend to at least one of the meetings to show them the benefits of Toastmasters. For more information, visit our [website](#).



**Passport Services Cease:** Effective **April 1**, the LRC Transportation Office



will not have the resources to offer Passport Services. Beginning **April 1** patrons must contact the following Installations for assistance: Fort McCoy, Wis., (608) 388-6549; Offutt Air Force Base, Neb., (402) 232-6035; Fort Leonard Wood, Mo., (573) 596-1276; and Naval Station Great Lakes, Ill., (847) 668-5550 Ext. 335. All applications submitted or actions underway will be completed before this time. If you have an application which is being processed or require other passport services or information please contact Clint Bostick, (309) 782-1355, before **March 24**.

### **Army Benefits Center - Civilian**

**Webpage:** Coming soon ... the ABC-C launched our "new and improved" website on **March 27**. The URL will remain the same, we have added additional features to make your benefits navigating and information gathering easier. [www.abc.army.mil](http://www.abc.army.mil)

### **AESD Service Request Management**

**Self Ticketing:** The Army Enterprise Service Desk now has an option to submit IT support tickets online. You can submit a ticket for yourself or on behalf of someone else, and then log back into the site to check the current status of your ticket. The AESD SRM

Self Ticketing site is live and available for immediate use. Starting Tuesday **April 1**, AESD SRM Self Ticketing will replace email ticket requests. Any email requests sent to the RIA Service Desk mailbox will not be forwarded, and senders will be asked to use the Self Ticketing site. As always, you can also call AESD at 1-866-335-ARMY (2769) to submit a ticket request. For more information and instructions on how to use the AESD SRM Self Ticketing site, use the new RIA Support Files tool or get a how-to guide on the NEC Portal at <https://it.ria.army.mil/customerTraining.aspx>

**RIA Retirement Ceremony:** Maj. Gen. John F. Wharton, Commanding General of the United States Army Sustainment Command and Rock Island Arsenal, cordially invites you to attend the 3<sup>rd</sup> Quarter FY14 Award, Retirement & Retreat Ceremony at Heritage Hall, Bldg. 60. We will honor our retiring Department of the Army Civilians and exercise our Soldiers' first General Order by properly relieving them of their posts. Uniform for personnel not participating in the



ceremony is Military: Duty Uniform and Civilian: Casual.

Date: **Thursday, April 24**

Time: **2 p.m.**

**NEC-RIA Support Tools:** The NEC-RIA has created a new tool that puts some of our most frequently used documents and resources right on your computer, so you can access them no matter where you are. Click the Start menu, then select All Programs and look for the \_RIA Support Files folder. Resources include: • AESD Service Request Management Self Ticketing (link to the site and user guides for submitting tickets); • Cisco VPN instructions (how to connect to an off-island network and then to the RIA network); • Drive Map (reconnects your network drives if they drop off, such as your P: drive); • My IT Information (displays information about your user account and computer that can help you submit a ticket or troubleshoot with a technician); • NEC Additional Training Documentation (links to all of the user guides on the NEC's portal)



**Quarterly Inventory for BSC:** The Rock Island Arsenal's Base Supply Center is planning a quarterly physical



inventory of the store next week. The store will be closed Wednesday, **April 2**, and Thursday, **April 3**, and resume normal operation on Monday, **April 7**, at 8 a.m.

## **Youth Summertime Activities Expo:**

In honor of Child Abuse Prevention Month and Month of the Military Child, the Rock Island Arsenal Family Advocacy Program and Child, Youth and School Services will be hosting the 2014 Youth Summertime



Activities Expo Saturday, **April 5**, 10 a.m. - 1 p.m., in the Fitness Center on Rock Island Arsenal. The event will kick off with a Child Abuse Prevention Month proclamation signing and presentation of the pinwheel garden to raise awareness of this important social issue. This event is free and open to the public. The purpose of the Youth Summertime Activities Expo is to provide information to area residents on the opportunities available to families of children 0-18 years of age during the summer months. The Expo will host agencies in four major categories, summer fun and activities (free and fee-

for-service), day and resident camps, volunteer opportunities and education. Each organization in attendance will have a small game or craft activity for the children in attendance. Food from the grill will also be available for purchase from one of the local Family Readiness Groups on the lawn outside. Call (309) 782-3049 for more info. ([Flyer](#)) Vendors from area organizations will be there to help you find the right activities to keep your child and family busy all summer long. The Expo will have vendors from four major categories: summer fun and activities; day and resident camps; volunteer opportunities; and education. All booths will have crafts and activities for children to do at the event plus there will be food available for purchase at the Island Oasis. QCA Children are invited to help "plant" a pinwheel garden with the Child Abuse Council, 8:30-9:30 a.m., in honor of Child Abuse Prevention Month. The pinwheels stand for the chance at the healthy, happy and full lives all children deserve. The pinwheel garden will remain in place for the entire month of April. For more information about a booth or the Expo contact [Katie Mettee](#) at (309) 782-2165.

**Arsenal Attic Thrift Shop:** Shop at the Arsenal Attic Thrift Store every

Tuesday, Thursday and 3<sup>rd</sup> Saturday, 9 a.m. – 3 p.m. POC: (309) 782-6977.

**RIAWC Funding Requests:** The Rock Island Arsenal Welcome Club Community Support chairperson is accepting funding requests from area nonprofit organizations until **April 1**. Money for the Community Support fund is raised through club activities such as the Arsenal Attic and other fund raisers. All nonprofit organizations, including those who have never received RIAWC funding in the past, are welcome to apply. If you have received funds in the past, you must submit a new application each year. Applications can be downloaded from our [website](#) and must be postmarked no later than **April 1**. For more information call Rebecca at (563) 940-5158.

**RIA Army Education Center Co-Hosting Employment-Education Event:** The U.S. Army Garrison-Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **April 16**, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your



calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, veteran service organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information regarding educational opportunities for Soldiers, veterans, family members and government employees. A brief list of schools and organizations attending includes: Black Hawk and Scott Community colleges, Western Illinois, St. Ambrose, and Upper Iowa universities, American Intercontinental, Ashford, and Kaplan universities, Palmer School of Chiropractic and Trinity School of Nursing and Health Sciences, the U.S. Small Business Administration, Iowa National Guard Family Assistance program, and more. Please join us to learn more about educational opportunities and how they can benefit you. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

### **Army Family Team Building Level (L) Leadership Development:**

Classes cover topics such as: leadership styles,



effective communication for leaders, developing great meetings, establishing team dynamics, resolving conflict, coaching and mentoring, virtual meetings and more. Classes offered **April 10-11**, 8:30 a.m. – 3 p.m. Please register no later than **April 8**. AFTB classes are held at Army Community Service (ACS), Bldg. 110. Classes are open to spouses, military members, family members, civilians and contractors affiliated with Rock Island Arsenal. To register, call ACS at (309) 782-0829. (Civilians can also register on [TEDs](#))

### **Army Family Team Building Level (G) Personal Growth and Resiliency:**

Classes cover topics such as communication, conflict management, problem solving, personality traits, team dynamics, time management, personal relationships, leadership and more. Classes offered **April 23-25**, 8:30 a.m. - 2:30 p.m. Please register no later than **April 21**. AFTB classes are held at Army Community Service (ACS), Bldg. 110. Classes are open to spouses, military members, family members, civilians and contractors affiliated with Rock Island Arsenal. To register, call



ACS at (309) 782-0829. (Civilians can also register on [TEDs](#))

**VIOS Schedule for April and May:** Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **April 22, 23 and 24**; and **May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site 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 DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

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

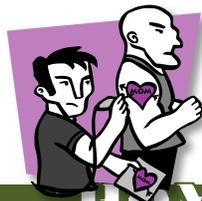
(First Floor, Bldg. 60), on **Friday, April 11 & 21, 10 a.m. – 12 p.m.**

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 **6:30 p.m. on April 25**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16**. 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.

[\(Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive\)](#)

**Charlie Corpuscle Says, "Can**

**you donate blood if you have recently gotten a tattoo? Yes!**



*As long as you went to a licensed facility for the procedure. If the facility you went to was licensed, there is no waiting period before you can again donate blood."*

**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.](#)**

### **Boundless Playground Dedication & Army Family Covenant Signing**

**Ceremony:** The Rock Island Arsenal is the new home of a "[Boundless Certified Playground](#)"



providing a truly inclusive facility where children and adults of all abilities can play and learn together. The Arsenal Island workforce and Quad-Cities community is invited to the Boundless Playground dedication & Army Family Covenant signing ceremony on Monday, **April 21**, at 10 a.m., at the new Memorial Park playground area. Event parking will be located behind Memorial Field across the street from Bldg. 110. The new Boundless Playground provides a world of opportunity where children along

with their parents, caregivers, military veterans, and family members have the opportunity to play side by side and gain the developmental and health benefits derived from unstructured play in an inclusive environment. The playground includes: ramped wheelchair access to the highest platform center, universally accessible pathways and surfacing, activity transfers that maximize accessibility, a swing with back support, elevated sand tables and activity panels, and activities for the hearing and visually impaired. A Boundless Playground provides a learning and growing environment so children develop a lifelong respect for and acceptance of individuals of all abilities. ([More](#))

**AUSA Annual Golf Outing:** Save the date -- the 2014 Rock Island Arsenal Chapter of the Association of the US Army will once again have its annual golf outing "A Round For Our Soldiers" on **July 17**, at 12 p.m., at the Arsenal Island Golf Course. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.

### **Arsenal Island Employee Local**

**Discounts:** *The following discounts are exclusively available to Arsenal Island*



employees – **Sears Automotive, NorthPark Mall:** Military discount for all members of the military, as well as for Arsenal Island employees; applying to tires and automotive services.

**Peachwave Frozen Yogurt:**

Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans.

**The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers.

**Double Tap Firearms:**

Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA

(📍). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (📍).

**New Life Chiropractic Clinic:**

Arsenal Island employees, we're offering you a 20 percent discount on our services (📍).

**Goebel Family Dentistry:**

Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (📍). *This information is*

*included for general workforce interest and does not constitute endorsement of the businesses or products.*

## Arsenal Traffic/Construction



**Future Ft. Armstrong Construction:**

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

## Building/Space Closures



*No Building/Space Closure related announcements this week.*

## Active Duty/Reserve Zone



**New Army Grooming Regulations**

**Roll Back Wartime Leniency:** The Army is cracking down on tattoos, dental ornamentation and haircuts in a long-awaited update to uniform and appearance rules that could make it harder to enlist and advance up the ranks. The new rules aren't yet public, but a 57-page training program the Army posted online about the regulations indicates the service is tightening standards that had been relaxed to allow more people to qualify for service at the heights of the wars in Iraq and Afghanistan. ([More](#))

**New Focus on Artillery Training**

**Prepares Army for Future Conflicts:**

U.S. Army field artillery is preparing for future wars by returning to Cold War-era tactics supplemented by modern, mobile technology, a U.S. general says. Though counterinsurgency has been at the center of the wars in Afghanistan and Iraq, the recent past might not be the best guide to new threats, participants at the Future Artillery conference in London, hosted by Defense iQ, said earlier this week. ([More](#))



## **Handheld Inspection Tool Will Increase Food Safety for Soldiers:**

Military food inspectors may one day hold the key to avoiding foodborne illness in the palms of their hands. The U.S. Army Natick Soldier Research, Development and Engineering Center is working to develop a small, sensitive, hand-held device that will both capture and detect dangerous pathogens that can cause food-related illness. The effort received a 2013 U. S. Food and Drug Administration leveraging and collaboration award. Under the award, scientists from Food Protection Team and Macromolecular Sciences and Engineering Team at the Natick Soldier Research, Development and Engineering Center, or NSRDEC, are collaborating with the FDA, Winchester Engineering and Analytical Center, and the Massachusetts Institute of Technology. The award is for "Designing Handheld Resistance Based Biosensors Utilizing Conducting Nonwoven Fibers for In-Field Microbial Pathogen Detection." ([More](#))

**Soldiers Outfitted With Advanced Hearing Protection:** As early as 2012, the Department of Defense announced plans of integrating technologically sophisticated, yet tactical, hearing

protection devices for Soldiers engaged in overseas combat operations and local training exercises. The Tactical Communication and Protective System, or TCAPS, has generated a lot of talk among Soldiers in Fort Bliss, Texas; Aberdeen Proving Grounds, Md.; Fort Campbell, Ky., and now here. ([More](#))

## **Cuts to Military Pay and Benefits Can't Wait, Pentagon Tells Congress:**

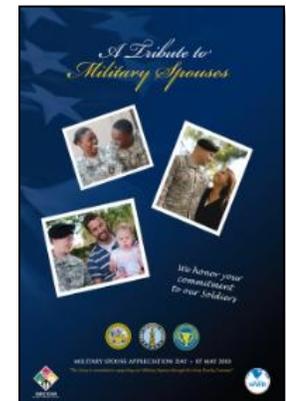
Pentagon leaders say the reductions to military personnel spending they are proposing as part of the fiscal 2015 budget weren't easy decisions, but Congress needs to OK them this year, or the overall military budget picture will become far gloomier over the next five years. The Defense Department is taking heat from military associations and Capitol Hill not just for proposing trims to compensation, but also for the timing of the proposals. They come one year before the congressionally-chartered Military Compensation and Retirement Modernization Commission is scheduled to issue a full package of recommendations to reform the entire structure of military pay and benefits, including salaries, pensions, health care and other perks. ([More](#))

**Army Transition - Hero 2 Hired:** The U.S. Army utilizes the Department of

Defense Hero 2 Hired (H2H) platform as its interim employment connection application/tool to provide one primary location where Soldiers of all components, veterans, and family members can connect with private industry employment opportunities. This web-based application enables Soldier to translate military occupational skills (MOS), provide career path exploration, upload resumes, allow customized job searches. The site also enables employers to search for transitioning Soldiers and veterans, and provide performance metrics. ([More](#))

## **Military Spouse Appreciation Day:**

Friday, **May 9**, is National Military Spouse Appreciation Day, a day to recognize the efforts of all our military spouses. On that day, the Army Community Service is holding an observance event for National Military Spouse Appreciation Day 1-4 p.m., at the Arsenal Clubhouse. RSVP is required by contacting Army Community Service at



(309) 782-0829. Availability for first 25 reserved spaces. ([Flyer](#))

**2014 Army Posture Statement:** The 2014 Army Posture Statement is the written expression of the Secretary of the Army and the Chief of Staff of the Army to Congress for the annual posture hearings. The Army Posture Statement informs Congress on the state of the Army and outlines the Army's accomplishments, initiatives, and priorities for Congress to consider when reviewing the President's budget for the upcoming fiscal year. ([More](#))

**Bix 7 Road Race 40<sup>th</sup> Anniversary:** Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. The 7 mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

**Operation Family Time Out:** Open to military kids and kids of deployed civilian ages 6 weeks to 12 years. This past January at the Two Rivers YMCA, the kids had a 4-H science activity on magnets. They learned how to levitate objects using magnets. They had a super fun time learning how magnetic force works. Not only were they interested with the experiment but they had many questions about the topic. Frank, a 4-H volunteer, engaged the children in interactive, hands-on learning. We hope you can join us for another new science experiment and other educational programs that are coming up. Upcoming Programs will meet at the following YMCAs, 1-5 p.m. Upcoming programs are as follows: • **April 12** at the Davenport YMCA • **May 10** at the Two Rivers YMCA.

**Tax Assistance Center:** The Arsenal's Tax Center continues to assist active duty service members and retirees with filing their income tax returns. In March the Center welcomed an additional volunteer preparer with significant professional experience. Service is by appointment, with most appointments taking about an hour and more complex returns taking somewhat longer. Appointments are available week days through **April 15**. In accordance with

IRS requirements, the tax center may prepare and submit most - but not all - federal and state income tax returns. If you suspect that your return may be especially complex, please discuss that with us when you call, and we can advise whether we will be able to prepare your return(s). To schedule an appointment please call one of our preparers at (309) 782-8076/8457/1894/1709. Please bring the following to your appointment: photo ID; social security card (or official document showing SSN); documents showing income of any type (W-2s; 1099s, etc.); documents to support any deductions/credits; last year's return; voided check or deposit slip (if using direct deposit); dependents' SSNs and birth dates.

Time: **7 a.m. - 3 p.m.**



## Safety Spotlight



**Motorcycle Riding Courses:** The USAG Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI



6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The approaching motorcycle training courses are scheduled as follows: • Basic Motorcycle Riding: **June 10-11** (two 8-hour days) • Experienced Rider Course: **June 12** (one 8-hour day) Registration for either course is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. Each course size is limited to 12 riders. If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 782-1380.



## Equal Opportunity Focus

☉ **Hagel, Dempsey Stress Leaders' Roles in Ethical Issues:** Leadership is key to eliminating ethical lapses that have tarnished the reputation of the American military, Defense Secretary Chuck

Hagel and Army Gen. Martin E. Dempsey said during a Pentagon Channel interview broadcast today. The secretary and the chairman of the Joint Chiefs of Staff both reiterated that encouraging ethical behavior and strengthening the profession of arms has their full attention. Reports of sexual misconduct at many levels and cheating on proficiency exams brought the issue to the fore, and senior department leaders are concerned. ([More](#))



## 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, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

### Beer Pairing Dinner at the Golf

**Clubhouse:** Do you enjoy beer? How about fine cuisine? How about local craft brews perfectly paired with fine cuisine? If you answered yes to any or all of the above questions then you'll want to mark your calendar for Friday, **March 28**, and get your



reservations now by calling (309) 782-4372. Cost is \$45/person and includes your very own Great River Brewery glass to keep. Menu: -Artisinal Irish cheese and bread board -Traditional Irish Breakfast -Sheppard's Pie -Fish and Chips -Stout marinated flat iron steak -Brioche bread pudding with Irish whiskey. ([Full Menu](#)) ([Flyer](#))

**Trivia Night:** Get up to seven of your smartest friends on Thursday, **April 3**, 6 p.m., and come wage a battle of wits against other trivia enthusiasts. This fun, multi-media, family friendly trivia competition held in the Arsenal Club (Bldg. 60) features a wide range of topics and is open to the public so invite all your trivia junky friends, the more players we get the better the prizes become. Cost is \$5/player or \$30/table of eight. Call (309) 782-6319 for more info and to sign up in advance. Advance reservations required. ([Flyer](#))

### Loving Kids at All Ages and Stages

**Seminar:** Join us at the Arsenal Island Clubhouse where best-selling author Jay Payleitner will offer dozens of thought-provoking ideas on how to express love to a newborn, toddler, school age kid, teenager and even our young adult children. Because love is a verb, and love never fails. Please RSVP by **April**



1 at (309) 782-3049 or [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil). A limited meal will be available. Those registered with CYSS will receive two participation points. ([Flyer](#))

**Oil Change Class:** Come let the pros at the Auto Skills Shop show you step by step how to perform one of the most basic yet most important regular maintenance procedures on your vehicle. This class is just \$5/participant and the first person to sign-up receives a free oil change as we use your vehicle for the demonstration. Call (309) 782-8631 for more info and to sign up.  
Date: **Wednesday, April 16**  
Time: **5-6:30 p.m.**

**New Fitness Center Classes:** Group fitness classes at the Fitness Center are a great way to get those New Year's resolutions off to a running start. With a wide variety of class styles including rowing, spinning, yoga, TRX and our new 20:20:20 & Fit For Life classes there is sure to be something for all. [Visit here](#) for full class schedules, descriptions and prices or call (309) 782-6787.

**Auto Skills Newsletter:** Check out the March edition of the Auto Skills newsletter for some great info on

potholes, the dangers they pose to your automobile and how we can help you avoid costly repairs. Also in this month's issue: Spring car care month specials and info on a bus trip to see a NASCAR race this spring. ([Check it out here](#))

**Carwash Notice:** With all the salt on the roads this time of year the carwash bay located in the Auto Skills Shop (Bldg. 351) is a great place keep your vehicle clean, shiny and rust free. If you do use the carwash please remember to close the door to the wash bay when you are finished as this cold weather wreaks havoc on the water pipes and will shut down the system.

**New Group Fitness Class: Fit For Life:** Fit For Life is a class designed to help you stay healthy, fit, and active throughout all stages of your life. This class combines low impact cardio, strength training, balance, and flexibility training. This class is also a great way to improve health, help you feel better, have fun, and socialize with others! Fit For Life will help individuals improve balance, posture, coordination, flexibility, strength, and endurance through instructed guidance using light weights, resistance bands, stability balls, medicine balls, indoor track and various other pieces of equipment. The class is

offered in six-week sessions for \$18 for civilians and \$16 for military or just try 1 class and pay the drop-in fee of \$3/class. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))  
Time: **9-9:45 a.m.**

## 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](#))

**Spring BUNCO:** Come join the fun. Open to the public. Great door prizes. Entry fee is \$5. Please RSVP by **April 7**. Arsenal Club will be open for food and drinks.  
Date: **Thursday, April 10**  
Time: **6-8 p.m.**

**Tales of a Fourth Grade Nothing:** Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok.



Discounted seats on sale until **April 5**  
... \$9 per person.  
Date: **Saturday, April 19**  
Time: **10 a.m.**

**Always a Bridesmaid:** In this hilarious comedy, four high school friends made a vow to be in each other's weddings, no matter what. Little did they know, thirty years later, they'd still be keeping that promise. Join Deedra, Monette, Charlie and Libby Ruth through the years as they navigate the choppy and unpredictable waters of their friendship and many marriages. Discounted seats on sale until **April 26**.  
Date: **Saturday, May 10**  
Time: **5:45 p.m.**

**Monster Jam:** Monster Jam will be coming to the iWireless Center for two days. Leisure Travel has discounted tickets available for \$20 for adults and \$13.50 for children under 12-years-old. On sale until **April 28**.  
Date: **Saturday, May 17**  
Time: **7 p.m.**

**FMWR's 1<sup>st</sup> Nationwide NASCAR Race Bus Trip:** Leisure Travel/Auto Shop have seats available for the bus trip to the Iowa Speedway in Newton Iowa. Bus will depart from the Auto Shop at 6:30 a.m. please arrive early for

refreshments compliments of the Auto Shop. ½ stop to and from the Iowa Speedway. You are allowed to bring a small cooler. Cost of trip is \$69.  
Date: **Sunday, May 18**  
Time: **6:30 a.m.**

**Walt Disney Military Promotion**  
**Tickets:** Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

**Universal Studios Orlando:** This special ticket is good for unlimited admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike anything else in Orlando. Ticket expires on **May 9**; unused days shall be forfeited.

**Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre:** Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formally 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

## Child, Youth & School Services

**CYSS In-Service Day:** The Child Development Center, the CD Home, Family Child Care Homes and the School Age Center will be closed for In-Service Day on Friday, **May 23**. Fees for this day will not be reduced, refunded or prorated. Department of Army maintains a strong commitment to training and career growth. The secret of a high quality, well- run program for children lies in the training of its personnel. This day is set aside annually for staff to participate in required training and appreciate them for their hard work and dedication. Training is essential to ensure that each child is receiving quality care. Training allows staff to learn about current knowledge and research of child development and early childhood education. Training opportunities ensure teachers have the



time to revisit policies and procedures designed to maintain a safe and developmentally appropriate environment. Staff are revitalized through networking with others and sharing ideas. Thank you for your continued support and strong commitment to our programs and staff. If you have any questions regarding this closure day, please contact your specific program director.

**Exploring Theatre Arts at the School Age Center:** The kids at the School Age Center have had 4-H lessons on Theater Arts. They are learning how to become more confident and expressive in front of others. In February they will participate in activities that enhance their voices, facial expressions and body language. They will perform simple pantomimes in small groups. They will also be telling jokes and reciting tongue twisters in front of their peers. Last, they will participate in Reader's Theatre. The kids will practice scripts and then read them in front of an audience. This is a great way to encourage and develop reading skills while engaging in a cooperative and fun activity. Coming up in March, the kids will be participating in service learning activities. On **March 31** there will be a guest presenter from the American Red Cross. She will be

teaching the kids about basic first aid. [For more information on what the School Age Center offers.](#)

## 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



**Money Smart Week in the QCA April 5-12:** National "Money Smart Week" will be observed April 5-12. Our local QCDollarWi\$e financial literacy group in cooperation with various sponsoring organizations are conducting an educational event: Money Smart Family Night on Friday, April 11, 6-8 p.m., at the Martin Luther King Center, 630 – 7<sup>th</sup>



Avenue, Rock Island. This financial education event is free, open to the public and it is on a walk-in basis. Refreshments are provided. For more information, contact RIA Federal Credit Union, Nichole Burton, (563) 355-3800 x1107. This event is for educational purposes only and not endorsed or supported by the Federal Government.

**Army Emergency Relief Kicks Off 2014 Campaign:** AER begins its annual fundraising drive in April. The theme of this year's Campaign is "A Soldiers First Choice." The money is used to fund grants, scholarships, and gift cards for Wounded Warriors. Organizational key persons will begin contacting our military personnel and retirees soon. For more information or to make a donation, contact Army Community Service at (309) 782-1499 or [jon.c.cook.civ@mail.mil](mailto:jon.c.cook.civ@mail.mil) or the installation campaign coordinator, Staff Sgt. Bryan Lineback, (309) 782-2131, [bryan.lineback@us.army.mil](mailto:bryan.lineback@us.army.mil).



## 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.

## **National Sleep Awareness – March 2014:**

Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep ([ScienceDaily, 2007](#)). To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Contact the EAP at (309) 782-4357 for free and confidential counseling and referral assistance. You can also access an

anonymous mental health screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org). Don't let depression or another mental health condition get in the way of your good night's sleep.

**Assertiveness Training:** Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **April 8, May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

**Time Management:** Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **April 22, May 13, June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

**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.

**Grief Support Group:** Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays from 3:00 until 4:00 in Bldg. 56, 1<sup>st</sup> Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

**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., in the 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.**

**FEEA Taking Applications for 2014-15 Scholarships:** The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship Program. The program, which began taking applications Jan. 2, is open to civilian federal and postal employees with at least three years of service by **Aug. 31**, as well as to their spouses and dependents. Active duty and retired military service members and their dependents are eligible only through a sponsoring civilian employee spouse. Applications must be postmarked no later than **March 28**, FEEA said. ([More](#))

**UIU OC Lunch and Learn MBA:** The Upper Iowa University Quad Cities Center MBA Lunch and Learn will take place on Wednesday, **April 9**, 11 a.m. - 12 p.m., in Bldg. 56, on 1<sup>st</sup> Floor, Rm. #122 (Classroom #2).

**Save the Date - Spring Employment-Education Event:** On Wednesday,

**April 16**, the U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. More than 50 employers, colleges, universities, and veteran service organizations will be on hand to assist service members, family members, and veterans seeking employment or education and training opportunities. If you are preparing for a new career, thinking about starting a business, or interested in pursuing further education, please join us. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

**Army Emergency Relief Scholarship Applications Now Available On-line:** AER scholarship on-line applications for Army Spouses and Dependent Children of Active Duty Soldiers, Retirees and the Fallen are now available through April at [www.aerhq.org](#) and look under the Scholarship button, or go directly to [www.aerhq.org/dnn563/Scholarships.aspx](#). For more information call (309) 782-1499 or [jon.c.cook.civ@mail.mil](mailto:jon.c.cook.civ@mail.mil). The AER Scholarship brochure can be viewed at [www.riamwr.com/acs/emergency-relief](#).

**NDIA Lifetime Achievement Awards:** Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or [jimcmorgan@aol.com](mailto:jimcmorgan@aol.com). Application details at [www.ndia-ia-il.org](#).

**2014 IA/IL WID Scholarship:** Applications for the IA/IL Chapter WID 2014-15 academic year are now being accepted. The application may be found at [www.widiic.org](#), and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail: [scholarships@widiic.org](mailto:scholarships@widiic.org).  
Date: **Monday, April 14**  
Time: **3 p.m.**

←-----→  
**Commissary / Exchange**



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The 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](http://www.commissaries.com) ([Facebook](#))

**Changes at AAFES aimed at improved shopping experience:** The Army & Air Force Exchange Service wants its customers to have an enjoyable shopping experience comparable to any of the large civilian retailers, said Thomas C. Shull, AAFES chief executive officer. Subtle but important changes are taking place within the stores that might not be noticed by customers, he said, explaining that shoppers are desiring more "aspirational brands," such as Michael Kors. ([More](#))



## 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 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

**Rock Island Arsenal Historical Society – April 2014:** The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m., Thursday, **April 3**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a tossed salad with breadsticks, chicken with rice, steamed broccoli, rolls and a Chef's Choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Rich Morthland, a communications instructor at Black Hawk College. Morthland has served as a representative in the Illinois Legislature. For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email [chiicaliinda@aol.com](mailto:chiicaliinda@aol.com). Reservations are

due by noon on Monday, **March 31**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

**This Week in Rock Island Arsenal History – March 24-30:** On March 26, 1898, the RIA received orders to produce 25,000 complete outfits of infantry equipment. RIA Fire Department was organized on April 1, 1918, with the hiring of 20 firemen and a fire chief.



## Healthbeat

**Medical Marijuana Research for PTSD Nears Federal Approval:** The Department of Health and Human Services and the Food and Drug Administration have given their approval to a proposed study on whether medical marijuana can help with post-traumatic stress disorder, according to a USA Today report. But some critics, including a Vietnam veteran who wrote a Government Executive column about the plan, say pot would effectively numb the effects of the condition and provide only short-term relief. ([More](#))



## **Clinic Hours Change With**

**Correction:** The Rock Island Arsenal Health Clinic will be open all day on Friday, **March 28**, and closed the afternoon of **April 4** (to include the pharmacy). The clinic is normally closed on the last Friday afternoon of the month. The change to operating hours is for this period only, to facilitate clinic operations, and does not reflect a permanent change. POC: Capt. Katherine Converse, (309) 782-0865



## Notes for Veterans



### **Flags Display, Senate Bill Put Focus**

**on Veteran Suicides:** A new bill aimed at improving suicide prevention for veterans was introduced in the U.S. Senate on Thursday, as nearly 2,000 flags were planted within view of the Capitol — each one representing a current or former servicemember who had committed suicide so far this year. Sen. John Walsh, D-Mont., introduced the Suicide Prevention for America's Veterans Act, which includes provisions extending combat eligibility for health care from five years to 15 years, and establishing a process for reviewing potentially wrongful discharges and

reversing those which may have been caused by mental health issues. ([More](#))

### **Veterans Group to Launch Suicide-Prevention Campaign:**

An emerging veterans group plans to descend on Capital Hill this week to demand new action on veterans issues and launch a national campaign to combat suicide among former troops. The Iraq and Afghanistan Veterans of America has named veteran-suicide prevention as its top priority for 2014. On Monday, the group will send 31 representatives to discuss mental health challenges with members of Congress and President Obama. ([More](#))



## Carpooling Announcements



*Submit carpooling 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.*

**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can



qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

## **Carpool:**

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.



## **Around the Q.C.**



**March 28-30:** [2014 Writing My Way Back Home: Midwest Veterans Writing Workshop](#) (Cedar Rapids Veterans Memorial Building)  
**March 29:** [3<sup>rd</sup> Annual Quad Cities Model Railroad and Memorabilia Show](#) (Mississippi Valley Fair Grounds)  
**March 29:** [Davenport Chordbusters Spring Show](#) (Bettendorf High School Performing Arts Center)



**April 12:** [Bandits Race to Home 5K](#)

(Modern Woodman Park)

**April 12:** [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)

**April 26:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**May 2-3:** [Army JROTC 7<sup>th</sup> Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)

**May 3:** [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)

**May 3:** [Derby Day Party](#) (Arsenal Island Golf Clubhouse)

**May 3:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

**May 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)

**May 17:** Armed Forces Day Celebration, 11 a.m. - 3 p.m., Brady Street Stadium Complex, Davenport

**May 17:** [5<sup>th</sup> Annual You Were Made for This 5K](#) (Young Life, Moline)

**May 17:** [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)

**May 17:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**May 26:** [49<sup>th</sup> Annual Quad Cities](#) Criterium (Downtown Rock Island)

**June 3-7:** [Quad Cities Senior Olympics](#) (Rock Island)

**June 6-7:** [Rhubarb Festival](#) (Aledo, Ill.)

**June 6-7:** [22<sup>nd</sup> Annual Gumbo Ya Ya](#) (The District, Rock Island)

**June 7-8:** [QC Pridefest](#) (Downtown Davenport)

**June 12:** [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)

**June 12-15:** [19<sup>th</sup> Annual Rally on the River](#) (Centennial Park, Davenport)

**June 14:** [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)

**June 14:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**June 14-15:** [Juneteenth](#) (LeClaire Park, Davenport)

**June 15:** [30<sup>th</sup> Annual Ride the River Bike Ride](#) (Downtown Davenport)

**June 16:** [12<sup>th</sup> Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

**June 17-21:** [145<sup>th</sup> Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)

**June 21:** [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)

**June 21:** [Royal Ball Run For Autism 5K](#) (Milan, Ill.)

**June 22:** [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

**June 27-28:** [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)

**July 3:** [Red, White & Boom!](#) (The District & Downtown Davenport)

**July 3-5:** [30<sup>th</sup> Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

**July 4:** [Firecracker Run & Parade](#) (East Moline)

**July 4:** [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)

**July 7-13:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

**July 10-12:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

**July 12:** [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

**July 12:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**July 17:** [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)

**July 25-26:** [43<sup>rd</sup> Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)

**July 26:** [41<sup>st</sup> Annual Quad-City Times Bix7](#)

**July 29-Aug. 3:** [95<sup>th</sup> Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

**July 31-Aug. 3:** [43<sup>rd</sup> Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)

**Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)

**Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)

**Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

**Aug. 8-9:** [22<sup>nd</sup> Annual Ya Maka My Weekend](#) (The District, Rock Island)

**Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

**Aug. 9-10:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)

**Aug. 15-16:** [10<sup>th</sup> Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

**Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)

**Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)

**Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

**Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 1:** [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

**Sept. 5-21:** [East West Riverfest](#) (Various QC Locations)

**Sept. 6:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

**Sept. 6:** [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

**Sept. 6:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)



**Sept. 6-7:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 13:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Sept. 19-20:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 20:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)  
**Sept. 20-21:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)  
**Sept. 28:** [17<sup>th</sup> Annual Quad Cities Marathon](#)  
**Sept. 26-28:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 4:** [Night of the Running Dead 5K](#) (Davenport)  
**Oct. 4:** [GiGi's Super Hero Run](#) (Bettendorf)  
**Oct. 11:** [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)  
**Oct. 11:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Oct. 12:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 23:** [Fright Night](#) (The District, Rock Island)  
**Oct. 25:** [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)  
**Oct. 25-26:** [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)  
**Nov. 22:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 22:** [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)  
**Nov. 22:** [Holiday Pops Concert](#) (Downtown Moline)  
**Dec. 7:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)



# Island Insight



**Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor**  
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