

April 22, 2013



Island Insight



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

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>



Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)



Honoring Fallen's Sacrifice Inspires First Army Soldier's Service:

First Army Soldiers are offered the opportunity to serve their country in many different roles throughout their military careers. 1st Sgt. Fletcher D. Whittenberg currently serves as the senior enlisted advisor to First Army's Headquarters and Headquarters Detachment Commander. He provides, as the first sergeant, advice and assistance to the commander to promote

the health, welfare, discipline and training to all First Army Headquarters Soldiers. However, from July 2006 to December 2010, Whittenberg was assigned to the 3rd Infantry Regiment, Fort Myer, Va., at Arlington National Cemetery. This unit is more commonly referred to by its nickname, 'The Old Guard' and is the oldest active infantry unit in the Army, since being organized as the First American Regiment in 1784. The Old Guard conducts memorial

ceremonies to honor fallen comrades, assists during wreath ceremonies, conducts full honors review ceremonies and escorts the President of the United States as needed. One of the missions of the Old Guard is to provide both standard and full honors



military funerals at Arlington Cemetery as well as dignified transfers of remains at Dover Air Force Base. ([More](#))

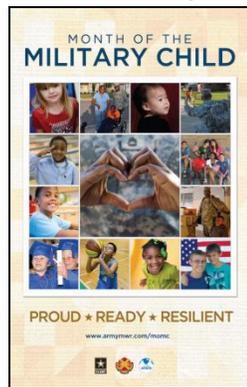
Spotlight On ... Master Sgt. Samantha

Weatherspoon: Master Sgt. Samantha Weatherspoon, the senior noncommissioned officer for contracting at Army Contracting Command-Rock Island, Ill., says she's friendlier than she looks. "As I get reassigned and moved to new places, I guess I have a demeanor that some people think looks mean, but no one tells me until after they get to know me," said Weatherspoon. ([More](#))



Salute Military Children; Remember,

They Also Serve: Our nation's Army is composed of dedicated and selfless serving soldiers and families who live their lives focused on the inherently positive values that make our military and America strong. The sons and daughters of our soldiers, sailors,



airmen, Marines and Coast Guardsmen stand in unwavering support of their parents -- often enduring long overseas deployments -- in service to our nation. ([More](#))

Training for Combat Earns Army

Superior Unit Award: First Army mobilizes, trains, validates, deploys and demobilizes Reserve Component units in support of worldwide contingency operations such as Operations Iraqi Freedom, Enduring Freedom, New Dawn, the Horn of Africa, Kosovo Forces, and others. ([More](#))



Inaugural Employment Event Brings

Soldiers, Veterans, Local Employers

Together: Soldiers, veterans and other attendees received career tips and employment opportunities at the inaugural Employment Event in Heritage Hall at Rock Island Arsenal April 17. "This is the first time that USAG-RIA has done anything like this," said Renee Michl, director of human resources. "We are getting an



ROCK ISLAND
ARSENAL
SOLDIERS • FAMILIES • CIVILIANS

Upcoming Dates

April 20-28: National Park Week

April 21-27: Volunteer Appreciation Week

April 21-27: Animal Cruelty/Human Violence Awareness Week

April 21-27: National Shaken Baby Syndrome Awareness Week

April 22: Army Earth Day 

April 22-26: National Playground Safety Week

April 23: 105th Army Reserve Birthday

April 24: Administrative Professionals Day

April 25: Take Our Daughters and Sons to Work Day

April 26: Arbor Day

April 27-May 4: National Infant Immunization Week

April 28: Workers Memorial Day

April 28-May 5: National Safe Kids Week

April 29: Distracted Driving Awareness Day

April 29-May 3: National Air Quality Awareness Week

May 1: National Day to Prevent Teen Pregnancy

May 1-7: Physical Education and Sport Week

May 3: Children's Mental Health Awareness Day

May 4: Free Comic Book Day

May 4: National Join Hands Day

May 5: Cinco de Mayo

May 5: National Infertility Survival Day

May 5-11: Public Service Recognition Week 

May 5-11: North American Occupational Safety & Health Week

May 5-11: Wildfire Awareness Week

May 5-11: Arson Awareness Week

May 5-11: National Drinking Water Week

May 6-10: National Teacher Week

May 6-12: Be Kind to Animals Week

May 8: Take a Future Fed to Work Day 

May 18: U.S. Government Debt-Ceiling Deadline

May 18: Armed Forces Day

May 27: Memorial Day (*Federal Holiday*)



amazing number of employers and veterans service organizations participating in this event." [\(More\)](#)

Corps Providing Wide Range of Assistance to Support Flooded Communities:

The U.S. Army Corps of Engineers, Rock Island District, is conducting round the clock emergency operations in the wake of widespread flooding on the Mississippi, Illinois and Rock Rivers as well as their tributaries. The District's Emergency Operations Center is overseeing response efforts ranging from flood supplies to on-the-ground technical assistance. [\(More\)](#)



US Army Corps of Engineers®
Rock Island District

Command Spotlight: Navy Operational Support Center:

The mission of the Navy Operational Support Center Rock Island is to provide professional, capable, medically fit and fully trained Navy and Marine Corps reservists to the active forces when called. The Navy Reserve first made its mark in the Quad-



Cities on July 1, 1946, with the establishment of one surface battalion and two surface divisions in Davenport and two surface divisions in Rock Island. The Navy Reserve of the Quad-Cities fulfilled its primary mission during the early 1950s. [\(More\)](#)

USO: Supporting Soldiers: For soldiers, it brings a little piece of home. The USO hasn't been around very long in the Quad Cities but is making an impact - one soldier at a time. This past January, the USO unveiled its newly expanded center. It's filled with creature comforts, including an xbox and plenty of candy. [\(More\)](#)



Top Attorney Gives Details About How Sequestration Will Affect Arsenal Island:

Defense department furloughs on Arsenal Island this spring will cost about 4,000 civilian employees three weeks pay, but soldiers around the world won't notice any difference in the supply chain. That's according to Kathy Szymanski, Chief Counsel for the Army



Sustainment Command, and other defense agencies on the island. [\(More\)](#)

Armed Services Leaders in Senate Resist Call for New BRAC Round:

The chairman and ranking member of the Senate Armed Services Committee said they oppose the Pentagon's request to conduct a round of base closures in 2015, a stance which presents a formidable barrier to the Pentagon's pursuit of a new BRAC round. Committee Chairman Sen. Carl Levin (D-Mich.) last week said he would not support DOD's request, continuing his opposition from last year. [\(More\)](#)



Comptroller: Civilian Furloughs Still Under Review:

Defense Department officials are still evaluating whether to furlough more than 700,000 of the department's civilian employees, a move that officials have said would be necessary because of the budget sequester, the Pentagon's chief financial officer said today. "[Defense]



Secretary [Chuck] Hagel has asked that we take another close look at furloughs, and we are in the process of doing that," DOD Comptroller Robert F. Hale told a Pentagon Auditorium audience. ([More](#))

Services: Sequestration Will Affect Force Readiness: The four branches of the military delivered another warning to Congress yesterday that a prolonged budget sequester will significantly affect military readiness, and in the case of the Army, will leave it unable to carry out defense strategy. ([More](#))



Does GS System Need An Update?: Lawmakers ask GAO to review federal pay scale: A trio of lawmakers from the House Oversight and Government Reform Committee want the Government Accountability Office to examine whether the General Schedule system for federal employees needs an update. In a letter to GAO obtained by Federal News Radio, Committee Chairman Darrell Issa (R-Calif.), Ranking Member Elijah



Cummings (D-Md.) and Blake Farenthold (R-Texas), chairman of a subcommittee on the federal workforce, said the watchdog agency's review would aid the lawmakers in evaluating "the appropriateness of the General Schedule (GS) as a pay scale for today's workforce." ([More](#))

Simpson, Bowles Renew Call for Cuts in Employee Benefits: The former leaders of a White House deficit reduction commission are again urging dramatic cuts to federal employee benefit programs, with a goal of saving tens of billions of dollars over the next decade. In a report released Friday, Erskine Bowles and retired Sen. Alan Simpson, R-Wyo., recommended that federal employee pension contribution rates gradually rise so that current employees eventually pay one-quarter of the cost and new workers pay one-half. ([More](#))



How Would 'Chained CPI' Affect Your Benefits?: A House Ways and Means subcommittee on Wednesday held a hearing to examine the impacts of

using "Chained CPI" to slow the growth in entitlement spending and increase tax revenue. President Obama has put Chained CPI on the table as part of his proposal to cut entitlements in exchange for higher taxes, but many Democrats think that deal gives away too much to Republicans. All this probably leads our readers to wonder: What is Chained CPI, and how would it affect me? ([More](#))

Servicemembers, DoD Civilians Should Understand Phishing Attempts: Servicemembers and Department of Defense civilians need to be mindful of the emails they receive in their personal email accounts. A number of users accessing personal webmail accounts from their DoD systems recently exposed a spear-phishing campaign targeting DoD users' personal webmail accounts. ([More](#))



Social Media Policies Protect DOD Employees, Official Says: The Defense Privacy and Civil Liberties Office ensures that DOD civilians and service members are able to exercise their First



Amendment rights when using social media platforms, Michael E. Reheuser, the office's director, said here April 19. "DOD's social media policy requires that personnel follow certain rules," Reheuser said in an interview with American Forces Press Service and the Pentagon Channel. Those rules aren't intended to limit free speech, he added, but only to make sure that the information being posted doesn't compromise operational security. ([More](#))

Reporting Suspicious Activity: See Something, Say Something: The tragic events at the Boston Marathon April 15 remind us we need to maintain our vigilance - just the smallest report of suspicious activity could be the key in thwarting a potential threat/attack. Suspicious Activity Reporting is simple - trust your instincts - if it doesn't look right, report it immediately. When reporting suspicious

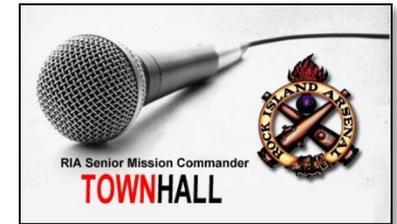


activity, it is helpful to give the most accurate description possible, including: 1. Brief description of the activity 2. Date, time and location of the activity 3. Physical identifiers of anyone you observed 4. Descriptions of vehicles 5. Information about where people involved in suspicious activities may have gone 6. Your name and contact information (optional) ** To report suspicious activity, call central dispatch at 9-1-1 ** As a reminder if you are dialing from a cell phone the call will go to an off island dispatch center, you will need to let the dispatcher know you are calling from the Rock Island Arsenal so the call can be transferred to our on-post dispatch. Please address questions and comments to [Mike Luchner, RIA Antiterrorism Officer](#), (309) 782-4577.

Energy Informed Culture: To use energy more effectively, the Army is conducting a synchronized campaign to achieve an energy informed culture by 2020. An energy informed culture is one that integrates energy consideration into decisions, processes, and behaviors to ensure the greatest net benefit for operational success. ([More](#))



Town Hall Notice: To all Rock Island Arsenal military and civilian employees – Brig. Gen. John Wharton, RIA Senior Mission Commander and ASC Commanding General, will present a RIA Installation



Town Hall on Wednesday, **May 1**, 1:30-3 p.m., in Heritage Hall (Bldg. 60). The topic of the Town Hall is "The Future of RIA." Seating is limited to 500 personnel, first come, first serve basis. For those who prefer to watch from their computers, [live streaming video is available](#). Following the Town Hall, please join Brig. Gen. Wharton and RIA Senior Leaders at a No Host Social, Arsenal Island Golf Course clubhouse beginning at 3 p.m. If you have any questions, please contact [Billie Edwards](#), chief, Executive Support Services and Protocol Officer.

Central Heating Plant Shutdown: On **May 6**, at 7 a.m., Public Works plans to begin a coordinated shutdown of the Central Heating Plant for the summer. Process steam for JMTC operations will be provided by gas boilers in Bldg. 220 and Bldg. 299. After the shutdown, no



steam will be available for comfort heating; however, the long term forecast indicates minimal heating requirements. Public Works will coordinate with their mechanical contractor to minimize the effects of cooler outside air. For the next one-two weeks, if an area is experiencing cooler than expected morning temperatures, contact Public Works at (309) 782-2387 or (309) 782-2388 for help in improving comfort levels.

Installation Force Protection

Exercise: The USAG will be hosting the annual Full Scale Force Protection Exercise on **May 15**. In order to make this event a success, volunteers are needed to act as role players. The exercise requires 25 volunteers to provide realistic training for RIA and community. Volunteers are needed from 7 a.m. until approximately 2 p.m. the day of the exercise and for a one-hour safety briefing **May 14**. POC is [Ed Peterson](#) at (309) 782-1756. Since this exercise is conducted during work hours, personnel should coordinate with their supervisors for authorization prior to contacting Peterson. As in past



exercises, organizations will set their own leave authorizations. Lunch will not be provided so volunteers are asked to bring a lunch or purchase a premium boxed lunch from Sheridan's for \$6.95 that will be brought to the exercise location. Order forms will be available at the safety briefing on **May 14**.

Corps of Engineers' Boating Safety

Class: The U.S. Army Corps of Engineers Mississippi River Project will be offering five different opportunities to attend a free boating safety education class. The classes will be held on the following dates: **April 27**, and **May 11**. Each class will run 8 a.m. - 4:30 p.m. and only one eight-hour class is required to complete your certification. This class is recommended for people who are new to boating on the Mississippi River, families that enjoy weekend boating adventures, or seasoned boaters who would just like to brush up on their safe boating knowledge. Anyone over the age of 12 can be certified. This is a classroom based safety course and will not include an on-the-water experience. Upon successful completion of the class and exam, participants will be issued an Illinois DNR Boat Safety certification



which is honored in both Iowa and Illinois. These classes will be held at the Mississippi River Project Office at Locks and Dam 14 in Pleasant Valley, Iowa. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the park rangers at (309) 794-5338. ([More](#))

VIOS Schedule for May:

Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **May 7, 8 and 9**.

Appointments may be scheduled online by submitting a DA3903 Work Request Using the

[Visual Information Ordering Site](#) for these available times: Tuesday, **May 7**, 7 a.m. – 3:40 p.m.; Wednesday, **May 8**, 7 a.m. – 3:40 p.m., and Thursday, **May 9**, 7 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" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, May 10, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on May 24**. A **3rd shift**



blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 10**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "We will have a drawing for a red Mississippi Valley Regional Blood Center polo. Any donors giving on the Arsenal during the month of May will be included in the drawing. Winner will be allowed to specify their size preference."



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](#).

Wine and Food Pairing Sponsored By WID: Women in Defense is hosting a Food & Wine Pairing event presented by Fred Smith and starts at 6 p.m., Friday, **April 26**. The event fee is



\$30 for WID members (\$35 for non-members). RSVP [by email](#) or call (309) 912-2044. We will have a door prize and basket raffle.
Date: **Friday, April 26**
Time: **6 p.m.**

3rd Annual RIA Prayer Breakfast: All RIA employees are invited to attend the annual prayer breakfast held in Bldg. 60, Heritage Hall. Special guest speaker: Phil Stacey. Free tickets can be picked up at ASC/JMC/First Army chaplain's offices or at Army Community Service. Please call (309) 782-0910 for more info.
Date: **Thursday, May 2**
Time: **6:30-8 a.m.**



Review Your Official Personnel Folder Before June 1: The CPAC reminds Arsenal Island employees that there is a need for you to access your eOPF (electronic Official Personnel Folder) record in order to ensure your records are correct and complete in advance of the destruction of the hard-copy OPF, currently scheduled for June 1. Effective Oct. 31,



employees should have had access to their Official Personnel Folder electronically. Please review the information and follow the instructions to gain access to view your eOPF in the links at the end of this announcement, which link to a packet that also contains a welcome letter for new eOPF users, a screen-shot guide to access, FAQs as well as password reset information. For questions or concerns with the eOPF system, please contact eOPF by calling the Help Desk at 1-866-275-8518 or by contacting them via email at eOPF_hd@telesishq.com. ([eOPF Welcome Letter & Packet](#)) ([Additional information on eOPF](#))

Garrison DPTMS Installation Security & Intelligence Office Information:

Garrison DPTMS Security & Intelligence Division ISIO regular office hours are Monday – Friday, 7 a.m. – 3:30 p.m., Wednesdays, 7 a.m. – 12 p.m. The ISIO will be closed at 12 p.m. every Wednesday for training/housekeeping. Fingerprints are completed by appointment only. Please call (309) 782-6611 or (309) 782-1369 for appointments. All system access



requests are [to be emailed HERE](#). All JPAS visit requests are [to be emailed HERE](#). Please see the [Garrison Intranet Security & Intelligence page located HERE](#). Please check back for more information. This page includes POC's, training videos and information about Personnel, Industrial, and Information Security. We are committed to working diligently as always to provide the best service possible. We are currently working with only two personnel in the office but will continue to working in a timely manner albeit with some increased processing times. More information on the impact of services due to furlough will be distributed in the near future. Points of contact for the ISIO are [Rhiannon Puckett](#), (309) 782.6611, acting chief; [Gregory Root](#), (309) 782.1369, is the alternate POC.

Honor Flight Network Muster Call – April 25: This is a reminder that the 24th Honor Flight [will depart the QC airport](#) with WWII and Korean-Era veterans aboard, to tour our nation's memorials built in their honor, on Thursday, **April 25**. If you have some time, come out in the morning or in the late evening to see them off



or welcome them home. They start gathering at 5 a.m. to check in for their 7 a.m. wheels up and usually arrive back in the QC sometime around 9 p.m., arrive at the airport no later than 8:45 p.m. to await their landing. Honor Flight of the Quad-Cities has flown nearly 2,000 veterans to the nation's capitol to see their war monuments. To apply, veterans should visit www.HonorFlightQC.org for an application. Information is also available at Ridgecrest Village, 4130 Northwest Blvd., Davenport. If you know a WWII veteran from outside the area and need information from the national Honor Flight Network go to: www.honorflight.org

RIAWC Golf Tournament: Cost is \$100/player. Registration includes: Green fees, cart, range balls, lunch, & dinner. Registration is open until all teams have been filled. Non-players can register for dinner only for \$23 Format: 4-Man Scramble (Best Ball) Awards for 1st, 2nd, and 3rd place finishers along with prizes for designated holes. To register for golf, or RSVP for the dinner only, please contact



[Tiffany Horvath](#), (907) 223-5430. If you are interested in sponsoring or donating to this event, please contact Tiffany. Registration: 9-11 a.m. Shotgun start: 11 a.m. Banquet dinner: 6-8 p.m. Please join us ... Tuesday, **May 21**, Rock Island Arsenal Golf Club. The RIAWC is proud to partner with the Midwest Small Business Symposium to host the 2013 Charity Golf Outing ... open to all who want to have fun and support the RIAWC.

RIA AUSA 2013 Golf Outing & Steak Fry:

The Rock Island Arsenal Chapter of the AUSA will hold its 14th Annual Golf Outing & Steak Fry on Friday, **July 26**, at the beautiful Arsenal Island Golf Course. Players ... hurry and [register for this event](#). Only the first 40 teams will play! AUSA is a 501(c)(3) non-profit educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, Government Civilians, Wounded Warriors, Veterans, and their family members. Proceeds from this event are used to fund all of our Chapter activities including our Soldier & Family Support



programs, wounded warrior programs, veteran support initiatives, the USO/AUSA Emergency Relief Grant Program & the RIA AUSA Scholarship program. For thirty years, our Chapter has supported initiatives to strengthen the viability of the Arsenal, aide MWR & ACS programs, sponsor veteran support programs and we have contributed more than \$125,000 in the last two years for Soldier and Family needs. ([More](#))

"Let's Celebrate Our Mothers": Q-C

[Women In Action](#) will be hosting a special dinner in honor of mothers and motherhood. Honor your mother, wife, aunt, sister or grandmother by bringing her out for an evening full of entertainment, food and fun. Tickets are \$10 per person or two for \$18.

Date: **Saturday, May 11**

Time: **6 p.m.**

2013 Vietnam Veterans

Remembrance Ceremony: Iowa will honor their Vietnam Veterans during a remembrance ceremony to be held Tuesday, **May 7**, beginning at 12 p.m. at the Vietnam Memorial – located on the south side of the State Capitol in Des Moines. May 7 is the official Iowa Vietnam Veterans Recognition Day, passed during the 2008 legislative

session. The ceremony will include remembrance prayers, the laying of the traditional wreath, ceremonial music, and special guest speaker, Vietnam Veteran, Col. Ronald “Curly” Albrecht – the last veteran of the Vietnam War in the National Guard to retire. Please join us as we unite in remembrance of those who served, and those who sacrificed their lives for our country.

Arsenal Attic Thrift Shop and

Boutique: Now available at the Thrift Shop, couch and love seat, like new. Plus coffee tables, end tables, and lamps. Many items half off. Open every Tuesday, Thursday and 3rd Saturday, 9 a.m. - 3 p.m. Located in Bldg. 60 basement. Visit Arsenal Attic on Facebook. POC: (309) 782-6977.

Arsenal Island Employee Local

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

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



structural and corrosion monitoring systems.

North Avenue Repair & Closures

Update: Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

Building/Space Closures

Reduced Elevator Inventory: As a result of fiscal constraints, Rock Island Arsenal Garrison has experienced significant shortfalls in Operations and Sustainment funds, making it necessary to reduce its current elevator inventory. Effective March 29, one elevator per building, or one elevator of each type (freight and passenger), in structures with multiple elevators will be taken out of service. No less than one elevator per building



will remain in operation. Out-of-Service signs will be placed on the doors of non-operational elevators at each floor and alternate route signs will be posted on first and basement floor elevator doors. The Directorate of Public Works followed a process in determining which elevators would have the least impact on the workforce. In some cases, we removed freight elevators in lieu of passenger elevators, as code does not allow freight elevators to be used for passengers. Since all building elevators are crucial for both passenger and material transportation, we realize there will be inconvenience. The duration of these reduced services is uncertain at this time. Following is a list of elevators that will be removed from service:

- Bldg. 60, east, freight elevator;
- Bldg. 62, west, passenger elevator (NOTE: Access through construction zone on 3rd floor will be made available);
- Bldg. 68, east, passenger elevator;
- Bldg. 102, east, freight elevator;
- Bldg. 108, east, passenger elevator and west, freight elevator;
- Bldg. 210, Southwest, Freight Elevator;
- Bldg. 212, southeast, barrel lift;
- Bldg. 220, Middle North, Freight Elevator #2;
- Bldg. 350, southwest, passenger elevator #1;
- Bldg. 350, northeast, freight elevator #3;
- Bldg. 390, freight elevator.

Closure of Third Floors in Bldg. 61,

Bldg. 62: The Directorate of Public Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

Active Duty/Reserve Zone

Army Could Lose 100,000 Soldiers Due to Sequestration: Of all the military services facing budget pressure this year, the Army is in the direst of straits. The budget Congress finally passed a month ago will help matters, but the service says it's still more than \$15 billion short of funds in fiscal 2013. Army senior leaders told the Senate Armed Services Committee Tuesday that the elimination of a continuing resolution and the passage of a formal budget only fixed about a third of the funding problem they face this year. The



sequestration cuts that Congress left in place will force them to find \$7.6 billion in savings in the next six months.

[\(More\)](#)

Army Post-9/11 GI Bill Transfer Policy to Take Effect August 1:

Beginning Aug. 1, 2013, every Soldier who elects to transfer their Post-9/11 GI Bill benefits to a family member will incur an additional four years in the Army, without regard to their time in service. "This policy was drafted in 2009 and takes effect Aug. 1, 2013. It is important that we inform Soldiers of this existing policy regarding the Post 9/11 GI Bill benefits," said Lt. Col. Mark Viney, chief of the Enlisted Professional Development Branch, Army G-1. That news comes in a message to military personnel, dated April 15, 2013. The rule largely affects senior officers and enlisted Soldiers who are retirement-eligible. As of now, these Soldiers may be able to transfer benefits to their loved ones with anywhere from zero to three years of additional service. [\(More\)](#)

Transitioning Soldiers Should Dress for Success:

Transitioning from an orderly, regimented military world to an eclectic, sometimes unstructured civilian world presents new opportunities -- and some dilemmas -- for transitioning

service members seeking the next job or career. Military service is rigorous and demanding, especially through long years of war and multiple deployments. Many service members look forward to their transition to civilian life, eagerly anticipating conventional working hours, more time with family and friends, and relief from the disruption of day-to-day life caused by long and repeated deployments. [\(More\)](#)

More Soldier Suicides than Combat Deaths In 2012:

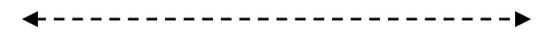
The Department of the Army also showed strains, with soldier suicides outnumbering combat-related deaths for the year. Through November this year, potentially 303 active-duty, Reserve and National Guard soldiers took their own lives. In Afghanistan 212 soldiers were killed as of Dec. 7. The trajectory for soldier suicides keeps getting worse. [\(More\)](#)

Army to Discharge 25K Unfit,

Nondeployable Soldiers: The message is clear: If you're out of shape or you can't deploy, you're out. It's getting harder and harder to stay in the Army. [\(More\)](#)

2013 Army Posture Statement: The 2013 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. [\(More\)](#)



Safety Spotlight



Unsafe at Any Speed: Is multitasking dangerous? It is if you are driving a motor vehicle. See if you recognize anyone described in this article. Perhaps you know the type of overachiever who claims he can effectively carry out many tasks all at the same time. I'm one of those people. I can't help it. Still, I know deep down I am more effective when I focus on one activity at a time. During this modern electronic era, information moves faster and people expect responses no matter where you are or what you're doing. Additionally, we live in a chaotic world, and staying focused has become more

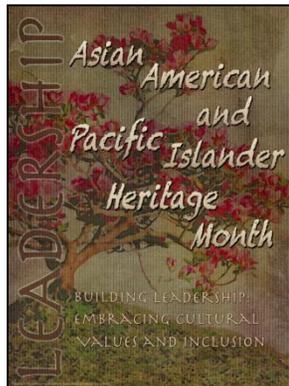


difficult than ever. The battle for our attention is a zero-sum game, meaning there is only so much of it to go around. Every time we attempt to perform one more additional task at the same time, less attention goes to everything else. In truth, our attention goes back and forth between the tasks. In an office setting, multitasking is not necessarily very dangerous to yourself or others. On the road, however, losing focus can be deadly. ([More](#)) ([Poster](#))

Equal Opportunity Focus

RIA 2013 Asian American and Pacific Islander Heritage Observance:

The 2013 Rock Island Arsenal's Asian American and Pacific Islander Heritage Month Observance on **May 3**, 11 a.m. – 12 p.m., at the Baylor Conference Room, Bldg 103. The guest speaker will be Jerry D. De La Cruz. De La Cruz is the Army Sustainment Command's G8, Deputy Chief of Staff for Resource



Management. He will be speaking on this year's theme "Building Leadership: Embracing Cultural Values and Inclusion." Asian Pacific American Heritage Month, now officially proclaimed "Asian American and Pacific Islander Heritage Month," is a celebration of the culture, traditions, and history of Asian Americans and Pacific Islanders in the United States. Congress passed a joint Congressional Resolution in 1978 to commemorate Asian/Pacific American Heritage Week during the first week of May. This date was chosen because two important anniversaries occurred during this time: the arrival of the first Japanese immigrants in America on May 7, 1843, and the completion of the transcontinental railroad (by many Chinese laborers) on May 10, 1869. In 1990 Congress voted to expand it from a week to a month long celebration. In May 1992, the month of May was permanently designated as "Asian/Pacific American Heritage Month." Every member of the island and their families are invited to attend the observance. The observance is available in [TEDs](#). To register please use keyword "2013 Asian Pacific American." For more information on Asian American and Pacific Islander Heritage Month please visit the [Federal Asian Pacific American Council](#). For

additional information or special accommodations contact [Sgt. First Class Raymond Gonzalez](#), ASC Equal Opportunity Advisor, (309) 782-3021.

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Ghost Hunters' Dinner & Tour of Historic Quarters One:

Enjoy a prime rib dinner at the Arsenal Island Golf Course clubhouse Friday, **April 26**, at 7 p.m., followed by ghost hunting in historic Quarters One led by the Rock Island Paranormal Society. The cost is \$40/person and reservations can be made by calling (309) 782-4372. ([Flyer](#))



Trivia Night at the Arsenal Club

(**Bldg. 60**): Join us Friday, **May 3**, at 6 p.m., for our monthly trivia night



presented by Mixx Master Entertainment. This new, fun multi-media format will test your knowledge on a variety of topics ranging from world history and literature to pop culture and sports. The cost is \$5/player or \$30 for a table of eight, maximum of eight players/team. Prizes for winning teams and lots of other door prizes and drawings as well. Call (309) 782-6319 for more info or to sign up. ([Flyer](#))

Mother's Day Brunch at the Arsenal Island Golf Course Clubhouse: Show Mom how much you care by treating her to a scrumptious brunch buffet Sunday, **May 12**, 10:30 a.m. - 2 p.m., at the beautifully remodeled Arsenal Island Golf Clubhouse. Cost for this all-you-care-to-eat buffet is \$21.75/adult, \$9.95/child (4-12) and children 3 & under eat free. ([Flyer w/ Full Menu](#))

Adult Softball League Now Forming: Get your team together and start loosening up those arms because spring is here and that means softball season. League starts **May 27** and rosters are due on **May 20**. Maximum of 10 teams and cost is \$420/team. The league is an 18 week season with a single elimination tournament at the end. Please call (309) 782-5124 or stop by

the Fitness Center for more info and to sign up. ([Flyer](#))

Ladies Golf League: Hey ladies, are you looking to join a golf league this summer that guarantees a weekly round of golf, meeting new people and lots of fun? We are looking for interest on the Island to form a 10-12 week league on Tuesday afternoons. If you are interested, please call (309) 782-4420 or reply to this email for more info.

Arsenal Island Golf Course Clubhouse Reopening: The Arsenal Island Golf Clubhouse is now open once again for lunch. The Clubhouse has resumed its normal hours of operation which are Tuesday - Friday 10:30 a.m. - 2 p.m. Come see the renovations and updates to the Club and try some of our tasty new menu items including an Italian Panini, fried egg sandwich, the BG burger (topped with ham and a fried egg) or our new "pick two lunch combo" where you get your choice of a ½ sandwich, salad or soup.



April is Spring Car Care Month: Make sure your ride is tuned up and ready to hit the road this summer. All

month long take advantage of our \$20 standard oil change special. Check out the [flyer](#) for more info and call (309) 782-8631 to schedule an appointment. Check out this [month's newsletter](#) for some great tips on car care and maintenance.

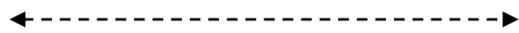
Garden Plots Still Available: Do you have a green thumb but no place to get your gardening fix? Call Outdoor Recreation at (309) 782-8630 and reserve one of the garden plots located here on the Island. Each plot is approximately 20' x 20' and the cost to rent it for the season is just \$25 with a refundable \$100 cleaning deposit.

Now Booking Graduation Parties at the Arsenal Island Golf Clubhouse: If you're looking for a unique, historically significant and centrally located venue to host upcoming graduation parties, look no further than the Golf Clubhouse. Our catering and banquet staff excel at making sure your event goes off without a hitch. Check out our [catering guide here](#) and call the catering manager at (309) 782-4372 to reserve your date as the schedule is filling up fast.

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.



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](#))

Mount Olympus Waterpark: One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28, a \$11.99 savings.

Shedd Aquarium/Field Museum: Leisure Travel has planned a bus trip to Shedd Aquarium or the Field Museum in Chicago. We will provide round trip transportation on a chartered motor coach; ½ hour stop to and from destination. Bring snacks and beverages

(no alcohol permitted) along for the ride. Cost is \$41 for transportation only.

Date: **Saturday, May 11**

Time: **6:30 a.m. - 9 p.m.**

Menopause The Musical: It is a celebration of women, so bring the girls and laugh out loud about our "silent passage." Bring your guy, too. See what millions worldwide have been laughing about for more than 10 years! Rated PG-13 for adult content and language. Tickets on sale until **June 29**. \$43.50 a ticket.

Date: **Saturday, July 13**

Time: **5:45 p.m.**

Heartland Jam 2013: Leisure Travel will be selling one or two day passes to the Heartland Jam. This two day event will feature Phil Vassar, Kellie Pickler, Darius Rucker, Jerrod Niemann, Lauren Alaina, Rodney Atkins and many more performers. Discounted tickets on sale until **June 29**. One-day ticket = \$44, two-day ticket = \$54.

Date: **Friday, July 19**

Time: **1 p.m.**

Six Flags Great America: Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and

Raging Bull, the world's first hyper-twister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.

Six Flags St Louis: An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

Adventureland Park: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests as well as a full complement of children's rides. Discounted tickets \$30.

Movie Night Gift Cards at Leisure Travel: Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for



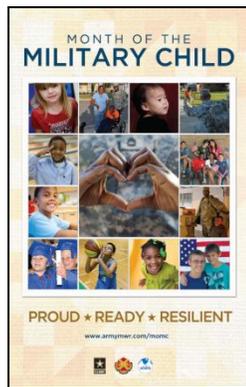
\$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

Child, Youth & School Services



April is Month of the Military Child:

April has marked the Month of the Military Child as a time to focus national attention on the youngest members of the military community since 1986. This year's theme, "Proud, Ready & Resilient," highlights military children's unique lifestyle and their ability to succeed despite frequent relocations, reintegration, deployments, loss or care for a wounded parent. ([More](#)) Join MWR and CYSS in celebrating and honoring Military children. [Check out the flyer for some of the events that are going on in April.](#) ([StandTo!](#))



Army Certified Family Child Care

Provider: Would you, or someone you know, be interested in becoming an

Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Prepare for the Furlough by Saving – Military Saves Campaign:

The pending furlough and its impact on civilian employees could provide a new perspective for the Ready Army Campaign. The Ready Army Campaign is the Army's proactive campaign to increase the resilience of the greater

Army community including its civilian employees – we need to enhance the readiness and resiliency of the total force. The furlough provides an opportunity to re-look the Personal Financial Management aspects of our civilian workforce. The PFM campaign that can directly assist is Military Saves. While its focus week is late February, the campaign is year round including the conduct of classes and coaching sessions. Take the pledge and become a better saver. Scientists have found that people who write out a goal are more likely to achieve that goal. Here is the pledge: "I will help myself by saving money, reducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to build wealth, not debt." You may take this pledge at www.militarysaves.org – set a goal, make a plan, now. You can handle emergencies – and furloughs - better with savings. Savings is a win-win situation: • If there is no furlough – you have money in the bank. • If the number of furlough days is reduced – you have money in the bank. • If the furlough occurs as planned – you have money in the bank. So what can we all be doing while we wait for the next round of furlough guidance? Prepare! - take the



pledge on-line, set a goal, make a plan, and save. Military Saves!

Army Emergency Relief Kicks Off

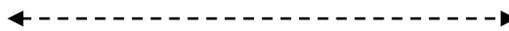
2013 Campaign: AER begins its annual fundraising drive in April. The theme of this year's campaign is "Soldiers Helping Soldiers for 71 Years." The money is used to fund grants, scholarships and gift cards for wounded warriors. Organizational key persons will begin contacting our military personnel and retirees soon. For more information or to make a donation, contact [Jon Cook](#) of Army Community Service at (309) 782-0815.



Army Family Team Building: Army Family Team Building, an educational program that teaches knowledge of the military, personal growth and resiliency, and leadership skills, is being offered on Rock Island Arsenal. AFTB is offered to the entire military family: military members, family members, civilians, and contractors who live or work within the military community. AFTB Level G



(Personal Growth) is **May 15-16**, 8:30 a.m. - 2:30 p.m.; AFTB Level L (Leadership Development) is **June 5-6**, 8:30 a.m. - 2:30 p.m. Classes will be held at Army Community Service, Bldg. 110, 1st Floor, SE. To register for these free classes, please call ACS at (309) 782-0829. Civilians can also sign up on [TEDs](#).



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, 1st floor, East.

Children's Mental Health Awareness – May 2013: Suicide among youth is a reality, and it is more common than we might think. Suicide is the third leading cause of death among 15 to 24 year olds, claiming more lives than any single disease or condition. Fortunately, the emotional crises that so often precede suicides are both recognizable and

treatable, and good prevention tools can help parents identify a problem before it's too late. In honor of National Children's Mental Health Awareness Week, **May 5 -11**, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. The teenage years can be tumultuous – new relationships, decisions about the future, and even physical changes can be difficult to handle. If you have any concerns about your child's mental health, talk it over with a trained professional at the EAP. Warning signs of suicide: Call 9-1-1 or seek immediate help from a mental health provider if you notice the following: • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself; • Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means. Seek help by contacting a mental health professional or calling 1-800-273-TALK for a referral should you notice anyone exhibiting one or more of the following: • Hopelessness; • Rage, uncontrolled



anger, seeking revenge; • Acting reckless or engaging in risky activities, seemingly without thinking; • Feeling trapped - like there's no way out; • Increased alcohol or drug use; • Withdrawing from friends, family and society; • Anxiety, agitation, inability to sleep or sleeping all the time; • Dramatic mood changes; • Excessive interest, talk, or writings focused on death, dying or suicide; • No reason for living; no sense of purpose in life.

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.

Understanding PTSD: The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **May 21, June 25, July 23, and Aug. 27.** Call (309) 782-4357 to enroll.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance

Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East Wing.

Stress Management: The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **May 7, June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group will meet on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st 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.

Tour the Eastern Iowa/Clinton Community College Technology

Center: The Army Education Center invites you to join them on a tour of the CCC Technology Center. Located in Clinton, Iowa, and designed for the working learner and service member, the CCC Tech Center is the home for the college's programs in graphic arts, Mechatronics, and new re-skilling programs such as logistics technician, truck driving, and CNC machining. Programs are flexible, with some classes offered in eight week blocks scheduled around students' work obligations. Programs offer certificates, diplomas, and degree (AAS) options, or can be taken for non-credit and articulated back to a credit program if and when the student chooses to do so. The tour is scheduled for Thursday, **May 2**, 9:30 a.m. - 1:30 p.m. Instructors will be on hand for equipment demonstrations and Q&A, and a light lunch will be provided. Participation is on a first-come, first-serve basis with priority given to service members. Please direct questions and RSVPs to POC [Stephanie Allers](#). To find out more about the CCC Tech Center, [click here](#), or contact



[Heather Mohler](#) at (563) 244-7001 or (800) 637-0559.

RIA AUSA 2013 Scholarship

Program: The Rock Island Arsenal Chapter of the AUSA is proud to announce two \$1,000 scholarships available for 2013.

[Applications and all supporting documents](#) must

be received by **April**

30. These two \$1,000 scholarships are for the benefit of all who presently serve or who have served as a member of the United States Armed Forces, whether active, guard, reserve or retired; or as a Department of Defense civilian employee or contractor; or as a member of the Rock Island Arsenal Chapter of the AUSA. This includes immediate family members (spouse, siblings, children or parents) of the above.

Contact us at info@ria-ausa.org if you have any questions. ([More](#))



and retirees only, with the exception of 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 ([Facebook](#))

May Specials Give Nod to Grilling

Season: Clean off the grill and take advantage of your commissary's great savings on fresh Choice Grade-A beef, pork and chicken, during May.

Also this month, your favorite brands are offering promotions to help with everyday meal planning and to make Mother's Day and Memorial Day cookouts special. [Find May Promotions Here.](#)

More Exclusive Savings on

Commissary Website: Links to seven more popular brand-name websites offering savings, contests and recipes for commissary shoppers, have been added

to the [Exclusive Savings](#) area on the commissary website. Through the [Exclusive Savings](#) link, shoppers are taken to a landing page that now has 16 industry partners participating. A click on any of the links takes you to websites created exclusively for commissary shoppers offering the latest in-store price savings, printable coupons, recipes, promotional giveaways and contests.

Commissary Rewards Card Has More

For You: If you don't yet have a Commissary Rewards Card, there's no time better than now to get one. During May, you can catch the second half of a Kraft promotion offering two free products each week. Each coupon is available on the Commissary Rewards Card portal for one week, or until 5,000 coupons have been accepted by commissary shoppers. After loading the coupon for free product onto your Commissary Rewards Card, the coupon can be used in the commissary any time during the promotion week.

You can get your Commissary Rewards Card on your next visit and [register it online here.](#)

Store Director's Scoop: We will be having a Warehouse Sale on the **May 17-18.** Come check out the savings we

Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military



have in store for you. Do you have an item that we don't carry at Rock Island, but you have purchased at another commissary? Stop by and see Penny to check if we can get it for you. If you have the UPC it helps our search and ensures we are getting the right item for you. You would be required to purchase the case if we special order it for you. Need a special cut of meat? See Doug and the meat crew, they will be happy to help get exactly what you need. Fruit and vegetable trays are the perfect picnic food. Let us make one or more for you today. We also make beautiful fruit baskets that we offer in three sizes. We do ask that you give us 24 hours notice on these specialty items. We at Rock Island take our customer service to you very seriously. If you feel that you have not received the best possible customer service let me know via email patricia.umana@deca.mil or just call me at (309) 782-4614. I would also love to hear an over and above customer service story too. We appreciate that you shop at the Rock Island Arsenal Commissary ... thank you.

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 Quarters One Book:

The Rock Island Arsenal Quarters One book is now available for purchase from the [RIA Museum and Historical Society website](#). When you click on the link it will take you to the first page. You will also be able to see a preview of the book there.

Rock Island Arsenal Historical Society Meeting:

Linda Polich will speak about "Genealogy: A Peek Into Your Past." If you join us for dinner, advanced reservations must be made with Linda at (563) 355-6165, by **April 29**. The program is free and open to the public.

Date: **Thursday, May 2**

Time: **6 p.m. Dinner, and 7 p.m.**

Speaker

This Week in Rock Island Arsenal History – April 22-28:

On April 22, 1898, the Equipment Department began working two 10-hour shifts, daily. On April 25, 1898, the U.S. Congress formally declared war on Spain. The

great flood of 1965 peaked with a crest of 22.48 feet during the last week of April 1965. Arsenal workers volunteered to fill sand bags during their off hours.

Healthbeat

Army Deaths Spur Successful

Campaign Against Supplements: A "David-and-Goliath" scenario, an Army installation commander standing up to a multi-billion-dollar industry over the deaths of three of his Soldiers, has borne fruit in a national Food and Drug Administration warning and the drug maker's decision to stop production of a controversial dietary supplement. Gen. Dana J.H. Pittard, commander of Fort Bliss, Texas, and the 1st Armored Division, lauded USPlabs's announcement that it would stop production of Jack3d. ([More](#))

Health Clinic Announcement:

Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **April 26** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

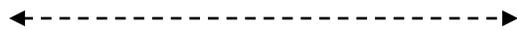


Notes for Veterans



Official Urges Troops, Vets to Tap VA Services, Benefits:

Former Army Maj. Tommy Sowers understands firsthand that the last thing many service members preparing to transition out of the military want to do is attend more briefings or fill out more forms than they already do. But Sowers, now an assistant secretary for the Department of Veterans Affairs, urges those headed for the door to take advantage of what VA has to offer. ([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.

Carpool:

- **Carpool:** Looking for a ride and pay. Flexible work hours are to 6 a.m. – 3:30 p.m. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY)

- **Carpool:** Looking to join a carpool from around the Kewanee area. Current hours are 7 a.m. to 3:30 p.m., but can change. Call me at (563) 782-1115.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.
- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **Carpool:** Looking to join a carpool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.



Around the Q.C.



- April 27:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 4:** [Ganzo's Nacho Ordinary 5K](#) (3923 North Marquette St., Davenport)
- May 4:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)
- May 4:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 11:** [11th Annual Miles for Melanoma](#) (Augustana campus)
- May 11-12:** [Beaux Arts Fair](#) (Figue Art Museum plaza, Davenport)
- May 17-18:** [All American Hickory Open](#) (Arsenal Island Golf Course)
- May 25:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 27:** [Quad Cities Criterium](#) (Downtown Rock Island)
- June 1:** [Mel Foster Color the Quads 5K](#) (Cumberland Square, Bettendorf)
- June 1-2:** [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)
- June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
- June 8:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- June 8:** [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)
- June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)
- June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
- June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)
- June 22:** [Royal Ball Run 5K and Fun Run for Autism](#) (Milan Community Center)
- June 22-23:** [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)
- June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)
- June 24:** [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)
- June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)
- June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)
- July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)



July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)

July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)

July 26-27: [Downtown Street Fest](#) (Downtown Davenport)

July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 10: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 16-17: [River Roots Live](#) (Downtown Davenport)

Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 7: [Case Creek Obstacle Survival 5K Run](#) (Coal Valley, Ill.)

Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 14: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)

Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)

Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)

Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)

Oct. 12: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Oct. 24: [Fright Night](#) (The District, Rock Island)

Oct. 26: [Witches Walk](#) (Downtown LeClaire)

Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

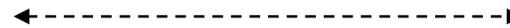
Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)

Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



Joel Himsl, Garrison Manager; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

he 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](#); Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).



April 21-27, 2013

Volunteers Strengthening a Nation

