

April 28, 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 Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

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

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DoD's Rock: The need for an organic military arsenal is as old as the Army itself. When the first Continental Army was established, there was no commercial industrial base to support the arming of America's new fighting force. The young country soon realized it needed to create its own organic or "in-house" military supplier. As a result, America's arsenals have been embedded in the nation's military since its

inception. Acts of Congress in 1809 established Rock Island as a military reservation. Destruction of Harper's Ferry Arsenal in 1859 spurred Congress to see the need for "insurance" for the military's ordnance. In July 1862, Congress established Rock Island Arsenal as a facility for the deposit and repair of ordnance at Rock Island. Since then, the Rock Island Arsenal Joint Manufacturing and Technology Center

(RIA-JMTC) has provided equipment for the military in every major conflict since the Spanish-American War. From making meat cans and horse tack at its inception to producing recoil mechanisms and advanced armor solutions today, this arsenal has answered its call to duty for more than 150 years. ([More](#))



"HOME OF US ARMY LOGISTICS"



ACC-RI Employees Have a Muddy Good Time Supporting Local Fire Departments:

Three Army Contracting Command-Rock Island Sustainment Division employees participated in the second annual Rescue Run, held in Aledo, Ill., on April 19. Contracting Officer Tracey DuBord and contract specialists Maj. Jade Miller and Matthew Ward joined approximately 230 other people on a chilly 40 degree morning to navigate through seven miles worth of muddy obstacles. ([More](#))



Brig. Gen. Kristin K. French Addresses Davenport, Iowa Rotary Club:

Brig. Gen. Kristin K. French, Joint Munitions Command commander, spoke at the Davenport, Iowa Rotary Club concerning her career, JMC's mission, and the



vital relationship between Rock Island Arsenal and the Quad City community on April 21. ([More](#))

"Gray Beards" Reaffirm First

Army's Legacy: Lt. Gen. Michael S. Tucker, First Army commanding general, welcomed back to First Army headquarters, two retired generals who helped shape First Army's legacy. Lt. Gen. Joseph Inge, commanding general, First Army from 2001-2004, and Maj. Gen. J.B. Burns, deputy commanding general, Forces Command, from 1999-2004, toured First Army Headquarters and received a command briefing, conducted an office call with Tucker, and met with current First Army employees. ([More](#))



Witness's Family Shelters Jewish Family During Holocaust:

Rock Island Arsenal employees and residents remembered the victims of the Holocaust during an observance in Heritage Hall here, April 29. Jenő Laszlo Berta, a witness to the persecution of



Upcoming Dates

- May 2-3:** 7th Annual Army JROTC "Blue Devil" Raider Challenge (Naval Operations Support Center Rock Island)
- May 4-10:** Public Service Recognition Week [📅](#)
- May 7:** Arsenal Island Electronic Townhall, 6 p.m., hosted by the Garrison [📅](#)
- May 7-8:** Midwest Small Business Government Contracting Symposium, iWireless Center
- May 9:** Military Spouse Appreciation Day, 1-4 p.m., Arsenal Island Golf Clubhouse
- May 9:** River Bandits Military Appreciation Day, Modern Woodman Park
- May 10:** Cinco De Mayo Dinner & Dance, Heritage Hall, 4-5 p.m.
- May 10:** 198th Anniversary of the founding of Fort Armstrong
- May 11:** Mother's Day Brunch, Arsenal Island Clubhouse, 10:30 a.m. – 2 p.m.
- May 11-17:** National Police Week Observance
- May 13:** RIA Community Special Events Planning Committee, Heritage Hall, 1 p.m.
- May 14:** RIA Full Scale Exercise
- May 14:** Explosive Safety Council Mtg., Bldg. 90, Rm. 25, 10 a.m.
- May 14:** Tenant Senior NCO Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.
- May 15:** Soldiers Show, Adler Theater, 7 p.m. [📅](#)
- May 15:** Sexual Assault Review Board, Bldg. 390, 10:15 a.m.
- May 15:** Peace Officers Memorial Day (*Flag at Half Staff*)
- May 17:** Armed Forces Day Celebration, 11 a.m. - 3 p.m., Brady Street Stadium Complex, Davenport
- May 17:** Quad Cities Heart Walk, Government Bridge, 9 a.m.
- May 17:** America's Kids Run & Adult 5K, RIA Memorial Field, 9 a.m.
- May 19-23:** Quarterly TAP/ACAP, Bldg. 56



Jews during the 1940s, spoke about his personal experiences with the Nazis and what his father did to help a Jewish family during World War II. "I would like to tell you that I met the Nazis, my family met them," said Berta. "Then I'd like to tell you how they treated a group of people." ([More](#))

Arsenal Island Electronic Townhall:

The Rock Island Arsenal-Garrison will conduct an Arsenal Island Electronic Townhall via Facebook on Wednesday, **May 7**, beginning at 6 p.m. Questions will be fielded from the Island workforce, family members, and the general public by the Garrison Commander and his staff. Questions will be posted and answered using this Facebook thread: <http://bit.ly/arsenaltownhall> Prior to the townhall, questions can be posted to the thread in advance; answers to those questions will be posted during the townhall. The type of questions that will be fielded can be of almost any subject matter, but should have something to do with the installation and/or Post operations in some way, shape or form. Questions regarding the Arsenal Island Electronic Townhall? POC is Garrison



Public Affairs at usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil.

RIA AUSA Military Appreciation Night - Quad Cities River Bandits

Game: The

Association of the United States Army-Rock Island Arsenal Chapter presents the 2014 Military

Appreciation Night

Friday, **May 9**, at Modern Woodmen Park, home of the 2013 Championship Quad Cities River Bandits. Gates open at 6 p.m., and the game starts at 7 p.m. Free tickets courtesy of AUSA for all active duty, Reserve, National Guard troops and military retirees. For tickets, show your military or retiree ID cards. Pick up tickets at the USO Rock Island office in Bldg. 110, 1st Floor-SE or see an AUSA representative in Bldg. 131, Suite 104.



Grand Opening & Ribbon Cutting of New Food Service Operation (Bldg. 60):

Treat America and MWR invite you to join them Tuesday, **May 6**, at 10 a.m., in the Bldg. 60 cafeteria for a grand opening and ribbon cutting ceremony on



the newly remodeled cafeteria. There will be promotions and giveaways as well as the opportunity to learn about the new ordering system and program features. Call (309) 782-7008 for more info. ([Flyer](#)) ([Article](#)) ([CK Card](#))

VIOS Schedule for April and May:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **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.

Davenport Army Junior Reserve Officers' Training Corps 7th Annual Blue Devil Raider Challenge:

Davenport Army Junior Reserve Officers' Training Corps is hosting the 7th Annual Blue Devil Raider Challenge, at the Naval Operations Support Center, Bldg. 218, on Arsenal Island, Saturday, **May 3**. High Schools from Iowa, Illinois, Michigan, Nebraska, and Wisconsin, are participating in the challenge. The challenge will start at approximately 7 a.m. on Saturday, with the award ceremony taking place at 3 p.m.

Installation Full Scale Exercise: Rock Island Arsenal will conduct the annual Full Scale Exercise on Wednesday, **May 14**, from approximately 8 a.m. – 3:30 p.m. The



exercise will involve a severe weather incident resulting in simulated damage to buildings and roads. Approximately 100 emergency responders from the Rock Island Arsenal and surrounding communities will be present conducting search and rescue operations. During the exercise, all Arsenal Island commands and organizations will practice their severe weather response, shelter-in-place and emergency communications plans. Families in on-post housing should also take this opportunity to practice their severe weather plan. In addition, the installation evacuation plan will be exercised between 2:30-3:30 p.m. effecting personnel leaving Rock Island Arsenal. Be alert for changing traffic patterns during that timeframe. Rock Island Arsenal community's support of the full scale exercise is critical to keeping our Army Family safe.

Coming Back With Wes Moore: As part of WQPT's "Embracing Our Military" initiative, we will host a special preview screening of "Coming Back With Wes Moore," followed by a panel discussion featuring local



veterans. The event will be held at the Waterfront Convention Center on Thursday, **May 29**, 12-1:30 p.m., and will engage the community in a discussion on some of the most difficult questions related to returning from war. This event is free and open to the public. Light refreshments will be served. In the series, which will air in three parts on WQPT, Moore takes viewers with him into the personal lives of different soldiers as they attempt to reintegrate into society, establish new identities and—for many—find a new mission. Each episode focuses on a different stage of coming home: "Coming Back" (**May 21**), "Fitting In" (**May 28**) and "Moving Forward" (**June 4**).

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, May 9, 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 **6:30 p.m. on Aug. 22**. A **3rd shift**



blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16 & 23**. 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](#))

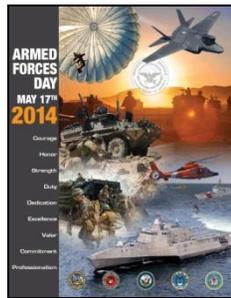


Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

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](#).

Quad Cities Armed Forces Day

Celebration: Mark your calendars, the Quad Cities Armed Forces Day Celebration will be held Saturday, **May 17**, at the Brady



Street Stadium Complex in Davenport. The hours of operation will be 11 a.m. – 3 p.m. It is our opportunity for the Quad Cities to take part in Armed Forces Day Celebrations being conducted nationwide. It is our goal to establish a positive display and media campaign to reach out to the community and educate them on the military and its history. The event will include participation from all of the military branches, the local reserve components, military associations, veterans' organizations, and the Quad City area High Schools Junior ROTC Programs. The celebration will feature equipment displays, live performances, presentations and table displays with the opportunity to visit with members from all of our nation's branches of service, including the US Coast Guard, Civil Air Patrol and local Military Explorers. ([Poster](#))

RIA 2014 Prayer Luncheon: There will be a Spiritual Resiliency Event held in Heritage Hall, Bldg. 60, Wednesday, **May 28**, 11:30 a.m. – 1 p.m. The special guest speaker will be Brig. Gen. Charles Bailey, 24th Deputy Chief of Chaplains of the United States Army. There is no cost to attend,



but you must have a ticket and register in [TEDs](#). Tickets are available at any chaplain's office. POC: [Staff Sgt. Gene Lucas](#) at (309) 782-1116.

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.



Public Service Recognition Week, May 4-10: Celebrated the first week of May since 1985, Public Service Recognition Week (PSRW) is time set aside to honor the men and women who serve our nation as federal, state, county and local government employees and ensure that our government is the best in the world. The theme for PSRW 2014 is Proud to Serve. We encourage



government employees and leaders alike to take the opportunity to communicate the benefits and value of the work they do. To help spread the word, like us on [Facebook](#) and join the conversation on Twitter: [#PSRW](#) and [#Proud2ServeUSA](#). ([Resolution Honoring Public Servants](#)) ([PRSW Proclamation](#)) ([Thunderclap](#)) ([Ill. Governor's Proclamation](#))

Senator Commends Arsenal Workforce While Chairing Hearing

On U.S. Army: U.S. Senator Dick Durbin, Chairman of the Senate Appropriations Committee on Defense, today highlighted the accomplishments of the Rock Island Arsenal civilian workforce during a hearing reviewing the budget of the United States Army. "I see the value of our civilian workforce every day in Illinois at the Rock Island Arsenal," Durbin said. "When the private sector couldn't provide our troops with what they needed for the fight in Iraq, the civilian workers at Rock Island stepped up to answer the call. Those personnel are a national treasure." ([Video](#))



ADPAAS Event in Support of Tornado Outbreak April 2014: For those of you who have chosen to register in ADPAAS, our weather this week has afforded the opportunity to test the effectiveness of the system for "disaster accounting" of personnel. If you have not registered, please consider doing so at this time. Once your registration is complete (either previously or today), please account for yourself and whatever family members (if any) you have registered.



Arsenal Island Employee Local Discounts: *The following discounts are exclusively available to Arsenal Island employees –* **Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil change; and \$69.95 wheel alignment. **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

Repairs to Beck Avenue: USAG-RIA DPW began repairs on Beck Ave. April 21, which will last until COB **April 27**. Beck Ave. will be closed to through



traffic between Gillespie St and Sylvan Drive. Signage and barricades will be positioned at appropriate locations. Please see the attached drawing showing the location of the road closure and route to access parking lots 2F, 2G, and 2Z. The schedule is subject to weather conditions and will be adjusted as necessary.

Parking Lot 0J and Lot 3K Repair:

Effective April 28, the Directorate of Public Works resumed work on repair of parking lots 0J and 3K, located north of buildings 60, 62, 360 and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of Lot 0J and repaving of the south half of Lot 3K. Work will be completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

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.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In

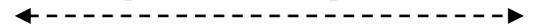
order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to **Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.



Building/Space Closures



Door Closure, Bldg. 102: The Directorate of Public Works has closed the Bldg. 102 west door on Rodman Ave. until further notice. The stairs leading to the door were determined unsafe. A project is funded to make repairs and the door will be reopened after the stairs are repaired. Signs, barricades, and caution tape are posted to warn pedestrians and prevent access.



Active Duty/Reserve Zone



Improved Scheduling Process at Rock Island Arsenal Health Clinic:

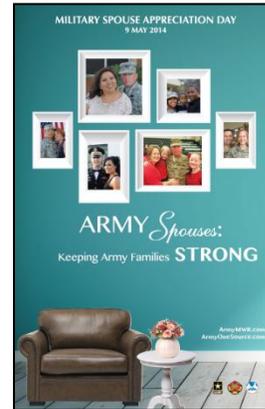
Effective **May 19** a new improved scheduling process will go into effect for all *service members who receive care at [Rock Island Arsenal Health Clinic](#). All service members and their family will be seen by appointment only. There will no longer be sick call hours. This will allow the providers to see three additional appointments per day, giving the clinic an additional 30 appointments per week. You will no longer need to wait for others to be seen before you; you will have an appointed time. If you are sick, [you can use the online appointment booking option to schedule an available appointment](#) or you can call at 7 a.m. to (309) 782-0805 and be given a same-day appointment. If you try to [book online](#) and there are no appointments available, you will need to call the clinic and speak with a medic or nurse who can triage and give you a time when you can be fit in. Routine appointments will begin at 7:20 a.m. every day for those who like the convenience of an early morning appointment. This will also allow us to schedule an appointment with your assigned PCM, a MEDCOM directive.



*This change will also increase access for family members as there will be more appointments available each day.

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 Island Golf Course Clubhouse. Featured speaker is Mrs. Rebekah Wharton, Installation and Army Sustainment Command Senior Leader Spouse. Featured entertainment will be provided by the Rivermont Collegiate Girls Choir. The event will also feature a ceremonial cake cutting by Senior Military Spouses, Laura Spencer of Army Sustainment Command and Bill Dempkowski, of Rock Island Arsenal Garrison Command. For more information about the event please call event coordinator Norricia Speights or



Tere Pouch at Army Community Service (309) 782-0829. ([Flyer](#))

Military Family Fun Night with Elmo:

The USO of Illinois Discovery Kids Program invites military children to a special evening of crafts, learning, pizza, and a ticket to see the River Bandits play the Beloit Timber Rattlers, **May 9**, 5-6:30 p.m., on the Sky Deck or Modern Woodman Park with Sesame Street's Elmo! All children will



receive goodie bags and tickets to the Quad Cities River Bandits baseball game at 7 p.m. as part of River Bandits Military Appreciation Day at the ballpark. Free participation is available to active duty, National Guard, Reserve, and retired military children only. Make your reservations online at [tixfortroops.org](#). A current military ID will be required at check-in. ([More](#))

Military Spouse Appreciation Day

Virtual Career Fair: Meet and interact with dozens of employers from all across the country, in one day, Friday, **May 9**, 12 - 2 p.m., and from anywhere in the world with a computer and



internet connection. You have sacrificed so much for all of us, and now it is our turn to show you that we have your back. Log into spousevirtualcareerfair.com and build a profile, view and apply for jobs online, chat live with recruiters, connect and network with other spouses and be entered to win great prizes simply by attending. For additional info/assistance call Chris at the ACS Employment Readiness Program at (309) 782-0815. ([Flyer](#))

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: • **May 10** at the Two Rivers YMCA.

AUSA 5th Region Training: AUSA is hosting a dinner during our annual AUSA training, Friday night, **May 16**, at the Arsenal Club, Former Sergeant Major of the Army Kenneth Preston is the key note speaker. Dinner starts at 7 p.m., \$25 per plate. The Rock Island Chapter of AUSA would like to personally invite all Rock Island Arsenal Soldiers to attend. It's a great opportunity to be up close and personal with a former SMA. Dress is business casual or military uniform (ACUs is acceptable) Sergeant Major of the Army Kenneth Preston was sworn in as the 13th Sergeant Major of the Army on Jan. 15, 2004. SMA Preston has held a variety of leadership positions throughout his career ranging from cavalry scout to command sergeant major. As Sergeant Major of the Army, Preston serves as the Army Chief of Staff's personal adviser on all enlisted-related matters, particularly in areas affecting Soldier training and quality of life. He devotes the majority of his time to traveling throughout the Army observing training, and talking to Soldiers and their Families. He sits on a wide variety of councils and boards that make decisions affecting enlisted Soldiers and their Families and is

routinely invited to testify before Congress. ([link to register](#))

Pet Vaccination Clinic: The Great Lakes Veterinary Services Clinic will be hosting a pet vaccination clinic at the Rock Island Arsenal Fire Station on **June 19**, 1–6 p.m, and **June 20**, 8–11 a.m. [Visit HERE](#) for more info on prices. Services Offered Include – Feline: • FIV/FelV Test • Vaccines – Rabies, FVRCP, Leukemia • Flea & Tick Prevention • Microchipping; Canine: • Heartworm/Lyme Test* • Vaccines – Rabies, DAPP-L, Bordatella, Lyme • Flea, Tick & Heartworm Prevention • Microchipping. ([Flyer](#))



Bix 7 Road Race 40th 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](#))

Safety Spotlight

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May is Motorcycle Awareness Month: The "Start Seeing Motorcycles" campaign is underway statewide. Starting today and throughout the rest of the riding season, motorists will be reminded to "Start Seeing Motorcycles" in an effort to help keep motorcyclists safe. Changing the driving habits of motorists and motorcyclists alike will help decrease the number of motorcycle fatalities and injuries in crashes. Motorcyclists are reminded to make sure that they are visible to motorists, and that they strictly follow the rules of the road. To learn more about the Start Seeing Motorcycles campaign, [please visit HERE](#).

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

☉
Asian American Pacific Islander Heritage Month Observance: The 2014 RIA Asian American Pacific Islander Observance will be held on

May 21, 1-2 p.m., at Heritage Hall, Bldg. 60. The guest speaker for the observance will be Mat Matsuda from Knox College, a professor who has invested years in Asian studies. He is excited about promoting education to our Soldiers, sailors, airmen, Marines, coast guardsman, DA civilians and contractors of the Rock Island Arsenal. This year we recognize the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story. This year's theme "I Am Beyond" speaks about the many sacrifices Asian Americans and Pacific Islanders have endured along the way. On May 2, 1978, a joint congressional resolution established Asian/Pacific American Heritage Week. The first 10 days of May were chosen to coincide with two important milestones in Asian/Pacific American history: the arrival in the United States of the first Japanese immigrants on May 7, 1843, and contributions of Chinese workers to the building of the transcontinental railroad, completed May 10, 1869. In 1992, Congress expanded the observance to a month-long celebration. For additional information or accommodations please contact [Sgt. First Class Marion C. Wilson](#), equal opportunity advisor, ASC, (309) 782-3021. ([More](#)) ([StandTo!](#))



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.

Trivia Night: Get up to seven of your smartest friends Thursday, **May 1**, 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 8. Call (309) 782-6319 for more info and to sign up. Advance reservations required. ([Flyer](#))

Grand Opening & Ribbon Cutting of New Food Service Operation (Bldg. 60): Treat America and MWR invite you to join them Tuesday, **May 6**, at 10 a.m., in the Bldg. 60 cafeteria for a grand opening and ribbon cutting ceremony on

the newly remodeled cafeteria. There will be promotions and giveaways as well as the opportunity to learn about the new ordering system and program features. Call (309) 782-7008 for more info. ([Flyer](#)) ([Article](#))

Mother's Day Bunco: Calling all Bunco fans, mark your calendars for next Thursday, **May 8**, at 6 p.m., for our Mother's Day edition of Bunco. Bring Mom along too, she'll love this fast paced, highly social and easy to learn dice game. There will be great prizes and food and beverage available from the Arsenal Club. Cost is just \$5/player and it's open to the public so bring along your friends, neighbors and acquaintances. Call (309) 782-5890 for more info. ([Flyer](#))

Quarters One Ghost Hunters Dinner: Enjoy a prime rib and chicken buffet Friday, **May 9**, 6:30 p.m., at the Arsenal Island Golf Clubhouse followed by ghost hunting in Historic Quarters One led by the Rock Island Paranormal Society. The cost is \$35 per person and reservations can be made by calling (309) 782-4372. Reservations required by **May 8**. Date subject to change/cancellation based on number of reservations. ([Flyer](#))

Cinco De Mayo Celebration and

Homemade Salsa Contest: Come join the Rock Island Arsenal community Saturday, **May 10**, 3-5 p.m., in Heritage Hall (Bldg. 60) to celebrate Mexican heritage and culture with our first ever Cinco de Mayo Celebration. With entertainment by Ballet Folklorico, food & drink from MWR and El Mariachi's, a homemade salsa contest, photo booth and piñata and games there will be something for everyone in the family so bring them all. Email sherry.l.morrison@us.army.mil for more information. ([Event Flyer](#)) ([Salsa Contest](#))

Mother's Day Brunch Buffet: Show Mom how much you care and appreciate her, treat her to a delicious brunch buffet Sunday, **May 11**, 10:30 a.m. - 2 p.m., at the beautiful and historic Arsenal Island Golf Clubhouse. Cost is \$22.95/adult and \$10.95/child (12 & under). Reservations can be made by calling (309) 782-6319 or (309) 782-4372. ([Flyer](#))

America's Kids Run: Mark your calendars for the America's Armed Forces Kids Run, **May 17**, at Memorial Field, right here on Arsenal Island. This is open to the public, so please be sure to share this event with all your friends and



family. We will have a variety of races for children ages 3-13 years old. There will be a 100-yard dash for three to four year olds, a 1/2-mile run for five to six year olds; a one-mile run for 7-8 year olds, and a two-mile run for 9-13 year olds. These are all for fun, and are not timed. The first 200 people registered are guaranteed a t-shirt and an award. The race will begin at 9 a.m. Race cost is \$5. We will also have family activities after the race. [Register HERE](#) or call (309) 782-0511 for more information. ([Flyer](#))

New Hoist Reservation Policy

Effective at Auto Shop: The FMWR Auto Skills Facility will begin offering vehicle hoist reservations Thursday, **May 1**, for the first hour of business. Standard operating procedures are as follows: Auto Skills will designate two automotive hoists available for reservation 1-4 post drive on and 1-2 post location TBD at time of reservation and subject to change without notice. Reservation must be made in person with a \$10 non-refundable fee due at time of reservation. Reservation will be held for the first hour of business only. If check in is not applied within that hour the hoist will be opened for the next patron requesting hoist needs with no refund. Normal hoist fees will be in

addition to reservation fees. In the event of reservation forfeiture, fees will not be refunded or applied for future use. For questions/concerns please contact: [James Mettlin](#), Auto Skills Facility Manager at (309) 782-8631.

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](#))

MWR Garden Plots: The MWR Garden Plots are now ready for planting by registered users. There are still several plots available. To sign up for a plot come to Outdoor Recreation in Bldg. 333. For more info please phone (309) 782-8630. ([Flyer](#))



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](#))

May BUNCO: This BUNCO is going to be a Mother's Day theme. Great door prizes and great food from the Arsenal Club. Get your family and friends together this will be our last BUNCO for a summer break. \$5 entry fee. Please RSVP at (309) 782-5890.

Date: **Thursday, May 8**

Time: **6-8 p.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.**

K-CI & JO: JO K-CI and Jo JO will be performing Mother's Day weekend. This live concert will be held at The Golden Leaf Banquet Hall & Convention Center. VIP seating \$42 and general admission tickets \$27 on sale now.

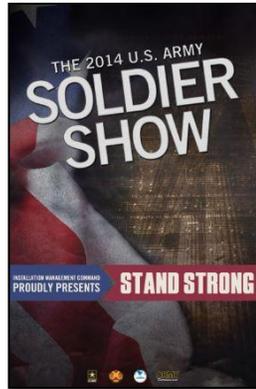
Date: **Saturday, May 10**

Time: **8 p.m.**



U.S. Army Soldier Show at the Adler

Theatre: The U.S. Army Soldier Show (TUSASS) is returning to the Quad Cities, Thursday, May 15, at 7 p.m. The TUSASS is a professionally choreographed, family-style variety show featuring performances that span from Broadway musicals, to country, gospel, rhythm and blues and top 40 songs. The theme of this year's show is "Stand Strong." Messages throughout this year's show include SHARP and Suicide Prevention. Tickets for this free show can be picked up at the following locations: Leisure Travel Office, Outdoor Recreation, Fitness Center, Army Community Service, and the Adler Box office. Both tickets and seating to this general admission show are first come, first served so don't wait or show up late. For more info call (309) 782-5890. ([Flyer](#)) ([More info on Soldier Show & U.S. Army Entertainment](#))



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 1st 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. ([Flyer](#))

Date: **Sunday, May 18**
Time: **6:30 a.m.**

Island Time Golf Scramble: Spring has finally arrived in the Quad Cities and what better way to usher in the new season than playing in our Island Time Golf Scramble on Friday, May 23, at 8:30 a.m. Get your Hawaiian shirt, straw hat and Bermuda shorts and three friends and sign up today for this spring break themed, four-person scramble. There will be heavy hors d'oeuvres and island drink specials in the clubhouse after the tournament. There will also be lots of great prizes including TV's, grills, movie tickets, golf rounds and

much more. Cost is just \$65/player (\$55 for annual pass holders). Call the golf shop at (309) 793-1604 to reserve your spot or for more info. ([Flyer](#))

Rich Homie Quan: Leisure Travel has general admission \$37 and VIP \$52 tickets to this event. Rich Homie Quan will be performing at the Mississippi Valley Fairgrounds.

Date: **Saturday, May 31**
Time: **7 p.m.**

MWR 2014 Yard Sale: MWR Leisure Travel is taking reservations for tables for this year's yard sale. \$5 per space (10 x10 with one picnic table) There will be sales at Memorial Field and in housing. Arsenal Attic will be open that day. MWR outdoor grill will be available for food.

Date: **Saturday, June 7**
Time: **8 a.m. - 2 p.m.**

Lincoln Park Zoo/Museum Bus Trip: Drop offs at the Museum of Science & Industry, at the Museum Campus (Shedd Aquarium, Field Museum, Planetarium) and at Lincoln Park Zoo. Admission to Museums on own. No general admission at Lincoln Park Zoo. Cost is \$41 per person. Limited seats available.

Date: **Saturday, June 28**
Time: **6:30 a.m.**



Taste of Chicago/Navy Pier: Join us for one of the most popular bus trips Leisure Travel offers every year. Dropping off at the Taste of Chicago or Navy Pier. Choice is up to you. Admission to Taste of Chicago is free. Cost is \$41 per person. Limited seats available.

Date: **Saturday, July 12**

Time: **6:30 a.m.**

Reserving Heritage Hall, Caisson Room, Arsenal Club: The Leisure Travel Office has taken over the calendar for bookings in these facilities. If you have reserved through Sheridan's for future events please contact the LTO to confirm your reservation is on the calendar. To reserve these spaces, contact the Leisure Travel Office at (309) 782-5890.

QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are redeemable at the QC River Bandits box office.

Six Flags Great America, Gurnee, Ill.: The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

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 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd 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.

Opening of Creative Arts Academy:

In the Fall of 2014, Davenport Community Schools will open the Creative Arts Academy of the Quad Cities, housed in community arts facilities throughout downtown Davenport and supported by arts partners from across the Quad Cities. The Creative Arts Academy will offer experiences in five disciplines based on participants interests, including Communications and Media Arts, Dance, Music, Theatre and the Visual Arts. In its first year, the Creative Arts Academy will serve three audiences: 1) a first cohort of 6th graders; 2) Dream students (high school juniors and seniors aspiring to careers in the arts) and 3) the general community. Incoming 6th grade students and Dream students will be required to audition into the program, but community offerings and workshops will be open to all.

Date: **Monday, Aug. 11**

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



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 or the installation campaign coordinator, Staff Sgt. Bryan Lineback, (309) 782-2131, 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, 1st floor, East.

Children's Mental Health Awareness

– **May 2014:** 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 4-10**, 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.

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 **May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st 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 **May 13, June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st 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: Help is available if you or a loved one is 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: 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, 3-4 p.m., in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

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.

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.

St. Ambrose University Lunch & Learn:

St. Ambrose is hosting informative lunch-n-learn sessions to learn how you can take advantage of special tuition rates. In support of our military and civilian personnel on the Arsenal, St. Ambrose offers special pricing at a fraction of the regular tuition rate for MBA students, **June 4**, Bldg. 56, Room 116, 11 a.m. - 12 p.m., or 12 p.m. - 1 p.m. A light lunch will be provided. Priority will be given to military personnel. RSVP today to reserve your seat. Call (563)333-6170 or leonardmichelem@sau.edu. The Garrison POC is Michelle Beck, (309) 782-0965, michelle.p.beck.civ@mail.mil.

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 ([Facebook](#))

Army & Air Force Exchange Service Websites Unaffected by Heartbleed

Vulnerability: Army & Air Force Exchange Service customers and vendors have expressed concern about security of their information in light of reports about the Heartbleed security flaw. The Exchange's online shopping site, shopmyexchange.com, and business partner site, partners.aafes.com, have not been compromised by the Heartbleed security flaw, a vulnerability found in servers that allows hackers to see and collect traffic passing between a server and a web browser once a secure connection is established. "Because of proactive updates and monitoring, all our systems have been protected," said Philip Stevens, Exchange Executive Vice President and Chief Information Officer. "The Exchange is continually updating its systems to protect against security flaws such as Heartbleed, and

protecting military shoppers' personal information remains a priority."

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](#))

This Week in Rock Island Arsenal History – April 28-May 4: On April 29, 1931, construction of the locks on Locks and Dam 15 began. On May 1, 1870, ground breaking on the RIA Commanding Officer's Quarters known as Quarters One began. In May 1874, the guard house building at the main gate entrance on the western portion of the Island was completed. In May 1962, the RIA established a Tool and Equipment Division. The tool and equipment engineering activities were removed from the RI Ordnance Depot. On May 4, 1836, the U.S. Army troops garrisoned at Fort Armstrong evacuated the post. The RIA received an order on May 5, 1898, two weeks after the U.S. declared war on Spain, for 54,000 outfits



of infantry equipment, 5,000 outfits of cavalry accouterments, and 5,000 sets of horse equipment.

Healthbeat

Improved Scheduling Process at Rock Island Arsenal Health Clinic: Effective **May 19** a new improved scheduling process will go into effect for all *service members who receive care at [Rock Island Arsenal Health Clinic](#). All service members and their family will be seen by appointment only. There will no longer be sick call hours. This will allow the providers to see three additional appointments per day, giving the clinic an additional 30 appointments per week. You will no longer need to wait for others to be seen before you; you will have an appointed time. If you are sick, [you can use the online appointment booking option to schedule an available appointment](#) or you can call at 7 a.m. to (309) 782-0805 and be given a same-day appointment. If you try to [book online](#) and there are no appointments available, you will need to call the clinic and speak with a medic or nurse who can triage and give you a time when you can be fit in. Routine appointments will begin at 7:20 a.m. every day for those who like the convenience of an early morning

appointment. This will also allow us to schedule an appointment with your assigned PCM, a MEDCOM directive. *This change will also increase access for family members as there will be more appointments available each day.

2014 Women's Health Month: The Army recognizes May as National Women's Health Month. Army Medicine (AMEDD) seeks to raise awareness, educate, and empower women to make their health a top priority and encourage them to take steps to improve their physical, mental, emotional and spiritual health. Sleep, activity, nutrition, regular checkups and preventive screenings are paramount in improving one's health. ([More](#))

Health Screenings; Adequate Sleep, Activity, Nutrition Vital to Soldier Readiness: Every day, Soldiers and leaders are reminded of the importance of Soldier readiness. Readiness is essential to the success of the force, and it is one way to ensure that every Soldier is fit-to-fight at all times. Maintaining technical and tactical proficiency is critical to readiness, but without good health, Soldiers are incapable of functioning at the level necessary to succeed in their profession. Health screening helps service members to

prevent illness and to stay in good health. ([More](#))

Many Strategies Available to Cope With Hearing Loss: At the planning meeting, Sgt. 1st Class Bel chose a seat in the middle of the long, oval table hoping he could hear everyone's comments. From this central position, he was seated as close to as many speakers as possible. When the chatter died down and the company commander began the meeting, Bel noticed his heart beating faster and the room began to feel stuffy. Last week's meeting did not go well for him because he was sitting at the far end of the table, away from the commander, when he was asked to provide an update to the group. He must have been thinking about something else because he didn't realize it was his turn to speak. When he noticed, the whole table was looking at him and the commander was saying, "Bel, are you with us?" He had to ask her to repeat the question, which the rest of the table found amusing, except for the commander. He unintentionally interrupted the first sergeant at a later point in the meeting, which earned him some more curious looks. ([More](#))

From Water & Into the Air: Indoor Pollutant Poses Health Risks: We



often think about the "dirty air" outdoors, but the indoor air quality can cause problems, too. There are thousands of air pollutants, one in particular trichloroethylene (try-klo-roeth-leen) or TCE, has been ranked by the Environmental Protection Agency as one of most common pollutants. Many communities are discovering that TCE is seeping out of the ground underneath them and into the air that they breathe. The vapors can leach out of the soil, through a building's slab or foundation cracks and build up in the air. A building occupant can breathe in these unhealthy vapors. TCE has been identified at more than 1,500 hazardous waste sites. Some of these properties are previously or currently owned by the military and other government agencies. ([More](#))

Tricare Tip of the Week: Tricare's Tip of the Week -- New Nurse Advice Line Available to Tricare Beneficiaries: As of April 25, all TRICARE beneficiaries in the continental United States, Alaska and Hawaii can get health advice by the new toll-free Nurse Advice Line, available 24 hours a day, 7 days a week. The New Nurse Line is staffed with registered nurses who provide professional medical advice to help beneficiaries decide whether self-care is

the best option or they should see a health care provider. To access the Nurse Advice Line, dial 1 800 874-2273 and choose option 1. Have a Great Tricare Day! – *US Army Health Clinic Rock Island Arsenal*

Notes for Veterans

Patient Aligned Care Teams Improve Access and Veteran Satisfaction: The Department of Veterans Affairs' (VA) Patient Aligned Care Teams (PACTs), VA's model for more personalized and accessible primary care delivery, is improving access to health care and Veteran satisfaction, according to data released today by the Department of Veterans Affairs. Since its inception in 2010, the PACT program has transformed the way Veterans receive their care by offering a coordinated team approach squarely focused on Veterans' wellness and disease prevention. "Every day, VA works to provide Veterans access to the high-quality health care they have earned and deserve," said Secretary of Veterans Affairs Eric K. Shinseki. "PACTs provide the right combination of health care professionals to develop a personalized health plan for each Veteran and deliver care

conveniently at primary care clinics and through new eHealth options. ([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 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.



- May 2-3:** [Army JROTC 7th 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 9:** Military Appreciation Day at the Quad-Cities River Bandits game (Modern Woodmen Park) *free tickets courtesy of AUSA for all military, active, Reserve, Guard, and veterans. You can pick up tickets at the USO office or see an AUSA representative in Bldg. 131*
- May 10:** [Duck Creek/Mississippi River LOOP Trail Ride](#) (Bettendorf & Davenport Trails)
- May 10:** [Cross the Line for Devine](#) (Augustana College Austin E. Knowlton Outdoor Athletic Complex)
- May 10:** [Motorcycle Awareness Meet & Greet](#) (SouthPark Presbyterian Church Parking Lot, 1501 - 30th Street, Rock Island)
- May 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)
- May 16:** AUSA 5th Region Training (Arsenal Island Golf Course Clubhouse) *Guest*

Speaker SMA (ret) Preston, guest speaker at the Arsenal Golf Course Dining Room

- May 17:** [Quad Cities Armed Forces Day Celebration](#), 11 a.m. - 3 p.m. (Brady Street Stadium Complex, Davenport)
- May 17:** [5th 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:** [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)
- May 31:** [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
- June 3-7:** [Quad Cities Senior Olympics](#) (Rock Island)
- June 6-7:** [Rhubarb Festival](#) (Aledo, Ill.)
- June 6-7:** [22nd 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:** [19th Annual Rally on the River](#) (Centennial Park, Davenport)
- June 13:** QC Military Gala – Army Birthday Ball (Quad Cities Waterfront Convention Center, Bettendorf)
- 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:** [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
- June 16:** [12th Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

- June 17-21:** [145th 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 21-22:** [2nd Annual Quad-Cities Amputee Golf Outing](#) (Arsenal Island Golf Course)
- 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:** [30th 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 8-13:** John Deere Classic Military Special (TPC Deere Run, Silvis, Ill.) *There will have a AUSA military hospitality Tent on Sunday on the 15th Green, free admission to the JDC with a military ID card*
- 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 16:** [5th Annual High Five Tour](#) (Davenport)
- July 17:** [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)



July 25-26: [43rd Annual Street Fest](#)
[Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd 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: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
Aug. 15-16: [10th 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: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th 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: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing 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: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; \[usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil\]\(mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil\); Phone: \(309\) 782-1121. The Island Insight is \[available on-line.\]\(#\)](#)



STATE OF ILLINOIS

EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, Americans are served every single day by public servants at the federal, state, county and city levels. These unsung heroes do the work that keeps our nation running; and,

WHEREAS, public employees take not only jobs, but oaths; and,

WHEREAS, many public servants, including military personnel, police officers, firefighters, border patrol officers, embassy employees, health care professionals and others, risk their lives each day in service to the people of the United States; and,

WHEREAS, public servants include teachers, mail carriers, doctors and scientists, train conductors and astronauts, nurses and safety inspectors, laborers, computer technicians and social workers, as well as countless other occupations; and,

WHEREAS, day in and day out, these dedicated public servants provide the diverse services demanded by the American people of their government with efficiency and integrity; and,

WHEREAS, without these public servants at every level, continuity would be impossible in a democracy that regularly changes its leaders and elected officials; and,

*THEREFORE, I, Pat Quinn, Governor of the State of Illinois, do hereby proclaim May 4 – 10, 2014 as **PUBLIC SERVICE RECOGNITION WEEK** in Illinois, and encourage all citizens to recognize the accomplishments and contributions of government employees at all levels – federal, state, county and city.*

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Illinois to be affixed.



Done at the Capitol in the City of Springfield,
this FIRST day of MAY, in
the Year of Our Lord, two thousand and
FOURTEEN, and of the State of Illinois,
one hundred and NINETY-SIXTH.

Deese White

SECRETARY OF STATE

Pat Quinn
GOVERNOR