



May 9, 2016

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:



www.usagria.army.mil/News/II.aspx

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment 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](#)
- [Around the O.C.](#)

Council Works toward Healthier Arsenal Workforce

The Rock Island Community Health Promotion Council met May 4 to update key leaders on improvements, changes and challenges to health care options for active duty, family members, and retired military personnel.



The CHPC's membership consists of senior leaders, subject matter experts and local community representatives who come together to discuss health and wellness issues, and develop actions intended to improve the overall health of the Arsenal community. Maj. Gen. Kevin G. O'Connell, commanding general, U.S. Army Sustainment Command and senior mission commander of RIA, leads RIA's CHPC and chaired the quarterly forum. Topics included TRICARE enrollment and benefits, the RIA Wellness Center, RIA Health Promotion Program, Saint Ambrose Yoga Research Study, Project 22, safety awareness and increasing participation in quality of life events. Presenters included representatives from TRICARE and all the focus areas.

[\(More\)](#)

Upcoming Dates

- May 10:** 200th Anniversary of the founding of Fort Armstrong
- May 10:** Real Colors, EAP, Bldg. 56, 1st Fl., Rm. 104, 8 a.m. - 12 p.m.
- May 10:** Fort Armstrong Time Capsule contents on display, Heritage Hall, 11:30 a.m. – 1 p.m.
- May 10:** CHPC Social Resiliency Work Group, Bldg. 90, Rm. 25, 1 p.m.
- May 10:** Fort Armstrong Time Capsule ceremonial opening, Modern Woodmen Park, 6:15 p.m.
- May 11:** RIA Fullscale Exercise
- May 11:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- May 12:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- May 13:** RIAFC Honor Flight Golf Outing, Arsenal Island Golf Course, 11 a.m.
- May 13:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- May 14:** Army 10 Miler-Qualifier, TBD
- May 14-22:** Armed Forces Week
- May 15:** Peace Officers Memorial Day (*U.S. Flags at half-staff*)
- May 15:** Mrs. Antoine LeClaire Luncheon, Arsenal Island Clubhouse, 1 p.m.
- May 15-20:** SFL-TAP Workshop, Bldg. 56, 1st Fl., Rm. 122, 8 a.m. – 4:30 p.m.
- May 15-21:** National Public Works Week
- May 15-21:** National Small Business Week
- May 16-22:** National EMS Week
- May 21:** Armed Forces Day
- May 17-18:** Basic Motorcycle Rider Course, RIA Motorcycle Track, 7:30 a.m.

Ceremonious Time Capsule Opening to Mark Fort Armstrong's Bicentennial

Selected items from the Fort Armstrong time capsule, buried as part of the fort's 150th anniversary in 1966 and recently opened at RIA-JMTC, will be on display following a ceremonial opening of the capsule at the Quad Cities River Bandits game during Military Tuesday at Modern Woodmen Park, on **Tuesday, May 10**. In the event the game is postponed, the ceremony will take place before the game on either **May 18 or 19**. The items will also be on display on Rock Island Arsenal at Heritage Hall, Building 60, from 11:30 a.m. – 1 p.m., on Tuesday where the Arsenal Island workforce will have an opportunity to view the items prior to the formal ceremony. At the Military Tuesday ballgame, installation leadership will present the contents of the time capsule beginning at 6:15 p.m. George Eaton, Rock Island Arsenal historian, Army Sustainment Command, will give a brief history of Fort Armstrong marking the fort's 200th anniversary and bicentennial. The gates will open at 6 p.m., and the game starts at 7 p.m. There will be a table on the concourse with some of the time capsule contents on display throughout the game. The capsule was unearthed **April 22** and opened on the island on **May 6**. May 10 is the 200th anniversary and founding of Fort Armstrong, the U.S. Army post that preceded the Rock Island Arsenal founded on May 10, 1816, when Soldiers arrived to begin construction of the fort. In 1916, for the 100th anniversary, the replica blockhouse was built by local groups at the west end of Arsenal Island. This was a huge event that brought the local communities together and was a reminder that Fort Armstrong was the first unifying element in the Quad Cities. In 1966, for the 150th anniversary the time capsule was buried at the blockhouse location. The time capsule was another unifying event with many donations from industry, schools, museums, and local business. Military Tuesday at Modern Woodmen Park takes place at every River Bandits' Tuesday home game throughout the season. The organization's site lists \$1 bleacher tickets for all military personnel and their families - valid for active or retired military personnel and up to three guests with military ID. ([Article](#))



Ammunition Expert Inducted Into Ordnance Order of Samuel Sharpe

Kevin Blake, an ammunition industrial base expert in propellant and explosive manufacturing, was officially inducted into the Ordnance Order of Samuel Sharpe during a ceremony held, here, April 25. Brig. Gen. Steven E. Farnen, commanding general, Joint Munitions Command, presided over the ceremony, and noted that the award is one of the highest in the Ordnance Corps which honors the career efforts of Mr. Blake's contributions to the ammo enterprise. The Ordnance Order of Samuel Sharpe is a prestigious recognition, presented to individuals who have provided selfless contributions to the United States Army Ordnance Corps. First introduced in May 1994 by the United States Army Ordnance Corps Association, the Order of Samuel Sharpe recognizes ordnance personnel, nominated by their peers, who have demonstrated integrity, moral character and professional competence during their federal careers. It recognizes and honors those who have gone above and beyond in providing quality ammunition to all military services. ([More](#))



Military Appreciation Week in Davenport

The City of Davenport will celebrate Military Appreciation Week Sunday through Saturday, **May 15-21**, with banners proclaiming the event at City Hall, on downtown street lights and at Red Hawk Golf Course. May is Military Appreciation Month nationwide. On **Wednesday, May 11**, a ceremony to commemorate the week will be held at Veterans Memorial Park at 4 p.m., followed by the City Council proclaiming Military Appreciation Week at the 5:30 p.m. City Council meeting. Davenport offers a number of perks to active members of the military, veterans and their families during the week.



The city provides free golf rounds at its three golf courses to veterans, members of the military and their families during the week. The Quad-City River Bandits will provide up to four free tickets to active service members and veterans. The Figge Art Museum offers free admission to all military and their families year-round. Also, veterans, military and their families can ride CitiBus free during Military Appreciation Week.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, May 13 and 20, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email 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. 211) beginning at **6:30 p.m. on July 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on May 19 and 26**.



To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **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](#).**

DPTMS Security Office - Change in Hours

Effective Sunday, May 1, the Directorate, Plans, Training, Mobilization and Security (DPTMS) Security Office changed its hours of operation. This office is located in Building 102, Room 118, providing Personnel Security Finger Printing Services. The hours will change to the following:

Finger Printing Services:

- Monday & Wednesday, 8 a.m. - 11:30 a.m.
- Friday, 1-4 p.m.

All Other Services:

- Monday through Friday, 8 a.m. - 12 p.m. & 1-5 p.m.

This change will allow the Security Office to continue providing high quality services to their customers, and manage their time more productively. ****Note:** There are no changes to the finger print services for child care investigations, located in Building 102, Room 117.

Summer Outdoor Grill at Building 60

With warmer here we have opened the outdoor grill in front of Bldg. 60, 10:45 a.m. - 12:45p.m., weather permitting. Be on the lookout for informative flyers in vending machines as well as table tents in the dining and break rooms. We will offer most of the same options as we did last year with

a few new additions. I am excited to announce that Treat America has teamed up with AMI Vending and will offer ice cream this year at the outdoor grill.

VIOS Schedule for May

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **May 23, 24, 25, 26, and 27**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 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. 90, Basement, Room B11). 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. All scheduled dates can be found on the [RIA VIOS website](#).

2nd Annual RIACU Golf Outing for Honor Flight

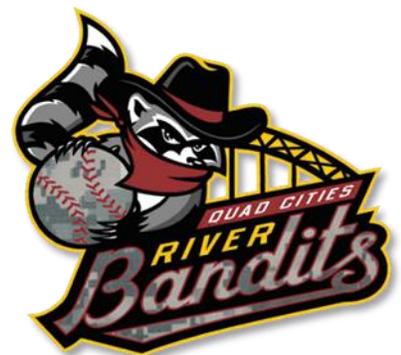
The Rock Island Arsenal Credit Union is excited to host the 2nd Annual RIACU Golf Outing for Honor Flight of the Quad Cities on **Friday, May 13**, at the Arsenal Island Golf Course, at 12:30 p.m.; lunch and registration scheduled 11-12 p.m. The outing has reached its maximum 36 team limit, but if you would like to be put on a waiting list you can still register. You will be called the week of the event if we have found room and can pay at the event. Cost is \$75 a person or \$300 for a foursome. There will be a reception with food and awards following the outing. Last year RIACU raised \$12,000 for this Honor Flight of the Quad Cities and is looking to top that this year. Please mail [completed team forms](#) along with payment made to Honor Flight of the Quad Cities, to: R.I.A. Federal Credit Union, Attn: Jake Ward, PO Box 4750, Rock Island, IL 61204-4750. ([More](#))

Ruffneck Resistance Inaugural Fun Run For Jason's Box

Let's Get Out and Ride! — The Ruffneck Resistance Inaugural Fun Run for Jason's Box will be held **Saturday, May 14**, 9 a.m. – 5 p.m. The cost will be \$10 per driver and \$5 for a passenger. Sign up will take place 9-11 a.m. at Race Car Central (RCC) at 1727 W. 4th Street, in Davenport. Last bike in by 5 p.m. Raffle items, 50/50 drawing. Stops will include: Judy's Barge Inn in Buffalo, Iowa; Tee's Ice Cream & Burgers in Muscatine, Iowa; Rhino's Bar & Grill in Tipton, Iowa; The Depot in Donahue, Iowa; and the final stop will be Scott's ShovelHead Shed at 220 N. Pine, in Davenport. Come out and help us support our veterans in need. Monies raised through raffle and drawings will go directly to [Jason's Box](#).

AUSA Military Appreciation Night at Modern Woodman Park

The Association of the United States Army-Rock Island Chapter 5102, is hosting veterans at the Quad Cities River Bandits game versus the Clinton Lumberkings on **Thursday, May 19**, at Modern Woodman Park. The event is free to all military veterans and AUSA members. AUSA will honor military service during the game. Tickets can be picked up the Modern Woodmen Park the evening of the event with a military ID card or proof of service. Tickets will also be available through any AUSA board member. For information regarding this event, please contact [Marla Schultz](#) at 563-219-3322.



Jason's Box & Patriot Place Inaugural Campfire Gathering

Jason's Box will hold its inaugural campfire gathering on **Friday, May 20**, 6-10 p.m., at Scott County Park. Bring your families as this will be a fun time for all. We will provide hot dogs, buns, condiments, potato salad, a pot of cowboy beans, cold drinks and the fixings for s'mores. We will have firewood, sticks for roasting hot dogs, paper plates and glasses. All we ask of you is to bring your own chairs and whatever extra that you want to eat or snack on during the event. We know that there are people who want to help and be involved in helping and supporting our returning vets and active military through Jason's Box/Patriot Place activities so that is why we are having this event so we can get together and have fellowship and get to know each other better.



Vietnam War 50th Anniversary Commemoration Parade

Vietnam Veterans of America Chapters 776, 669 and 299, VFW 828, and MAVA Chapter Hero Street are sponsoring the [Vietnam War 50th Anniversary Commemoration Parade](#) taking place **Saturday, May 21**, beginning at 10:30 a.m. The start of the parade will be in the city of Rock Island and will end in the city of Davenport at Veterans Memorial Park. The purpose of this celebration is to honor veterans of the Vietnam War including those killed in action, prisoners of war, and missing in action for their service and sacrifice and to thank their families. Our parade will include honor guards from all services, military and school bands, military vehicles and floats carrying our veterans and their families. ([More](#))



RIAWC Golf Tournament

The Rock Island Arsenal Welcome Club is proud to partner with the Midwest Small Business Government Contracting Symposium to host this 2016 charity golf outing on **Tuesday, May 24**, at the Arsenal Island Golf Course; an event open to all who want to have fun and support RIAWC. Registration is 11 a.m. – 1 p.m. with a shotgun start at 1 p.m. The banquet dinner is 6-8 p.m. in the Arsenal Island Clubhouse. Cost is \$125 a player. Registration includes green fees, cart, range balls, drink coupons, lunch, and dinner. Registration is open until all teams have been filled. Non-players can register for "dinner only" for \$25. The golf tournament format is a 4-man scramble (best ball). There will be 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 Wendy Truckenbrod at 563-726-9567 or at riawcfundraiser@yahoo.com. Note: If you're interested in sponsoring or donating to this event, please contact Wendy.

QC Honor Flight Set for May 26

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell 4-8 weeks prior to the honor flight date to advise them they have been



selected for the next scheduled flight. Applications are dated in the order they are received. Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, May 26**.

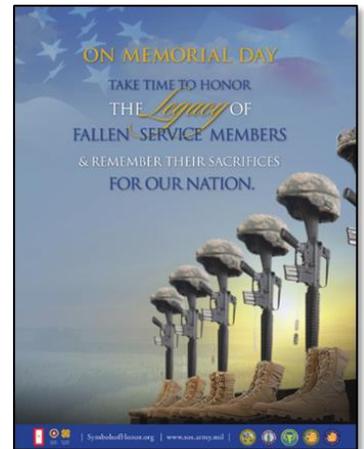
Flag Placement

Cemetery volunteers are needed for placement and removal of American flags. The Rock Island National Cemetery is seeking volunteers to place American flags at the headstones of fallen service members in honor of Memorial Day. Work to place the flags will begin at 4 p.m., **Thursday, May 26**, rain or shine. In the event of severe weather, flag placement will be 4 p.m., **Friday, May 27**. Work to remove the flags begins at 7:30 a.m., **Tuesday, May 31**, weather permitting. All volunteers need to show up inside the cemetery to receive flags and instructions. The public must enter the Arsenal through the Moline Gate. For more information, call 309-782-2094.



Memorial Day Ceremony

A Memorial Day Ceremony will begin at 10:45 a.m., **Monday, May 30**, at Rock Island National Cemetery. C.O. Smith; USMC, Vietnam Veteran, State Commander of the Marine Corps League of Illinois, will be this year's speaker. The ceremony will also include patriotic music by the CASI New Horizons Band, as well as a chorus from the CASI Goldentones; a National salute by the Illinois National Guard, Alpha Battery, 2nd Battalion, 123rd Field Artillery Regiment; an honor salute by Vietnam Veterans of America Chapter 299; an echo salute by Davenport American Legion Post 26; and Taps by John Adams, Davenport American Legion Post 26. There will be no parking at the cemetery for this ceremony except for individuals who are wheelchair bound. Parking for all others will be behind Memorial Park in the large lot. Buses will be transporting people from the parking lot to the cemetery and will run 9 a.m. to 1 p.m. Visitors should arrive early to ensure enough time to park their vehicles and be transported to the cemetery. Memorial Park is located off of the main Island road, Rodman Avenue at the corner of East Street. The public must enter the Arsenal through the Moline Gate. For more information, call 309-782-2094.



RIA Retirement & Retreat Ceremony

Rock Island Arsenal Military Community — Maj. Gen. Kevin O'Connell cordially invites you to attend the 3rd Quarter FY16 Award, Retirement & Retreat Ceremony on **Thursday, June 9**, at 2 p.m., in Heritage Hall, Bldg. 60, in honor of:

- Chief Warrant Officer 4 Siupapa Mapu, ASC
- Sgt. First Class Travis Nargang, SOC, South
- Daniel Neumiller, ASC
- Jean-Michel Serra, JMC
- Sandra Canada, ASC
- Vanessa Tatum, ASC
- Mary Barkley, ASC

Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual. A sign language interpreter will be available for the hearing impaired.

Quad Cities 241st Army Birthday Ball

Save the Date! U.S. Army 241st Birthday Ball will be **Friday, June 17**, at the QC Waterfront Convention Center in Bettendorf, 5-6 p.m. receiving line and cocktail hour, 6:30 p.m. - formal activities begin. The event will celebrate 241 years of rich tradition and the Soldiers who fought to protect the freedom of our great nation throughout various conflicts. \$65 individual or \$480 for a table of eight. Attire is: Military - Dress Mess/Army Service Uniform; Civilian - Black tie preferred. Lodging - special hotel accommodations available by calling 800-843-4753; please mention group code: USA0617; rooms must be reserved by **Monday, June 6**. Please RSVP for the event by **Friday, June 3**. ([Registration and Menu](#))



Army Materiel Command "Sonic Fusion" Band

Rock Island Arsenal invites you to enjoy a free concert performed by the Army Materiel Command "Sonic Fusion" Band at LeClaire Park in Davenport on **Wednesday, June 15**, 6-7:45 p.m.; the show is free and open to the public. Food vendors will be set up for food and drink consumption. The AMC Band proudly serves the Soldiers and civilians of the U.S. Army Materiel Command stationed at more than 140 locations worldwide. With its eight music performance teams, the AMC Band travels extensively throughout the country and overseas supporting 30 installations, 26 major tenants, seven Army Field Support Brigades, 11 subordinate commands, and four separate reporting activities within the AMC enterprise. Since November 2003, the band has deployed in support of AMC Soldiers and civilians forward deployed in support of Operations Iraqi and Enduring Freedom. The AMC band has performed in Iraq, Kuwait, Saudi Arabia, Qatar, Afghanistan and the United Arab Emirates. The band is currently performing more than 400 musical mission per year and is under the purview of the AMC chief of staff.



Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

Save the Date — 9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card-making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless:

As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660 **Sunset Lakes Resort:** Located near Hillsdale Illinois at I-88 Exit #6, we offer free campsites for those who currently serve and veterans; call 1-800-747-5253 for reservations. Complete details on both military weekends at www.sunsetlakesresort.com under our news section. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction

Government Bridge East Side Walkway Closure

The Directorate of Public Works (DPW) is planning the closure of the east (upstream) walkway of the Government Bridge **Monday, May 9, through Friday, May 13**, to conduct inspections. Barricades, signs, and/or caution tape will be installed to warn and block pedestrian and bicycle traffic.

Bridge Closures for Washing

Traffic will be effected during washing operations on the Government Bridge, Rock Island Viaduct, and Moline Bridge. • Government Bridge: Complete closure to vehicles and pedestrians on **Saturday, May 14 and Sunday, May 15** (6 a.m. to 6 p.m. both days) • Rock Island Viaduct: One lane closure on **Monday, May 16 and Tuesday, May 17**, (8:30 a.m. to 2:15 p.m. both days). Traffic will be allowed in both directions. A flagman will direct traffic. The American Discovery Trail will be closed for pedestrian traffic during the cleaning. • Moline Bridge: One lane closure Wednesday through **Friday, May 18, 19, and 20** (8:30 a.m. to 2:15 p.m. all three days). Traffic will be allowed in both directions. A flagman will direct traffic. Barricades and signs will be used to warn and control traffic.

City Notification of Section Closure of Moline-Arsenal Bridge for Maintenance

The City of Moline has passed the following information to the Garrison to disseminate to the Arsenal Island Workforce. The City of Moline will do maintenance work on the City owned portion (the part between River Drive and Downtown Moline — leading to 14th Street and 4th Avenue) of the Moline-Arsenal Bridge. Work is tentatively planned, weather dependent, for the **week of May 16**. The Moline-Arsenal Bridge will remain open between the Arsenal and River Drive in both directions throughout the work. Additional details will be forthcoming as it is received.

Building 85 Parking Lot Repairs

On April 4, Public Works began work to repair the parking lot that services Bldg. 85 (Child Development Center under ages of six). Building 85 is located at the northeast corner of East Court Drive. The work effort includes installation of parking and sidewalk. The work is expected to be completed by **Monday, May 16**, depending on weather. A temporary parking area and sidewalk will be installed to support utilization of the facility during construction.

Army Ten Miler Qualifier Race

On **Saturday, May 21**, the Army Ten Miler qualifier race will be here at the Rock Island Arsenal. The top six finishers in this race will go on to represent RIA at the annual Army Ten Miler Race on Sunday, Oct. 9, in Washington, D.C. The ten mile qualifying course will be throughout the Island beginning at 6:30-8 a.m. The attached map indicates the roads and paths used for the race and there will be limited closures to the workforce. Limited areas on Rodman will be coned off for the safety of the runners. The only traffic area that will be closed for vehicular traffic will be on King during the time indicated.

Bldg. 110 Handicap Ramp Repairs, Entrance Closure

On April 6, Public Works began making repairs to the handicap ramp on the northwest corner of Bldg. 110. The work will include the removal and replacement of the handicap ramp, steps, sidewalk and railings. The entrance will be closed during construction. Handicap accessibility to the building can be made by using the passenger elevator, which can be accessed through the northwest doors of the basement courtyard via South Avenue. The construction is scheduled to be completed by **Wednesday, June 15**, depending on weather.

Gillespie Street Repair Project

The Directorate of Public Works (DPW) plans to accomplish major repairs to the Gillespie Street corridor between Rodman Avenue and Blunt Road. This will impact traffic and on-street parking in the area during the construction. Work is currently planned to start during the FY16 construction season. There will also be some permanent changes resulting from the project. Major changes are as follows: • Replacement of the sidewalk along the west side of Gillespie Street with a wider shared-use path to be used by pedestrians and bicycles. • Conversion of diagonal on-street parking along the northern sections of Gillespie Street to parallel parking spaces resulting in a loss of about 40 parking spaces. • Conversion of Blunt Road along the river from Gillespie Street to East Street to a shared-use path predominantly for pedestrians and bicycles. Motorized vehicles will be restricted to emergency and service vehicles. As the project progresses, further announcements will be provided regarding construction related events.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents.

Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Soldiers Are Now Allowed To Use Headphones in Uniform

Army Directive 2016-20 dated 6 May 2016, Effective immediately, unless the unit or installation commander prohibits otherwise, Soldiers may use headphones, including wireless or non-wireless devices and earpieces, in uniform only while performing individual physical training in indoor gyms or fitness centers. Soldiers may not wear headphones beyond the permitted area in any manner, including around the neck or attached to the uniform. Headphones will be conservative and discreet. Ear pads will not exceed 1-1/2 inches in diameter at the widest point. Soldiers may wear electronic devices, such as music players or cell phones, as prescribed in AR 670-1, paragraph 3-6a(2)(b). They may also wear a solid black armband for electronic devices in the gym or fitness center. Soldiers may not wear the armband beyond the permitted area. These provisions are punitive with regard to Soldiers. Violation by Soldiers may result in adverse administrative action and/or charges under the provisions of the Uniform Code of Military Justice. This directive applies to the Active Army, Army National Guard/Army National Guard of the United States, and U.S. Army Reserve. The Deputy Chief of Staff, G-1 is the proponent for this policy and will ensure its incorporation into AR 670-1 as soon as practicable. This directive is rescinded upon publication of the updated AR 670-1. ([More](#))

May is National Military Appreciation Month

In 1999, Congress designated May as National Military Appreciation Month to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by Service members -- past and present. The declaration summoned U.S. citizens to observe the month "in a symbol of unity, to honor the current and former members of the Armed Forces, including those who have died in the pursuit of freedom and peace." During National Military Appreciation Month, garrisons worldwide host special events such as parties, balls, picnics, dedications, and "Run to Honor" events -- specifically to thank and honor military members for their service. The theme for this year's commemoration is United States Armed Forces: The Strength of Red, White & Blue. Many activities and events are planned at installations and agencies around the world, some combining two or more observances. Soldiers, Families, retirees and civilians are invited to



participate in programs and events and encouraged to express their appreciation. National Military Appreciation Month reminds all of the sacrifices Service members and their Families make to protect the nation's freedom. The Army is the strength of the nation -- the strength of the Army are the Soldiers, Families, retirees and civilians. The strength of the Soldiers and civilians is the Total Army Family, and taking time to honor those who faithfully serve demonstrates the nation's gratitude for their service.

Military Fatherhood Program

Join us **Thursday, May 19**, 5:30-7:30 p.m., at the Putnam Museum in Davenport, for a night of food and fun. The Putnam has a large STEM center with more than 45 hands on science and technology centers. In addition there are many other exhibits to explore. There are activities for kids and dads of all ages. Don't miss this night of hands on fun with your children. Admission and dinner will be provided, just come and enjoy. For more info and to RSVP call 309-782-3049. ([Flyer](#))

Operation Appreciation Military Family Event

In honor of Armed Forces Day & Military Appreciation Month, all military members past and present and their families (including National Guard and Reserve forces) are encouraged to join us **Saturday, May 21**, 10:30 a.m. - 2:30 p.m., at Memorial Park, for a fun family day at the park. There will be family competitions, food, prizes and Military exhibits. For more info call 309-782-0829. ([Flyer](#))

Military Kids Camp 2016 for Youth Impacted by Military Service

Youth Ages 8-16... join us for a fun-filled week, **July 3-8**, of summer camp adventures at YMCA Camp Abe Lincoln, the Quad Cities premiere overnight camping facility for youth. Would you like to live in a cabin and enjoy traditional camp activities—swimming, hiking, horseback riding, campfires and much more? Then this camp is for you. This special Military Kids Camp is open to all youth and teens ages 8-16 whose parent, sibling or other close relative serves in any branch of the military — active duty, Guard or Reserves. Kids will also enjoy special activities just for military kids – hands-on workshops, Military Day hosted by the Illinois National Guard, Resiliency, and more. Questions call 563-381-3053. ([More](#))

Bix 7 Road Race Waives Entry Fee

The 2016 Bix 7 organization is again happy to be able to offer free entry, **July 30**, to all active duty military, Reserve and Guard. Again, there will also be a specific viewing area location designated for and honoring our veterans at Brady and Kirkwood. Complete the [printable entry form](#), enter your military ID number where indicated and mail your entry to us. You must pick up your packet in person at the Bix 7 Expo and show your military ID. Last year we had an increase over the first year, we hope to be able to continue that momentum again in the third year of this appreciation. ([Entry Form](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Overcorrecting and Rollovers: From Bad to Worse

Driving off the road is bad enough, but overcorrecting only makes it worse. “Overcorrecting is often indicative of running off the road and overreacting by jerking the wheel to get the vehicle back on the roadway,” said Walt Beckman, Driving Directorate, U.S. Army Combat Readiness Center. “It’s usually due to inattentiveness, fatigue, or failing to maintain contact with the road in a curve.” Motorists who exit the roadway and then overcorrect create a loss of control event, which is a small but deadly component of the Army’s overall accident numbers. According to data available from the USACRC for fiscal 2015, loss of control was cited as a cause in seven fatal accidents, with speed and improperly entering a curve contributing to most. “Those loss of control accidents accounted for roughly 15 percent of the 46 PMV fatalities recorded in fiscal 2015,” Beckman explained. “Loss of control in almost all cases is associated with another causal factor such as speed. In contrast, 17 of those 46 accidents, or 37 percent, were solely attributed to indiscipline such as speed, failure to wear seat belts or alcohol use.” Overcorrecting often leads to rollovers, which are the deadliest of vehicle crashes. ([More](#))



Equal Employment Opportunity Focus



Asian American and Pacific Islander Heritage Month Observance

The First Army Equal Opportunity Office invites you to the Asian American and Pacific Islander Heritage Month observance on **Monday, May 16**, in Bldg. 60, Heritage Hall, from 1-2 p.m. The guest speaker will be Alma Agunod Reed, the vice president for the [Philippine Cultural Group of Michigan](#); a non-profit cultural group dedicated to sharing and retaining the Filipino heritage. Reed hails from Iowa and moved to Grand Rapids in late 2015. She's a former president of the Iowa Filipino American group of Iowa, a non-profit organization. PCGoM is an assembly of individuals dedicated to the education, presentation, and preservation of the rich and beautiful Filipino culture within its community. Charged with enthusiasm, they seek to share the greatest treasure from our islands — their culture and their heritage. During the month of May, the U.S. Army joins the nation in honoring Americans of Asian and Pacific Island descent for their military and civilian service. These individuals have proudly served in America's Army during the Civil War, World Wars I and II, Korean War, Vietnam War, Gulf War and operations Iraqi Freedom, Enduring Freedom. The U.S. Army strongly embraces diversity as a way to create a system that maximizes individual talents, increases morale and greatly enhances military effectiveness. Past and present Asian-American and Pacific Islander Soldiers and Army civilians have built a legacy of professionalism,



selfless service, dignity and respect, and continue this legacy today while inspiring generations to come. Arsenal workforce employees can use keyword "RIA Asian American" to sign up in [TEDs](#). For additional information or accommodations please contact Sgt. First Class Jose A. Vazquez at 309-782-9761.

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Lock & Dam Lounge Closes for Renovations

Effective April 2, the Lock & Dam Lounge closed for renovations until further notice.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Paintless Dent Repair Service

The always popular paintless dent repair technician will be available for repairs on **Wednesday, May 18**, at the Auto Craft Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call (309) 782-8631 for more information and to schedule an appointment.

Army Ten Miler Qualifying Run

All active duty are encouraged to sign up for the **Saturday, May 21**, 6:30 a.m., qualifier race here at the Rock Island Arsenal, the top six finishers in this race will go on to represent RIA at the annual Army Ten Miler Race on **Sunday, Oct. 9**, in Washington D.C. Call the Fitness Center at 309-782-6787 or stop by and fill out the registration paperwork. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))

Spring Car Care Month Oil Change Special at the Auto Shop

The days are getting longer and gas is cheap so get those cars ready for summer road trips. All during the month of April get standard oil changes for just \$21, standard oil change includes up to five quarts of 5w20 or 5w30 oil + oil filter. Call 309-782-8631 for more info and to schedule your appointment. ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Discount Tickets for Upcoming Local Shows & Bus Trips at the Leisure Travel Office

Leisure Travel which is located in Bldg. 333 (next to the Exchange) has discount tickets for the following upcoming shows/trips. Contact them at 309-782-5890 or visit their webpage:

www.riamwr.com/community-recreation/leisure-travel for more information.

- **Saturday, June 18:** Sister Act at Circa 21 Dinner Playhouse
- **Sunday, June 19:** NASCAR Xfinity Series Race Trip to Newton, IA
- **Saturday, July 9:** Taste of Chicago/Navy Pier Bus Trip
- **Friday, Aug. 12:** Cubs vs. Cardinals Bus Trip to Wrigley Field

Sister Act

Area premiere... this feel-amazing Broadway musical comedy is based on the hit 1992 film featuring Whoopi Goldberg and has audiences jumping to their feet. When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but in doing so, blows her cover. Soon, the gang is giving chase only to find them up against Deloris and the power of her newly found sisterhood. Leisure Travel has discounted tickets (\$46) on sale until **Friday, June 3.**

Event Date: **Saturday, June 18**

Event Time: **6 p.m.**

MWR Infinity NASCAR Bus Trip

3rd Annual Newton Iowa Xfinity race Father's Day weekend. Depart from Motel 6 parking lot (by McDonalds near the Moline Airport) Transportation & Ticket \$69, last day for signups will be **Friday, May 20.** Register online at <http://tinyurl.com/nascartrip> Call or stop by office to register as well.

Event Date: **Sunday, June 19**

Event Time: **8 a.m. - 6:30 p.m.**

Taste of Chicago/Navy Pier Bus Trip

What is Chicago's recipe for a fantastic food festival? Chefs and musicians, combined with entertainment for all ages and several thousand tasting servings of favorite Chicago bites. Fill up on all flavors of Chicago – from classic local dishes, to specialty cuisines from ethnic neighborhood

restaurants, to inspired chef creations. — or — You can't truly experience Chicago without a trip to Navy Pier. This 50-acre playground of entertainment, museums, activities, restaurants, and shops is the perfect place for some family fun time. This is a popular bus trip and fills up fast. Cost for your transportation is \$41 per person.

Event Date: **July 9**

Cubs vs. Cardinals

Leisure Travel will be offering another Cubs vs. Cardinals bus trip on **Friday, Aug. 12**. Bus trip includes transportation aboard a Tri-State Motor coach and a ticket to the game. Location of seating is in Terrace Reserved. Time of game and departure will be announced at a later date. Package is \$129 per person. Limited alcohol is allowed on the bus.

2016 Adventureland Tickets

Leisure Travel has discounted one day admission tickets for the 2016 season to Adventureland Amusement & Water Park. Adult and Child \$33; at the gate adult is \$42, child is \$37.



Army Transitions to Simplified DoD Request For Childcare Website

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need. In March 2016, select Army garrison families will begin to use www.MilitaryChildCare.com as their website to search for and request child care services where they are or where they are planning to move. "The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs," said Theresa



Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. "The DoD has worked hard to develop a system which allows patrons to create their own account, search and request care, manage requests and update their profile from the convenience of their home," she said. Using MilitaryChildCare.com, parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained. Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii. Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint Base Myer-Henderson Hall will gain access to the site in March. Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout. ([More](#))

Armed Forces Day America's Kids Run

The annual America's Armed Forces Kids Run, held annually across DoD on Armed Forces Day, is taking place this year on **Saturday, May 21**, at Memorial Field, on Rock Island Arsenal. 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. These are all for fun, and non-competitive. Registration is \$10 per child. The races will begin at 9 a.m. These are all for fun, and non-competitive.

- 100-yard dash 3-4 year olds
- ½-mile run 5-6 year olds
- 1-mile run 7-8 year olds
- 2-mile run for 9-13 year olds

2016 will be the 3rd Annual Run on the Rock Island Arsenal. The children will receive the reward of a colorful tee shirt and an America Kids Day Medal when they finish. After the race children and parents are welcome to enjoy our family fun zone with face painting, games, and many more activities. Register on Get Me Registered at <http://getmeregistered.com/RIAAmericaKidsRun> or call 309-782-0511 for more info. This event will provide 21,875 military dependent children the opportunity to participate in this run on 178 Navy and Air Forces bases, and Army forts and garrisons. America's Kids Run began in 1986 with 3,800 children participating in the first run in Spokane, Washington. Over the past 25 years 198,000 children ages 5 to 13 have enjoyed the run in Spokane and in 2002 decisions began to offer it to military bases and dependents. The Run has been recognized nationally in National Geographic World, National Road Runners Management, Runner World, USA Today, and voted Best Children's Run by Runner World May 2003. ([Flyer](#))



Army Community Service



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**.

Operation Appreciation Military Family Event

In honor of Armed Forces Day & Military Appreciation Month, all military members past and present and their families (including National Guard and Reserve forces) are encouraged to join us **Saturday, May 21**, 10:30 a.m. - 2:30 p.m., at Memorial Park, for a fun family day at the park. There will be family competitions, food, prizes and Military exhibits. For more info call 309-782-0829. ([Flyer](#))

New Kingdom Trailriders Equine Assisted Therapeutic Riding Program

This program, taking place **Friday, May 20**, 5:30-8 p.m., is for the education and recreational benefit of physically, cognitively, and emotionally disabled individuals. Exceptional Family Members Program Enrollees and their immediate family members. Riding Rules: Riders must be a minimum of three-years-old through adult. A release of liability form must be signed for all participants. Attire is long pants and closed toed shoes. Location is at a horse farm, there are no

flushing toilets-portable potty only. Snacks will be available for participants. Must RSVP by **Friday, May 6**, by calling 309-782-0829. ([Flyer](#))

Newcomers Orientation & Bus Tour

Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour **Thursday, May 26**, 8 a.m., Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast & lunch courtesy of our sponsors, Rock Island Arsenal Federal Credit Union & USAA. Space is limited so call 309-782-0829 for more info and to reserve your spots.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here.](#) [Find us on Facebook click here.](#)

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact Lori Griffin at 309-782-2551 Additional dates: **Aug. 9, Nov. 8.**

Event Date: **May 10**

Event Time: **8 a.m. - 12 p.m.**

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 12:30-1:30 p.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. This workshop will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. You can register on [TEDs](#) or call 309-782-4357.

Event Date: **May 26**
Event Time: **10 a.m. - 12 p.m.**

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **June 7** and **Aug. 2**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **June 28**, **Sept. 27**, and **Dec. 20**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

Time Management

Do you feel like 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? Learn how to prioritize tasks and manage your time more effectively. Upcoming class dates are **July 26**, and **Oct. 25**, at 10:30 a.m. in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class dates are **Aug. 23** and **Nov. 29**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

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.](#)

Make Military Credit Count - Review your Joint Services Transcript

Each year the JST Operations Center, the American Council on Education, and DANTES personnel receive many questions from Service members. The following questions and answers can help education counselors answer the most frequently asked questions.

Where do I access and print my JST?

Members need to register for a JST account online at <https://jst.doded.mil>. Members are able to view and print unofficial transcripts directly from the registered account. If they are unable to register, go to <https://jst.doded.mil/faq.html> for more information. Official transcripts may be ordered here as well.

I have course or training information missing from my JST, what should I do?

Each service has a detailed process for corrections and updates to the JST, the member should go to <https://jst.doded.mil/correction.html> for their service's guidance. Members can also process a query and upload documents from their registered account for a faster response.

How do I have my official transcript sent to a school?

Members should log into their JST account and click the "Transcript" link at the top of the page. On the "Transcripts" menu, click the "Official Transcript Request." On the next page, search for the school and select the institution from the list. Select the institution in the search results. Be sure to verify spelling and location are correct. On the next page, acknowledge the consent statement and click "Yes." If the school is not listed, members can have their school representative email JST personnel and request their school be added. Send email to jst@doded.mil.

Is there a limit to the number of official transcripts I can have sent out?

The delivery method determines how many transcripts can be ordered and sent out. If the delivery method is electronic, there is no limit. Note that Army and National Guard can only send transcripts to institutes that have electronic delivery. If the delivery method is U.S. Postal Service, only two transcripts can be ordered within a 30-day period, due to the cost associated with generating and mailing.

My school isn't taking some credits from my JST. What are my options?

It is up to each institution to decide whether the JST/ACE recommendations are accepted, modified or rejected. Students can ask their school if they offer challenge exams, portfolio assessments, CLEP/DSST testing, and/or competency based classes as options to assess and validate the member's previous experience.

Field Test DLPT - German and Hindi — Do You Speak German or Hindi?

The Army is seeking field test participants to complete the Defense Foreign Language German and Hindi (DLPT5) Starting **Tuesday, May 3**, through **COB Sunday, July 31**. Participants will be provided with a signed letter of appreciation from the Assistant Commandant of the Defense Language Institute Foreign Language Center. The listening and reading tests are both three hours. For your convenience, the test may be administered in one setting or schedule the test in two separate settings. Interested in taking the test? Please contact the Rock Island Education Center for more information or to be scheduled at 309-782-2065.

DSST - Retake Your Exam for Free

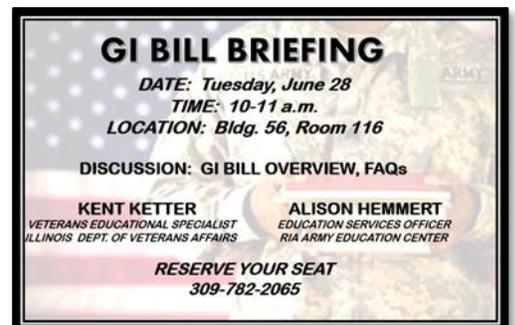
Effective April 18, military service member students who do not pass their first DSST exam will be eligible for one free retake. Students will be able to take advantage of this promotion by providing a voucher code at the time of retest. The voucher code will be sent to students via email 1-2 days after taking the exam. Please note the DSST Public Speaking Exam is not applicable for the second shot promotion. Students taking this exam will not receive a voucher. This promotion does not cover administrative or sitting fees. Students will be able to take advantage of the promotion until **Tuesday, May 31**. As part of this limited time promotional offer DSST has reduced the standard wait period to retake a DSST exam from 90-days to 30-days beginning April 18. Take the next step and review exam content outlines, and Petersons free test prep materials. Don't wait to take advantage of this limited offer. Visit <http://getcollegecredit.com/assets/pdf/DSST-second-shot-web.pdf> for more information.

Higher Education

Do you plan on attending college? Do you know where to start? We have the answer for you. The next Higher Education Track (course) is scheduled for **Tuesday and Wednesday, June 14-15**, Bldg. 56, Room 122. The Higher Education Track helps guide you in pursuing a college education with preparation for college application process. Topics covered include: identifying educational goals, finding education funding, and researching and comparing institutions. This course is designed to guide you through the variety of decisions involved in choosing a degree program, college institution and funding considerations. This course is open to all military service members and their family members. Please phone 309-782-7780 to reserve your seat.

Using the GI Bill: Some Factors to Consider

Please join us for a GI Bill Briefing on **Tuesday, June 28**, 10-11 a.m., in Bldg. 56, Room 116. Kent Ketter, Veterans Educational Specialist - Illinois Dept. VA and Alison Hemmert, Education Service Officer - USAG RIA Army Education Center, will provide a GI Bill overview and address FAQs. Call 309-782-2065 to reserve a seat. As an eligible service member, veteran, or dependent planning to use the GI Bill, consider yourself a consumer about to make one of the most important decisions of your life. You owe it to yourself to thoroughly consider your educational and career goals, needs and options in order to utilize the GI Bill in the most timely and cost-effective manner possible. Some questions to consider: • What are my career goals and how do they relate to my educational needs? • How do I choose a school that is right for me? • Will my professional field respect a degree from the school I'm considering? • How well does my chosen school support Veterans and dependents? • In addition to the GI Bill, what are other ways to finance my education? • What are grants and loans? Remember, in the military you demonstrated commitment, discipline, and a desire to succeed. As a dependent you developed strong critical-thinking and decision-making skills. Leverage those same qualities when considering the school that best provides what you need and maximizes your investment. For more information and resources: www.benefits.va.gov/gibill/choosing_a_school.asp.



Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take

place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **June 16**; • Black Hawk College, **July 14**; • Eastern Iowa Community College, **June 2**, and **July 7**; • Kaplan University, **May 19**, and **Aug. 18**; • Saint Ambrose University, **July 21**; • Trinity College of Nursing & Health Sciences, **May 12**, and **July 28**; • University of Dubuque, **May 26**, and **Aug. 11**; and • Upper Iowa University, **June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / 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](#))

Commissary May Case Lot Sale

The Rock Island Arsenal Commissary is having its May Case Lot Sale on **Friday, May 20**, and **Saturday, May 21**, 8:30 a.m. to 6:30 p.m. both days.

Spring Case Lot Sales Offer Maximum Savings

Military members and their families in the U.S. wanting to load up on savings only need to venture as far as their local store during the Defense Commissary Agency's spring National Case Lot Sale event. "You cannot find a better deal than our case lot events to save up to 50 percent on some items," said Tracie Russ, DeCA's director of Sales. "Many of our savvy shoppers circle their calendars for these events – they never miss the chance to stock up." Each stateside store hosts an individual two- or three-day case lot sale. Sale dates begin in some locations as early as the first week in May and in others as late as the end of June. Patrons are encouraged to check the Case Lot Sales page for schedules. Commissaries in Alaska, Hawaii and Puerto Rico are also participating. ([More](#))

May Is Military Appreciation Month at the Commissary

Commissaries are offering special savings in May with case lot events and promotions celebrating Cinco de Mayo, Mother's Day, Military Appreciation Month, Memorial Day and more. "We can't thank our service members and military family members enough for all they do to preserve our rights to freedom and maintaining the security of our nation," said Tracie Russ, director of sales for the Defense Commissary Agency. "We encourage them to take advantage of all the special sales events we're offering this month. They have earned it!" As shoppers prepare to hit their commissary for discounted items, they can also check out www.commissaries.com for Rewards Card coupons, the commissary's sales flyer and a list of Value Brand items designed to offer savings lower than or equal to commercial stores' private label products. Also, the Exclusive Savings link, www.commissaries.com/partners.cfm, has more coupons, specials, promotions, sales and healthy recipes. ([More](#))

Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Friday, 12-4 p.m. Closed weekends, Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – May 9-15

On May 9, 1898, the RIA received a war production order for the manufacture of 102 field carriages and limbers, 17 battery wagons and forges. The dam of Locks and Dam 15 was completed on May 9, 1934. On May 10, 1864, the remains of Col. George Davenport were removed from Arsenal Island and taken to Chippianock Cemetery in the city of Rock Island. Excavation work for the construction of Shop D (Bldg. 61) began on May 11, 1871. Col. Thomas Baylor was appointed commanding officer of the RIA on May 12, 1886. On May 15, 1832, Black Hawk and his braves defeated state volunteer troops in a battle that has become locally known as Stillman's Run. This battle ended any opportunity for a peaceful settlement to the dispute.

Healthbeat

New Regulation Requirement for Children Under 10

If you have children age 10 and up please ensure they have a dependent ID card. It is required to be seen by providers and to get medication from pharmacy. This is not a new regulation by any means and will be enforced in the future. You can obtain them from Bldg 102. Please be respectful to our pharmacy staff as they are only following the regulations. If you have any questions please contact Capt. Breckons (OIC of clinic)-or Capt. Trudell (OIC of pharmacy). ([Clinic site](#))

A Unique Collaboration Launches Walk with a Doc Program in the Quad Cities

Walk with a Doc, a health program that brings doctors and patients together outside of the clinic, now has a new twist. A physician and a group of veterinarians have come together to form a local chapter of Walk with a Doc - one that encourages people and their pets to get healthy! Typically, WWAD is a human-oriented event, but in an effort to further enhance the lives of the community, they are bringing together the first ever WWAD physician/veterinarian collaboration. Pets hold a special place in their owner's lives, and they often suffer from the same health conditions that people do. By joining together, they seek to improve the health of the Quad Cities citizens and their companion animals! The first event will be held **May 22** at 4 p.m. at the Eastern Avenue Park in Davenport. Walkers are invited, and while dogs are not required, they are welcomed. Walks will be held on a regular basis, so grab your shoes and a leash, and be ready for future Walks, too. Walk with a Doc is a national non-profit organization whose mission is to



encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. ([More](#))

Notes for Veterans



Operation Appreciation Military Family Event

In honor of Armed Forces Day & Military Appreciation Month, all military members past and present and their families (including National Guard and Reserve forces) are encouraged to join us **Saturday, May 21**, 10:30 a.m. - 2:30 p.m., at Memorial Park, for a fun family day at the park. There will be family competitions, food, prizes and Military exhibits. For more info call 309-782-0829. ([Flyer](#))

Improving the Veteran's Experience through MyVA Communities

As part of the Department of Veterans Affairs (VA) MyVA initiative, the largest transformation in the history of VA, VA is reporting the progress and growth of the locally led, community-driven initiative, MyVA Communities. Modeled after San Diego's successful One VA Community Advocacy Board, more than 50 communities have joined the MyVA Communities movement. What these communities have in common is that they have local Veteran engagement boards which are led by the community, provide a feedback and input mechanism for local Veterans, are accessible, and are designed to bring together all available local resources and capabilities to better support our Veterans. They are also flexible enough to meet the unique needs of each community and facilitate the development of local solutions. "VA is undergoing its largest ever transformation, MyVA, based around the central premise that we must look at all of the decisions we make through the lens of the Veteran, that is how we provide a better experience," said Secretary of Veterans Affairs Robert A. McDonald. "A vital part of that transformation is better working with strategic partners and that's exactly what MyVA Communities help us do, bring together local community leaders that want to help VA improve and provide services to Veterans." ([More](#))

Around the Q.C.



- May 10:** [QC World Cultures Festival 2016](#) (Western Illinois University-Quad Cities)
- May 10:** [Books and Brews Night at Great River Brewery](#) (Great River Brewery, 332 E 2nd St, Davenport)
- May 10:** [Houseboats on the Mississippi](#) (Quad City Botanical Center, Rock Island)
- May 10-11:** [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)
- May 11:** [Sylvan Slough Natural Area Work Day](#) (4501 Third Avenue Rock Island)
- May 11:** [Avery Tap Takeover](#) (Radicle Effect Brewerks, Rock Island)
- May 13:** [2nd Annual RIA Federal Credit Union Golf Outing for Honor Flight](#) (Arsenal Island Golf Course)
- May 13-14:** [Factory of Fear: INFECTED](#) (Factory of Fear, 5027 4th Ave, Moline)
- May 14:** [Young Life Quad Cities' 'You Were Made For This 5k' Race](#) (Ben Butterworth Parkway, Moline)
- May 14:** [Dwyer and Michaels Prom from Hell](#) (Holiday Inn Hotel & Conference Center, Rock Island)
- May 14:** [Family Camp 2016](#) (YMCA Camp Abe Lincoln, Blue Grass)
- May 14:** [Strawberry Blonde Ale Tapping](#) (Great River Brewery, Davenport)
- May 15:** [Bears for Buddies Ride](#) (Rock Island County Court House)
- May 15:** [Give & Grub](#) (Great River Brewery, Davenport)

May 16-21: [4th Annual Quad Cities Beer Week](#) (Greater Quad Cities)
May 19: [AUSA Military Appreciation Month at the River Bandits sponsored by AUSA](#) (Modern Woodmen Park, 7 p.m.)
May 20: [Run for the Wings](#) (Wieblers Harley-Davidson, Davenport)
May 21: [Vietnam War 50th Anniversary Quad Cities Bi-State Commemorative Parade](#) (Rock Island and Davenport)
May 21: [The Wild 5, Running Wild](#) (Unity Point - Trinity, Bettendorf)
May 21: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
May 21: [LiveFit with Lupus Race & Festival](#) (Pebble Creek Golf Course, LeClaire, Iowa)
May 21: [Quad Cities Craft Beer Festival](#) (Bass Street Landing, Moline)
May 21: [MadeRight Market](#) (Lincoln Park, Rock Island)
May 21: [Sunderbruch B&B Trail Races](#) (Sunderbruch Park, 4675 Telegraph Rd, Davenport)
May 21: [Fenders & MillerTime Billiards Reunion](#) (Golden Leaf Banquet Center, Davenport)
May 22: [Walk with a Doc](#) (Eastern Avenue Park, Davenport)
May 28: [First Step Riverfront 5K presented by Western Illinois University](#) (WIU-QC)
May 28: [Bikes Blues & BBQ](#) (Wieblers Harley-Davidson, 5320 Corporate Park Dr, Davenport)
May 27: [Colona Memorial Day](#) Festival (Colona, Ill.)
May 30: [Quad Cities Criterium](#) (Village of East Davenport)
May 31-June 4: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 2: [Living Lands and Waters' 2016 Barge Party](#) (Schwiebert Riverfront Park, Rock Island)
June 3: [2016 HAVlife™ Brew Off](#) (Jumer's Casino & Hotel, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 4: [Shamrock 'n Roll](#) (Kavanaugh's Hilltop, 1228 30th St, Rock Island)
June 4: [Quad Cities Comic Con](#) (Mississippi Valley Fairgrounds)
June 4: [College Hill District Retro Rally 2016](#) (College Hill District Rock Island)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 11: [2016 Komen Quad Cities Race for the Cure](#) (iWireless Center)
June 11: [Quad Cities Cruisers Car Show](#) (SouthPark Mall)
June 11: [Milan American Legion Riders 5th Annual Motorcycle Rodeo](#) (American Legion Riders Post 569, 515 W 1st Ave, Milan)
June 11: [Crawfish Boil & Widespread Wit Tapping](#) (Great River Brewery, Davenport)
June 13: [iCan Bike Camp](#) (3541 Morton Drive, East Moline)
June 14: [History of our Locks & Dams](#) (Quad City Botanical Center, Rock Island)
June 16-18: [Quad City Symphony Orchestra's Volunteers for Symphony 33rd Annual Second Fiddle Sale](#) (Former Moline Library located at 504 17th Street)
June 18: [The Micro Brew Mile and 6K Road Race](#) (5th Avenue, Moline)
June 18: [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)
June 18: [3rd Annual Micro Brew Mile Craft Beer Festival](#) (Downtown Moline)
June 18: [World Refugee Day Festival](#) (Singing Bird Nature Center, Rock Island)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [32nd Annual Ride the River: Father's Day Bicycle Ride](#) (River Action, 822 E River Dr, Davenport)
June 24: [Picnic on the River 2016](#) (American Red Cross, 1100 River Dr, Moline)
June 24: [American Red Cross' Picnic on the River 2016](#) (Schwiebert Riverfront Park, Rock Island)
June 24: [Mud, Sweat & Cheers Obstacle Challenge](#) (Credit Island Park, Davenport)
June 24: [Ultra BlackOut](#) (The Col Ballroom, 1012 W 4th St, Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 25-26: [6th Annual BBQ & Craft Brew event](#) (Credit Island Park, Davenport)
June 25-26: [Quad City Air Show](#) (Davenport Municipal Airport)
June 26: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 26: [Hemmings Motor News Great Race - San Rafael, Calif. to Moline, Ill.](#) (Moline)
July 1-2: [31st Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 13: [YouthFest](#) (Fejervary Park, 1800 W 12th St, Davenport)
July 14-16: [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)
July 15-17: [Radish Magazine's 2016 Yoga Fest](#) (Holiday Inn, Rock Island)

July 16: [Rivers Edge Homebrew Festiv-ale](#) (The District Plaza, Rock Island)
July 16: [Insane Inflatable 5K Quad Cities](#) (Mississippi Valley Fairgrounds)
July 19-23: [Rock Island County Fair](#) (fairgrounds in East Moline)
July 29-30: [Downtown Street Fest](#) (Downtown Davenport)
July 30: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)
Aug. 4-7: [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
Aug. 6: [2nd Annual BBQ n' Blues Fest](#) (Rolling Smoke, 1228 30th St, Rock Island)
Aug. 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
Aug. 9: [Experience on a Towboat from Rock Island to St. Louis](#) (Quad City Botanical Center, Rock Island)
Aug. 11-13: [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
Aug. 13: [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
Aug. 13: [13th Annual Xstream Cleanup](#) (Greater Quad Cities)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, Rock Island)
Aug. 26-27: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 27: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 27: [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
Sept. 3-4: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 10: [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)
Sept. 10: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)
Sept. 17: [River Action's 11th Annual Taming of the Slough](#) (Hampton, Ill.)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17: [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
Oct. 27: [Fright Night](#) (The District (Rock Island)
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

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

