



May 11, 2015

# 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](http://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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## ASC's LOGCAP Plays Crucial Role in Fight Against Ebola

The U.S. Army Sustainment Command's LOGCAP proved its value again in West Africa. This time, the contract-oriented program wasn't supporting a war, but rather contributing to the halt of the largest Ebola epidemic in history. Within 48 hours of notification, LOGCAP - - Logistics Civil Augmentation Program -- had five contracted personnel in West Africa Sept. 22, after a formal request from U.S. Army Africa Command, as its initial team to support Operation United Assistance or OUA, said Matt Sannito, LOGCAP deputy director. Agriculture ministers from West African nations called for financial aid and global coordination to control and prevent the Ebola Virus Disease health care crisis from spreading. LOGCAP is the Army's premier capability to support global contingencies by leveraging corporate assets to augment current and programmed sustainment force structure. It provides global resources supporting deployed military needs augmenting combat support and combat service support units



## Upcoming Dates

- May 15:** Army Soldier Show, Adler Theatre, 7 p.m.
- May 16:** Armed Forces Day
- May 16:** America's Kids Run, Memorial Field, 9 a.m.
- May 18-22:** SFL-TAP Bldg. 56, 1<sup>st</sup> Flr. Rm. 211, 8 a.m.
- May 19:** Garrison CSM Change of Responsibility, Heritage Hall, Bldg. 60, 10 a.m.
- May 19:** Inaugural Island-wide Baby Shower, Arsenal Island Golf Clubhouse, 10 a.m.
- May 21:** Behavior Doctor Class, Bldg. 110, 1:30-5 p.m. & 6-7:30 p.m.
- May 21:** Installation Town Hall, Heritage Hall, Bldg. 60, 4 p.m.
- May 21:** Flag Placement, Rock Island National Cemetery, 4 p.m.
- May 25:** Memorial Day Ceremony, Rock Island National Cemetery, 10:45 a.m.
- May 28:** Asian Pacific American Heritage Month Observance, Heritage Hall, Bldg. 60, 1 p.m.
- May 28:** AUSA Day at Ballpark, Modern Woodmen Park, 7 p.m.
- June 2:** Overseas Orientation Briefing, ACS, 9:30 a.m.
- June 4:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- June 5:** Sponsorship Training, ACS, 12 p.m.
- June 11:** St. Ambrose University Lunch and Learn, Bldg. 56, Room 116, 11 a.m.
- June 11:** RIAWC Installation-wide Scholarship Ceremony, Arsenal Island Golf Clubhouse, 4:30 p.m.

during combat, peacekeeping, humanitarian and training operations. ([More](#))

### **Quad Cities Community Joins Rock Island Arsenal for Prayer Luncheon**

Members of the Quad Cities religious community joined Arsenal Island chaplains for the fifth annual prayer luncheon here May 12. An estimated 200 people from the installation and the local community gathered in Heritage Hall for the event. Retired Chaplain (Maj. Gen.) Douglas L. Carver, 22nd Army chief of chaplains, was the guest speaker at the luncheon. His remarks focused on the life and service of 1st Lt. Noah Harris who died while serving in Iraq in 2005. Carver challenged the audience to follow in Harris's path by doing what they can, to love those they serve, and to live a life of courage. Providing testimony to the power of prayer, Carver shared his experience of praying for a suicidal Soldier who was returning from Iraq. The Soldier approached him years later, said Carver, and asked if he remembered him. The Soldier said that he was finishing his studies at seminary and wanted to be a chaplain so he could help others, like Carver helped him. ([More](#))



### **Rock Island Arsenal Moving From Coal to Natural Gas for Power**

The Rock Island Arsenal announced a \$22.4 million deal with Honeywell on Monday to replace its 101-year-old coal-fired central steam plant with natural gas boilers throughout the island. Officials say the conversion will save money and reduce greenhouse gas emissions. The steam plant, which was built in 1914 and modified over the years, will be replaced with high-efficiency boilers in 30 buildings on the island. The conversion is scheduled to be completed in the fall of 2016. It will reduce greenhouse gas emissions by 20,800 metric tons per year, or equivalent to removing 4,500 cars from the road, Army and company officials say. ([More](#))



### **President Nominates Forces Command Chief to Lead Army**

Gen. Mark Milley, commander of U.S. Army Forces Command, has been nominated by President Barack Obama to serve as the new chief of staff, or CSA, of the Army. The announcement came during a press briefing at the Pentagon by Defense Secretary Ash Carter, May 13. If later confirmed to the position by the U.S. Senate, Milley will serve as the 39th chief of staff of the Army. "Gen. Mark Milley [is a] warrior and a statesman," Carter said. "He not only has plenty of operational and joint experience - in Afghanistan, in Iraq, and on the Joint Staff - but he also has the intellect and vision to lead change throughout the Army. ([More](#))



### **Army's Top Enlisted Leader Looks to Future**

He may not be able to predict the future, but Sgt. Maj. of the Army Daniel A. Dailey will do his best to guarantee the American Soldier is ready for whatever that future brings. "In four years, we can pretty much expect the world is still going to be a dangerous and unpredictable place," Dailey said. "And there is still going to be a significant amount of uncertainty that the Army and Soldiers, along with their Families, must be prepared to face. "One way to prevent war, which is always the most desirable course, is to ensure our adversaries know that we are an Army of preparation - the



most lethal fighting force this world has ever known, fully capable of dominance in combat, trained and ready when called." ([More](#))

### **Allyn: Readiness, Leader Development Top Priorities**

Readiness and leader development are equal priorities as the Army drives to create globally responsive forces in a continually uncertain world, said Army Vice Chief of Staff Gen. Daniel B. Allyn, May 12. Addressing readiness specifically, Allyn brought up the impact of the last sequestration on the Army, saying that within six months of the cuts, the service had less than 10 percent of its brigades ready for global deployment. "Today, in our Army, we've got about 31 percent readiness ... and that's after 18 months of rigorous work at every echelon of command across our Army ... and that's not enough ... that's just not enough as we get smaller," he said during the Association of the U.S. Army Institute of Land Warfare breakfast. ([More](#))



### **Public Employees Honored With Week That Says 'Government Works'**

You may not have realized how important last week was. There was Tuba Day, No Socks Day and Bonza Bottler Day, which provides a reason to celebrate every month, when the number of the month and the day are the same, as in May 5. Of course, that was Cinco de Mayo, a day of pride for Mexicans, a day of beer for others. V-E Day, observing the World War II victory in Europe and Nazi surrender, fell on Friday. Curiously, the list of holidays and observances at [www.emotionscards.com](http://www.emotionscards.com), "Where Every Day Is a Holiday," does not include Public Service Recognition Week. Its 30th anniversary was last week. The theme was "Government Works." ([More](#))



### **Eyes of Freedom Memorial**

The Eyes of Freedom is in the Quad Cities **May 13-18**, at the Gold Leaf Banquet and Convention Center, 2902 E. Kimberly Road, Davenport. The Eyes of Freedom is a Marine Corps League Lima Company Memorial traveling military tribute that honors the service and sacrifice of all who have answered our nation's call; then, now, and tomorrow. For all the information regarding the Memorial, check out [www.LimaCompanyMemorial.org](http://www.LimaCompanyMemorial.org). Details including times and a day-by-day run down is at <http://illowamarines.org/newsletter/eyes-exhibit15.pdf> The Marine Corps League, Illowa John C. Hernstrom Detachment #102, is honored to bring this memorial to Davenport and the Quad Cities.

### **Garrison CSM Change of Responsibility**

Col. Elmer Speights, Jr., Garrison Commander, USAG-Rock Island Arsenal, formally invites the Rock Island Arsenal workforce to attend the U.S. Army Garrison-Rock Island Arsenal Command Sergeant Major Change of Responsibility on Tuesday, **May 19**, at 10 a.m., in Heritage Hall, Bldg. 60. Command Sgt. Major Melissa Judkins, Command Sergeant Major, USAG-Rock Island Arsenal, will relinquish responsibility to incoming Command Sgt. Major Myris Callwood. A reception will be held in the Lock and Dam Lounge, Bldg. 60, following the ceremony at 10:30 a.m.



## Installation Town Hall

There will be a Rock Island Arsenal Installation Town Hall held on Thursday, **May 21**, at 4 p.m., in Heritage Hall, Bldg. 60. The Town Hall will focus mainly on the upcoming Access Control Point security measures mandated across all of DoD in CONUS; to be implemented at RIA beginning in mid-July. This Town Hall will supply the forum for the workforce and other stakeholders to ask questions and get further information.



## 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 servicemembers in honor of Memorial Day. Work to place the flags will begin at 4 p.m., Thursday, **May 21**, rain or shine. In the event of severe weather, flag placement will be 4 p.m., Friday, **May 22**. Work to remove the flags begins at 7:30 a.m., Tuesday, **May 26**, 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 or the Rock Island gates. Anyone more than 16 years of age must have current photo identification and vehicles may be subject to search. If anyone, over the age of 16, in a vehicle does not have current picture identification they will not be allowed to enter Rock Island Arsenal. For more information, call 309-782-2094.



## Memorial Day Ceremony

A Memorial Day Ceremony will begin at 10:45 a.m., Monday, **May 25**, at Rock Island National Cemetery. Maj. Gen. Kevin O'Connell, senior commander, Rock Island Arsenal, and commanding general, Army Sustainment Command, will be this year's speaker. 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 or the Rock Island gates. Anyone more than 16 years of age must have current photo identification and vehicles may be subject to search. If anyone, over the age of 16, in a vehicle does not have current picture identification they will not be allowed to enter Rock Island Arsenal. For more information, call 309-782-2094.



## AUSA Day at Modern Woodmen Park

On Thursday, **May 28**, the Association of the United States Army-Rock Island Chapter is hosting veterans at the Quad Cities River Bandits game versus the Kane County Cougars (an Arizona Diamondbacks affiliate); free to all veterans and AUSA members. Opening pitch is scheduled for 7 p.m. AUSA will honor military service during the game. Tickets can be picked up at the Modern Woodmen Park box office with ID card. AUSA will also have a table in front of the box office at



the game. For World Wide Entertainment wrestling fans, Sergeant Slaughter will also be in attendance at the game and supporting our service members. The game is also "Thirst-Day Thursday" at Modern Woodmen Park.

### **Café Cashier Trial**

Dear valued Company Kitchen/Treat America customer, effective April 20, for a trial period of 30 business days, the Bldg. 60 café will offer a cashier station. This trial will end **May 29**. The cashier station will be available for breakfast 7-9 a.m., and for lunch 10:30 a.m. – 12:45 p.m. The cashier station process will entail the following: • Customers will still have to pay for their meals first; • You will come to the station; • The cashier will ring up your order; • You will pay and receive any change; • Your order will then be processed, your ticket will print at the proper station; • You receive your food; • There will still be two self-service kiosks available for use in Bldg. 60's café. If you have any questions regarding the upcoming changes please feel free to contact me at [rockisland60@tafoodservices.com](mailto:rockisland60@tafoodservices.com). Thank you for your continued patronage.



– *Camellia Austin, Rock Island Arsenal Manager, Treat America Food Services*

### **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, June 12 and 19, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. There will also be a **3<sup>rd</sup> Shift** blood drives in the Bldg. 211 Cafeteria on Thursday nights, **May 22 & 29**. These drives begin at 2:15 am. DMC will host a community blood drive from 1-4:30 p.m., Thursday, **June 4**, at parking lot of Bldg. 350, in the MVRBC Donor Bus. To donate, please contact Sgt. First Class Jared Clapper at 309-782-5485 or visit [www.bloodcenterimpact.org](http://www.bloodcenterimpact.org) and use code 1554 to locate the drive. Donors should see their Supervisors to sign up. **Also, a slight change in that every donor must present photo ID or a blood donor card to be eligible to donate blood. Arsenal badges are acceptable. 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.**



### **VIOS Schedule for June**

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **June 9, 10, 11**. 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. 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. All scheduled dates can be found on the [RIA VIOS website](#).

### **Rock Island Arsenal Welcome Club Golf Tournament**

Are you an avid golfer or just play for fun or exercise? Come join us Tuesday, **June 2**, at the Arsenal Island Golf Clubhouse, for the RIAWC Annual Golf Tournament. You can join in as an

individual or as a team. Cost is \$125 per person or \$500 as a team. Registration will be 11 a.m. – 1 p.m.; shotgun start at 1 p.m.; banquet dinner 6-8 p.m. What a way to get out and have some fun. If you are interested in participating it is not too late to sign up. Thanks for your continued and dedicated support. All proceeds go toward college scholarships and community grants here in the Rock Island Arsenal Community. ([Flyer](#))

### **Garrison Security Guard Employment Fair**

The Rock Island Arsenal Garrison will be hosting an Employment Fair on Rock Island Arsenal on Thursday, **June 4**, 8 a.m. – 3 p.m., in the Caisson Room, Building 60, for immediate hiring of security guards. On-the-spot interviews, tentative job offers, drug testing, and security screening will be conducted for qualifying applicants as part of the Employment Fair. Physicals will be scheduled at a later date. There is no cost to attend and the event is open to the public. In order to qualify an applicant must meet Office of Personnel Management qualifications; as well as Veterans Preference and Veterans Recruitment Authority if applicable. Applicants are required to bring resumes and a valid state issued driver's license; as well as a DD214, and VA letters, if applicable. Interested applicants must tentatively confirm their attendance by emailing first and last name to Cassaundra Powell, Human Resources Specialist, Rock Island CPAC, [cassaundra.d.powell.civ@mail.mil](mailto:cassaundra.d.powell.civ@mail.mil). ([More](#))

### **Base Supply Center Closure**

The Base Supply Center (paperclips, etc.) will be closed for inventory on Thursday and Friday, **June 4-5**.

### **First Friday Social (formerly the Island Wide Social)**

Join your Island colleagues Friday, **June 5**, at 4 p.m., at the Lock & Dam Lounge (formerly known as the Arsenal Club in Bldg. 60), for a fun evening of appetizers, drinks, networking, and socializing and karaoke. This event is open to the entire RIA workforce and the general public as well. Call 309-782-4372 for more info. ([Flyer](#))

### **AMC Band Coming to the Quad-City Area**

Save the date... Rock Island Arsenal invites you to enjoy a free jazz concert, performed by the Army Material Command Band, at LeClaire Park in Davenport on **June 11**, 6-7:45 p.m. This event is free and open to the public. The AMC Band proudly serves the Soldiers and civilians of the U.S. Army Materiel Command stationed at more than 140 locations worldwide. The band, with its eight music performance teams, 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 under the purview of the AMC chief of staff.



### **RIAWC Installation-wide Scholarship Ceremony**

Mark your calendars - the Rock Island Arsenal Welcome Club is hosting an Installation-wide Scholarship Ceremony on **June 11**, at 4:30 p.m., at the Arsenal Island Golf Clubhouse. The ceremony will feature the presentation of several scholarships at one time by RIAWC, National

Defense Industrial Association, Women in Defense, the Association of the United States Army, and the Commissary.

### **Mark Your Calendars - Army Birthday Fun Run & Cake Cutting**

The Army turns 240 years old this year. Come help us celebrate **June 12** by participating in the 5k fun run and later join us for the cake cutting ceremony. The AMC Band will perform and they always impress so don't miss out on this opportunity to hear these talented Soldiers perform. To take part in the run, meet in front of Quarters One at 6 a.m., the race will start at 6:30 a.m. after reveille and all (military, civilian, family members, general public, etc.) are invited to participate. Call 309-782-6787 for more info. There will be a cake cutting ceremony the same day held in Heritage Hall, Bldg. 60, at 11 a.m. ([Flyer](#))



### **240<sup>th</sup> Army Birthday Ball**

The Rock Island Arsenal and Quad-City area military community will celebrate the 240<sup>th</sup> Army Birthday Ball on Saturday, **June 13**, starting at 5:30 p.m., at the Quad Cities Waterfront Convention Center, 2021 State Street, in Bettendorf. Cost per Person is \$45 per person (E-7/GS-8/WG-6/NF3 and above); and \$38 per person (E-6/GS-7/WG-5/NF2 and below). Dress... Military: Dress Mess/Army Service Uniform with white shirt and bow tie; Civilian: Tuxedo or dark suit. Please RSVP by **May 18** to ASC Protocol at 309-782-2410. The event will include: a social hour/receiving line; the National Anthem and posting of the Colors; streamer ceremony; champagne toasts; dinner; guest speaker – Sgt. Gary Beikirch, Medal of Honor recipient; Retiring of the Colors; and Dancing. Child care will be offered on-post in a CYSS facility from 5-11 p.m. Children will be provided a heavy snack mid-way through the night. Please feed your child dinner before arriving. RSVPs for childcare are due by **May 29**. Children must be registered with CYSS. Call 782-6793 to make reservations.



### **RIA AUSA Annual Golf Outing - Save the Date**

Save the Date! RIA AUSA will hold its annual golf outing and fundraiser on Friday, **July 17**. Sponsorship and entry forms will be forthcoming soon. Visit [www.ria-ausa.org](http://www.ria-ausa.org) to keep posted about chapter activities. ([Flyer](#))

### **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees —* **Sam's Club Military Promotion Month:** When you join or renew your Military Membership, you receive a \$15 gift card plus free groceries (rotisserie chicken, five cheese macaroni, cookies). This offer is available May 1-31. This offer is valid for active military, veterans, military personnel and military spouses. Proof of military service required for military membership. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> 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 3<sup>rd</sup> St., 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.*

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# Arsenal Traffic/Construction

## **Fort Armstrong Avenue, Rock Island Viaduct Reopened; Construction Complete**

At 5 a.m. on May 14, Fort Armstrong Avenue and the Rock Island Viaduct on Arsenal Island reopened to vehicular traffic. The repair and construction work has been completed ahead of the originally scheduled time frame of late May or early June. The Arsenal's Rock Island Gate has reopened full time for Arsenal traffic. The Arsenal's Davenport Gate has returned to peak traffic volume only Monday through Friday in the morning for Arsenal inbound traffic between 5:30-8:15 a.m. and again in the afternoons for outbound traffic from the Arsenal between 2-5:30 p.m. The Rock Island Arsenal performed road work on the intersection of Fort Armstrong Avenue and Rock Island Drive at the west end of Arsenal Island. This work resulted in a full vehicle closure of the Arsenal's Rock Island Gate and Rock Island Viaduct, and restricted vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail remained open during the closure and continues to be open for recreational public use.

## **Parking Lot 2E and Buffington Street Closures**

Parking Lot 2E, located North of Bldg. 220, and access to Flagler St. from Rodman Ave. are planned to be closed for repair beginning April 15 for about eight weeks. Pedestrian access to the JMTC facilities through the turnstiles and gates in this work area will also be closed. Immediately following the parking lot completion, Buffington St., from Rodman Ave. to Parking Lot 3H (parking lot west of Bldg. 350) will be closed for repair. Work on Buffington St. is anticipated to last about six weeks. Western traffic is encouraged to use North Ave. and Whittemore St. Eastern traffic is encouraged to use North Ave. and Gillespie St. Short duration, one lane closures on Rodman Ave. may occur near Buffington St. during this work time. Signs and barricades will be used to warn traffic and close areas during repair.

## **Parking Closure Near Bldg. 64**

Effective March 1 through Wednesday, **July 1**, the Directorate of Public Works will begin replacing the roof on Bldg. 64. Parking along the west side of the street (3rd street) will be closed **April 17 through July 1**. During these closures fencing, barricades, and signage will be positioned, as required. Timeframes may be extended depending on weather related issues.

## **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 building/space closure announcements for this week.*

## Active Duty/Reserve Zone

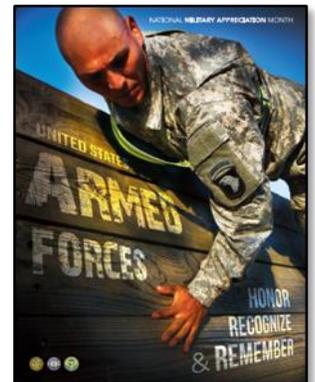


### **Senate Panel Votes to Overhaul Military Retirement, to Cut Headquarters Spending**

The Senate Armed Services Committee voted Thursday to overhaul the military's compensation system, nudging it away from a defined benefit structure and adding a government-matched investment plan similar to a 401k. The vote puts both the House and Senate on the same page, though the Obama Administration is still undecided about whether and how to proceed. The Senate committee approved the retirement changes as part of its version of the annual Defense authorization bill. The vote came just two weeks after the committee's House counterpart approved very similar provisions, and both are based on the recommendations a blue ribbon panel made earlier this year after two years of study. ([More](#))

### **National Military Appreciation Month: "United States Armed Forces: Honor, Recognize & Remember"**

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." 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. ([More](#))



### **Progressive Motorcycle Program**

The Army Progressive Motorcycle Program (PMP) requires all Soldiers who own or operate a motorcycle to complete four separate training events at specific time intervals defined in Army Regulation 385-10: the Motorcycle Safety Foundation Basic RiderCourse (BRC), Basic RiderCourse 2 (formerly Experienced RiderCourse) or Military SportBike RiderCourse, motorcycle refresher training, and sustainment training. Required follow-on training must be completed within 12 months of completing the BRC, and sustainment training is required every five years. Refresher training is only required if a rider has been deployed more than 180 days. ([More](#))

## Inaugural Island-wide Baby Shower

Mark your calendars and save the date for the Inaugural Island-wide Baby Shower hosted by the Iowa State Chapter, Mississippi Valley Division March of Dimes. The event will take place **May 19**, 10 a.m. – Noon, at the Arsenal Island Golf Course Clubhouse. This baby shower is for all expecting Active Duty, National Guard, and Reserve with military ID card holder spouses. To RSVP for the event, contact Deena at 563-323-6378. Space is Limited.



## Bix 7 Road Race Waves Entry Fee

The [Bix 7 Road Race](#), **July 27**, in Downtown Davenport, again this year is honored to be able to wave entry fees for active duty military, guard and Reserve. 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 several hundred military, guard and reserve participated. Additionally, last year the Bix committee was able to establish two distinctive viewing areas for veterans. The starting line saw several honor flight participants, while the top of Brady and Kirkwood had a large contingent representing the Vietnam veterans. The 41<sup>st</sup> Anniversary is shaping up to be another great event and we're excited to show our continued appreciation to the military. ([Entry Form](#))

## Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense. Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**. "We are honored and excited to be able to bring this program



to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at [arts.gov/national/blue-star-museums](https://arts.gov/national/blue-star-museums).

## Military 4-H Scrapbooking SPIN Club

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3<sup>rd</sup> Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). [Register online today!](#) Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.

# Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



## Too Busy To Drive?

Distracted driving isn't a man or woman thing. How many times have you watched someone — regardless of gender — eat, shave, do their hair, read, text, talk or play with a cellphone or otherwise find things to occupy their time behind the wheel? Is it that driving has become so boring, or maybe some folks are just trying to be masters of multitasking? Here are some distracted driving tips from Farm Bureau Insurance to keep you on the straight and narrow. ([More](#))

## Motorcycle Safety Awareness Month

Motorcycle accidents continue to be a leading cause of accidental death in the United States Army. During fiscal 2014, 34 Soldiers were killed while riding their motorcycles, a figure that represents approximately 43 percent of all private motor vehicle fatalities occurring during the year. While leader engagement and enhanced training opportunities have helped drive advances in rider safety during the past several years, greater awareness is needed to ensure all Soldiers are prepared to ride in a safe and disciplined manner. ([More](#))

# Equal Employment Opportunity Focus



## Mark Your Calendars – Asian Pacific American Heritage Month Observance

There will be an Asian Pacific American Heritage Month Observance on **May 28**, in Heritage Hall, Bldg. 60, at 1 p.m. This year's theme for Asian Pacific American Heritage Month is "Many Cultures, One Voice: Promote Equality and Inclusion." During the month of May we honor Asian and Pacific Americans for their military service and contributions to the success of our Nation. Despite historic obstacles, Asian and Pacific Americans have persevered and contributed to every aspect of American life. This month, we pay tribute to the tenacity, hope and resolve of Asian and Pacific American Soldiers, civilians and Family members who have helped shape our history and make America's Army a model institution for diversity and inclusion.

We take this time to remember the challenges and celebrate the achievements that define our history. The Army is fortunate to gain its strength from the vast diversity of languages, religions and cultural traditions found in our ranks, and that well represent the American people we serve. The Army is the strength of the Nation and historically a leader in creating opportunities for all. We firmly value the principles of diversity and inclusion and continue to lead American society in maximizing the potential of future leaders from all backgrounds. As we celebrate the contributions of Asian and Pacific Americans to our military profession, we are assured that the American dream is attainable by all who desire it. Army Strong!



## Annual Employee Self-Identification of Disability, Race and Ethnicity

Accurate data is significant to ensuring appropriate planning, resourcing, monitoring, and statistical reporting of Equal Employment Opportunity programs. The Garrison EEO Office requests and encourages employees to access the automated tool MyBiz, <https://compo.dcpds.cpms.osd.mil>, and review personal data to ensure its accuracy. Employee action by **June 1** is requested. Employees may update disability, ethnicity, and race information in MyBiz. Employee step-by-step instructions for viewing and updating these data elements are attached. Furnishing of disability, ethnicity, and race information is voluntary and does not impact your employment. Self-identification is used for statistical purposes only. The information entered in MyBiz is covered by the Privacy Act of 1974. Employees may direct questions regarding the collection and reporting of disability, race, and ethnicity to the Garrison EEO Office at 309-782-1488 or DSN 793-1488.

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# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### 2015 U.S. Army Soldier Show

It's Army entertainment like you've never experienced before. The Soldier Show is a live Broadway-style variety performance featuring our best talent. It's singing, it's dancing and it's amazing! The Soldier Show returns to the Quad Cities for a one-night only performance on Friday, **May 15**, at 7 p.m., in the Adler Theatre. This free show is open to the general public and tickets can be picked up at the following locations on-post:

- Leisure Travel Office (Bldg. 333)
- Fitness Center (Bldg. 67)
- Army Community Service (Bldg. 110)
- MWR Main Office (Bldg. 110)
- ASC Protocol Office (Bldg. 390)

Tickets can also be picked up off-post at the Adler Box Office. ([Flyer](#))

### America's Kids Run

Mark your calendars Saturday, **May 16**, at 9 a.m., at Memorial Field, for the 2015 America's Armed Forces Kids Run. 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.

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

These are all for fun, and non-competitive. Register by **April 30** for \$8/child to be guaranteed a t-shirt and finishers medal. Price increases to \$10 on **May 1**. The races will begin at 9 a.m. We will also have a family fun zone with lots of activities after the races. Register at:

<http://getmeregistered.com/RIAAmericaKidsRun> or call 309-782-0511 for more info. ([Flyer](#))

### **Paintless Dent Repair**

Back by popular demand, Wednesday, **May 20**, 9 a.m. - 7:30 p.m., at the Auto Skills Shop, the paintless dent repair technician will be available for repairs. 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.

### **Slow Pitch Softball League**

Get your team together and make sure to get signed up for the 2015 RIA Slow Pitch Softball League. This games for this co-ed league will be played on Monday nights at the sports complex on Blunt Road. Cost is \$420/team. Registration packets and more info is available at the Fitness Center or by calling 309-782-5124. Deadline to register is Wednesday, **May 27**. ([Flyer](#))

### **Newcomers Orientation and 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 28**, 8 a.m. - 12 p.m., at the 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 and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

### **Self Defense Seminar**

With school coming closer to summer break, outside activities will start to take shape. High school seniors will begin looking to college and college freshman will look to sophomore year. All will benefit from self-defense and self-awareness training. This three-hour self-defense seminar Saturday, **May 30**, 8-11 a.m., at the Fitness Center, will focus on those things to make the students aware of reactions needed to stop an assailant or aggressive friend. The seminar is not limited to students but anyone wanting to learn mind opening techniques that can be remembered and used with little repetition. Unlike most self-defense systems that rely heavily on strength, speed, and coordination, the student will use techniques that regardless of age or athletic ability can be applied. This program can be started without any previous experience or martial arts training. The seminar is \$50/person and you can sign up by calling 309-782-6787 or stopping by the Fitness Center. ([Flyer](#))

### **Rock the Island Car Show**

Rock Island Arsenal's 2nd annual Rock the Island Car Show will be held on Rodman Ave. from 9 a.m. – 2 p.m. on Saturday, **June 13**. Vehicle registration is \$15/vehicle. This fun, family event is free to attend and open to the public, so please share with all your automotive enthusiast friends. Register online at: <http://tinyurl.com/RIA-CAR-SHOW-2015> Call 309-782-8631 for more information. ([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](#))

## NASCAR Race Bus Trip

Calling all race fans! Get your tickets for the MWR bus trip Sunday, **May 17**, and be there in person to watch all the high octane action at the opening weekend of the 2015 Iowa Speedway season while leaving the hassle of driving, traffic and parking to us. Tickets are \$41/person and includes transportation only. You will be responsible to purchase your own ticket to the race at the racetrack box office. You are allowed to bring a small cooler on the bus but it must fit under the seat. Get your tickets by visiting: <http://tinyurl.com/NASCAR-BUS-2015>, stopping by the Leisure Travel Office (in Bldg. 333, next to the Exchange) or calling 309-782-5890. ([Flyer](#))

## Professional Bull Riders

Coming to the iWireless Center - The PBR's BlueDEF Velocity Tour is a collaboration between PBR and AEG, the leading sports, entertainment and venue operator in the world, which offers established and up-and-coming bull riders the opportunity to gain the valuable points needed to qualify for the PBR's elite Built Ford Tough Series. Leisure Travel has limited discount seats until **June 1**. Section 116 Rows 9 & 10 are \$49, Section 105 Tows 7 & 8 are \$29.

Date: **Saturday, June 13**

Time: **7 p.m.**

## The Sound of Music

This Tony Award winner for Best Musical provides one of the most thrilling and inspirational finales ever presented in theatre. Enjoy such timeless classics as "Do-Re-Mi," "My Favorite Things," "Climb Every Mountain," and more. Leisure Travel has discounted seats available until **June 12** for \$46.

Date: **Saturday, June 27**

Time: **5:45-9 p.m.**

## Cubs vs. Cardinals Bus Trip

MWR Leisure Travel has a Cubs vs. Cardinals bus trip scheduled. Cost will be \$99 per person to include transportation and ticket to game. Seats are located in Upper Deck Box Outfield. Departing from RIA at 6 a.m. from the COL Davenport Pavilion. Limited alcohol permitted on chartered bus. Coolers must fit under the seats and not block the aisle. No glass bottles. No smoking permitted on motor coach. Estimated return time will be 8 p.m. ([Flyer](#))

Date: **Saturday, Sept. 19**

Time: **12:05 p.m.**

## Disney LIVE! Three Classic Fairy Tales

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty

and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

### **2015 Adventureland Tickets**

Leisure Travel has discounted 2015 admission tickets on sale. Gate price for Adult is \$40; Child is \$35; MWR is \$32. Two years and under free admission.

### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre**

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

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## **Child, Youth & School Services**



### **Covenant Cottage Child Development Home**

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

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## **Army Community Service**



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

### **The Behavior Doctor**

Join us Thursday, **May 21**, in the Abel Conf. Rm., 1st Floor, Bldg. 110, for what will possibly be the best parenting information session you will ever attend. Dr. Laura Riffel is a nationally acclaimed speaker educating parents and professionals on effective parenting and communication strategies. Dr. Riffel will present for two different sessions, one on general parenting taking place 3:30-5 p.m.; and the other on positive interventions and strategies for parent of children with special needs taking place 6-7:30 p.m. ([Flyer](#))

## Overseas Orientation Briefing

Are you on orders to PCS out of the country? If so make sure to attend the Overseas Orientation Briefing Tuesday, **June 2**, 9:30-11 a.m., at Army Community Service (Bldg. 110), to learn specifics and tips about your new duty location. Call to RSVP: 309-782-0829. Individual relocation counseling is also available by appointment, call 309-782-0829 to schedule your appointment. ([Flyer](#))

## Sponsorship Training

Have you been appointed to sponsor a new incoming Soldier/civilian? Make sure to attend our monthly sponsorship training session Friday, **June 5**, 12-1 p.m., at Army Community Service (Bldg. 110), before your new Soldier/civilian arrives so that you can help them adjust to their new duty station quickly and hit the ground running. Training is held on the first Friday of every month from 12-1 p.m. at Army Community Service (Bldg. 110) and lunch will be provided for all service members courtesy of the USO. Registration is required by calling 309-782-0829. ([Flyer](#))

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## Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> 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. [Find us on Facebook click here.](#)

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## Education/Training Review



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

## Save the Date for Annual Commencement Recognition Ceremony

Save the Date! ACES Rock Island Education Center will once again host its annual Commencement Recognition Ceremony on **Sept. 1**. All Soldiers that have earned a degree this fiscal year, are encouraged to contact our office to ensure that you will be recognized for your outstanding achievement at 309-782-2065.

## St. Ambrose University Lunch and Learn

St. Ambrose is hosting informative lunch-n-learn sessions to learn how you can take advantage of special tuition rates available for MBA students. In support of our military and civilian personnel on the Arsenal, SAU offers special pricing at a fraction of the regular tuition rate for MBA students. The event will take place **June 11** in Bldg. 56, Room 116, 11 a.m. – 12 p.m., or 12-1 p.m. A light lunch will be provided. Priority will be given to military personnel. RSVP NLT **June 9** to reserve

your seat. Call 563-333-6170 or [leonardmichelem@sau.edu](mailto:leonardmichelem@sau.edu). The Garrison POC is [Michelle Beck](#), at 309-782-0965.

### 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, **July 23**; • Black Hawk College, **July 9**; • Eastern Iowa Community College, **June 4, July 2, Aug. 6 and Sept. 3**; • Kaplan University **Aug. 13**; • Saint Ambrose University, **July 16**; • Trinity College of Nursing & Health Sciences, **May 21 and Aug. 20**; • Upper Iowa University **Aug. 12**.

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## 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](http://www.commissaries.com) ([Facebook](#))

### Spring Customer Appreciation Case Lot Sale

Commissary Customer Appreciation Case Lot Sales will be held at most commissaries in the U.S. and Puerto Rico for 1-4 days from April 16 to June 28. The dates for the Rock Island Arsenal Commissary are **May 15-16**. You deserve the very best! ([More](#))

### Exchange Opens Earlier, Serves Breakfast

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornados, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.





# 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](#))

## Civil War Prison Camp Here in the Quad Cities

Learn about the Civil War prison camp that used to be located on the Arsenal Island. The Colonel Davenport Historical Foundation is hosting this program and lunch on Sunday, **May 17**, at 1 p.m. at the Arsenal Island Golf Clubhouse. Kris Leinicke, Rock Island Arsenal Museum Director, will give an overview of the history of the Rock Island Barracks, 1863-1865. The presentation is primarily illustrated with photographs and images from the time period. Included are stereoview images and two John Gisch paintings in the collection of the Rock Island Arsenal Museum. The cost to attend the CDHF program is \$20 per person and advanced reservations are required. Purchase tickets online at [www.davenporthouse.org](http://www.davenporthouse.org) or call Jessica Waytenick at 309-737-4280 by **May 11**. For more information on CDHF events, membership, volunteer opportunities, and the Colonel Davenport House, visit their website at [www.davenporthouse.org](http://www.davenporthouse.org).

## History Comes Alive for Pioneer Days at the Colonel Davenport House

The third annual Pioneer Days at the Colonel Davenport House on Arsenal Island expands to two days this year on **June 13-14**. There is an overnight encampment of fur trader re-enactors, called a Buckskinners' Rendezvous, with pioneer portrayals demonstrating hatchet and knife throwing, and craft demonstrators such as wood-working, chair caning, spinning, quilting, basket making, rope making, and campfire cooking. There are also historical re-enactors and activities/demonstrations from the Belgian Lace-makers, Buffalo Bill Museum, Moline Preservation Society, Rock Island Arsenal Museum, River Share Library, and more. Larry Lockwood will do a demonstration at 1 p.m. on Saturday on drum and a recitation on the Indian influence of the pioneer era. Lockwood is a member of the Northern Cheyenne tribe and also belongs to the Native American Coalition of the Quad Cities. Vendors available will be Dickey's BBQ with sandwiches, fries, and drinks; and Stan's Ice Cream. Pioneer Days hours are 10 a.m. to 5 p.m. on Saturday, **June 13** and 12-4 p.m. on Sunday, **June 14**. Tours of the Colonel Davenport House included. Admission is \$10.00 adults for 13 years and over; free 12 and under. For more information, visit their website at [www.davenporthouse.org](http://www.davenporthouse.org). Plan to spend the day on Arsenal Island on the Mississippi Riverbank, just like George Davenport's family did when they lived there.

## This Week in Rock Island Arsenal History – May 11-17

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.

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# Healthbeat

## Important Changes in Pharmacy Hours

- **May 20:** Pharmacist will be on duty until 3 p.m. (if prescriptions are brought in after 3 p.m. you will need to return the following day to pick them up)
- **May 26:** We will not have a pharmacist on duty, we will not fill outside prescriptions, only prescriptions filled will be for patients seen in the clinic that day for acute conditions, routine refills for patients seen in the clinic will not be dispensed.

Please bear with us while we work through a pharmacist shortage. If you have any questions or concerns, please feel free to call Sgt. First Class Robinson-Wilson at 309-782-0989 or 309-782-0943, or you may call Capt. Converse at 309-782-0865.

## Women's Health Month

As the Army recognizes Women's Health Month in May, Army Medicine seeks to 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. Female Service members proudly serve in the nation's military, making up 15.8 percent of the force today including active duty, reserve, and guard. The percentage of females continues to grow, increasing four percent from 20 years ago. Army Medicine recognizes the magnitude and impact of women's health and appreciates the unique challenges of being a woman in the Army whether Soldier, Family member, or retiree. In order for women to be fully integrated and effective members of the team, the Army must ensure women's unique health needs are addressed. ([More](#))

## May is Better Hearing and Speech Month

There are a number of causes of hearing loss. Some of them involve temporary loss that can be treated with medication or surgery. Others are permanent and not treatable with medication or surgery but may be mitigated with amplification (hearing aids). The most common type of hearing loss in the military is noise-induced hearing loss, or NIHL. NIHL is a permanent type referred to as sensorineural hearing loss (SNHL). SNHL is due to damage to microscopic nerve cells in the cochlea, the end organ of hearing. NIHL is painless, progressive, permanent and preventable. ([More](#))

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# Notes for Veterans

## VA Secretary Waives Resident-Rate Requirements of the Choice Act through December

In order to make it easier for Veterans and their families to receive their GI Bill benefits where they choose, the Secretary of Veterans Affairs has used his authority to waive the provisions of Section 702 of the Veterans Access, Choice and Accountability Act of 2014 (Choice Act). This action will ensure all GI Bill® students are able to continue training at their chosen institutions. Under Section 702, VA must disapprove education programs at public institutions for Post-9/11 GI Bill and

Montgomery GI Bill-Active Duty (MGIB-AD) benefits if a school charges certain individuals tuition and fees in excess of the resident rate for terms beginning after July 1, 2015. ([More](#))

### **VA Launches Innovation Creation Series to Improve Quality of Life for Veterans**

Can you imagine losing the ability to use everyday objects like your phone, typing on a computer or even enjoying a beloved hobby like photography? These are just a few of the challenges that Veterans and civilians with disabilities such as amputations and tremors face every day – and these are the challenges the Department of Veterans Affairs (VA) wants to help solve. Through the launch of VA's Innovation Creation Series for Prosthetics and Assistive Technologies, VA invites all designers, engineers, and problem solvers alike, to help us find creative ways to solve these challenges. The VA Innovation Creation Series aims to accelerate the development of personalized technologies to improve care and quality of life for Veterans. ([More](#))

### **May is Mental Health Awareness Month**

May is Mental Health Awareness Month. To commemorate the month, the Department of Veterans Affairs (VA) is encouraging Veterans, along with their families and friends, to visit and view recovery journey stories on the website, [MakeTheConnection.net](#). Make the Connection is a national awareness program operated by VA aimed at reducing the negative perceptions and stigma associated with seeking mental health care. Through the Website, Veterans and their loved ones hear from hundreds of other Veterans who may be experiencing similar challenges, learn strategies for support and recovery, along with local resources available through a resource locator. ([More](#))



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



**C**

**May 16:** [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimberly Road)

**May 16:** [2<sup>nd</sup> Annual Live Fit With Lupus Run](#) (Black Watch Room, Pebble Creek Golf Course, LeClaire, Iowa)

**May 22-31:** [Historic Homes & Gardens of the Scottish Highlands](#) (QC Botanical Center, Rock Island)

**May 25:** [50<sup>th</sup> Annual Quad Cities Criterium](#) (Village of East Davenport)

**June 1-6:** [25<sup>th</sup> Annual Quad Cities Senior Olympics](#) (1800 3<sup>rd</sup> Ave, Rock Island)

**June 3, 4:** U.S. Army & NDIA Small Business/APBI Symposium (iWireless Center)

**June 5-6:** [Rhubarb Festival](#) (Aledo, Ill.)

**June 6:** [QC Pridefest](#) (Downtown Davenport)

**June 12-13:** [Gumbo Ya Ya](#) (The District, Rock Island)

**June 13:** [Quad Cities Cruisers Cruise-In Carshow](#) (4-9 p.m., Davenport Learning Center, 1002 W Kimberly Road)

**June 13-21:** [Quad Cities Museum Week](#) (Greater Quad Cities)

**June 15:** [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

**June 17-20:** [Rally on the River](#) (Centennial Park, Davenport)

**June 20:** [2<sup>nd</sup> Annual Micro Brew Mile & 6K Road Race](#) (Moline)

**June 21:** [Ride the River Bike Ride](#) (Mississippi River bike paths, Iowa & Illinois)

**June 28:** [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)

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

**July 4:** [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)

**July 4:** [Bettendorf Old-Fashioned 4<sup>th</sup> of July](#) (parade at 10 a.m.)

**July 6-12:** [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)

**July 9-11:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)

**July 11:** [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimberly Road)

**July 15-19:** [Rock Island County Fair](#) (Fairgrounds, East Moline)

**July 17:** [Rock Island Arsenal Chapter AUSA Annual Golf Outing](#) (Arsenal Island Golf Course)

**July 24-25:** [Downtown Street Fest](#) (2<sup>nd</sup> Street in downtown Davenport)  
**July 25:** [Bix 7 Run/Walk](#) (Downtown Davenport)  
**July 30-Aug. 2:** [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)  
**Aug. 4-9:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)  
**Aug. 6:** [Freedom Run 5k](#) (Moline)  
**Aug. 7-8:** [Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 8:** [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimberly Road)  
**Aug. 13-15:** [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)  
**Aug. 15:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 28-29:** [River Roots Live](#) (Downtown Davenport)  
**Aug. 28-30:** [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)  
**Sept. 4-7:** [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)  
**Sept. 5-6:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 5-7:** [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)  
**Sept. 12:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)  
**Sept. 12:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)  
**Sept. 12:** [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimberly Road)  
**Sept. 12-13:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 18-19:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 19:** [Brew Ha Ha](#) (LeClaire Park, Davenport)  
**Sept. 19-20:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)  
**Sept. 27:** [Quad Cities Marathon](#) (downtown Moline)  
**Sept. 25-27:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)  
**Oct. 10:** [Quad Cities Cruisers Cruise-In](#) (3-6 p.m., Davenport Learning Center, 1002 W Kimberly Road)  
**Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 29:** [Fright Night](#) (The District, Rock Island)  
**Oct. 24:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)  
**Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)  
**Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)

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# Island Insight



**[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor**

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