

May 19, 2014



# Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](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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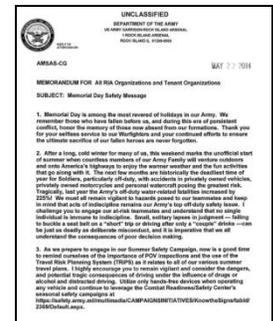
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**RIA CG Memorial Day Message:** Memorial Day is among the most revered of holidays in our Army. We remember those who have fallen before us, and during this era of persistent conflict, honor the memory of those now absent from our formations. Thank you for your selfless service to our Warfighters and your continued efforts to ensure the ultimate sacrifice of our fallen heroes are never forgotten. After a

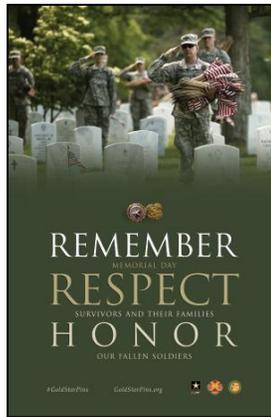
long, cold winter for many of us, this weekend marks the unofficial start of summer when countless members of our Army Family will venture outdoors and onto America's highways to enjoy the warmer weather and the fun activities that go along with it. The next few months are historically the deadliest time of year for Soldiers, particularly off-duty, with accidents in privately owned vehicles, privately owned

motorcycles and personal watercraft posing the greatest risk. Tragically, last year the Army's off-duty water-related fatalities increased by 225%! We must all remain vigilant to hazards posed to our teammates and keep in mind that acts



of indiscipline remains our Army's top off-duty safety issue. ([More](#))

**Memorial Day Ceremony:** A Memorial Day Ceremony will begin at 10:45 a.m., Monday, **May 26**, at Rock Island National Cemetery. There will be no parking at the cemetery for these ceremonies 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.

### **Soldiers Help Cub Scouts Earn**

**Badges:** The U.S. flag served as a teaching tool for several local Cub Scouts from Davenport. Scouts with Cub Scout Pack 2664 participated in flag-folding duties with Soldiers from First Army during a retreat ceremony on May 20. Scouts were able to earn a merit badge for their service. Retreat ceremonies are conducted daily on U.S. military installations, signaling the end of the official duty day and serves as a ceremony for paying respect to the U.S. flag. ([More](#))



### **RIA Welcome Club Presents \$20,000 in Scholarship Awards:**

The Rock Island Arsenal Welcome Club honored 17 college-bound students with



## Upcoming Dates

- May 24:** City of Silvis Memorial Day Service, Hero St. Memorial, 12 p.m.
- May 25:** City of Davenport Memorial Day Ceremony, 2:30 p.m., Memorial Park, 39<sup>th</sup> St.
- May 26:** Memorial Day Holiday (*Federal Holiday*)
- May 26:** Rock Island National Cemetery Memorial Day Ceremony, 10:45 a.m.
- May 27:** Military Spouse Fun Night, Bldg. 110, 1st Fl., SW, 6-8 p.m.
- May 28:** RIA Prayer Luncheon, Heritage Hall, 11:30 a.m.
- May 28:** Protection Wkg Grp Mtg, Baylor Conf. Rm., Bldg. 103, 3rd Fl., 1 p.m.
- May 29:** QC Honor Flights, Moline Intl. Airport
- June 2:** CYSS Summer Camp Begins
- June 7:** RIA Community Wide Yard Sale, Memorial Park, 8 a.m. – 2 p.m.
- June 7:** Pioneer River Days, Davenport House, 1-4 p.m.
- June 8:** Salute to Vets & Memorial Dedication, Andover Lake Park, 10:30-11:30 a.m.
- June 10:** Assertiveness Training Class, Bldg. 56, 1<sup>st</sup> Fl., Rm. 122, 10:30 a.m.
- June 10:** RIA Community Special Events Planning Mtg., Bldg. 60, Caisson Rm.
- June 10-12:** Motorcycle Basic Rider/Basic Rider II Courses
- June 11:** Senior NCO Tenant Mtg., Arsenal Island Golf Clubhouse, 11:30 a.m.
- June 12:** Front Street 5K Run/Walk, 7-8 p.m.
- June 13:** Army Birthday Cake Cutting Ceremony, Heritage Hall, 12 p.m.
- June 13:** Army Bday 5K Run/Walk, 6:30 a.m. [📍](#)
- June 13:** Quad Cities Military Salute Gala, Waterfront Convention Center, Bettendorf, 6 p.m.
- June 14:** 239<sup>th</sup> Army Birthday [📍](#)
- June 19:** Walk-In Pet Vaccination Clinic, RIAFD, 1-6 p.m.



scholarships during a luncheon at the Rock Island Arsenal Golf Clubhouse on May 21. A total of nearly \$20,000 was awarded to 17 students scheduled to attend classes this fall. Scholarships were in the amounts of \$1,000 to \$1,500. ([More](#))

## **Professor Continues Mentor's Quest to Broaden Asian Studies in America:**

Some fortunate people have mentors that enlighten them and show the way forward in life. Such is the case with the guest speaker for this year's Rock Island Arsenal Asian-American Pacific Islander Observance held May 21 at Heritage Hall. ([More](#))



**Fisk Takes Charge of Army Sustainment Command's HHC:** Col. William Krahling, commander, Distribution Management Center, Army Sustainment Command, passed the unit guidon to Maj. Chandler Fisk, incoming



commander, ASC Headquarters and Headquarters Company, during a change of command ceremony at Rock Island Arsenal, Ill., May 20. Fisk takes over for Maj. James Mick who served as HHC company commander since October 2012. ([More](#))

## **New Senior Advisors to Army National Guard Receive Their Marching Orders:**

Newly-appointed senior advisors to the Army National Guard (SRAAG) learned more about their roles during a training conference hosted by First Army here from May 13-16. ([More](#))



**Coming Back With Wes Moore:** As part of WQPT's "Embracing Our Military" initiative, we will host a special preview screening of "Coming Back With Wes Moore," followed by a panel discussion featuring local veterans. The event will be held at the Waterfront Convention Center on Thursday, **May 29**, 12-1:30 p.m., and will engage the community in a discussion on some of the most difficult questions related to returning from war.

This event is free and open to the public. Light refreshments will be served. In the series, which will air in three parts on WQPT, Moore takes viewers with him into the personal lives of different soldiers as they attempt to reintegrate into society, establish new identities and—for many—find a new mission. Each episode focuses on a different stage of coming home: "Coming Back" (**May 21**), "Fitting In" (**May 28**) and "Moving Forward" (**June 4**).

**RIA 2014 Prayer Luncheon:** There will be a Spiritual Resiliency Event held in Heritage Hall, Bldg. 60, Wednesday, **May 28**, 11:30 a.m. – 1 p.m. The special guest speaker will be Brig. Gen. Charles Bailey, 24<sup>th</sup> Deputy Chief of Chaplains of the United States Army. There is no cost to attend, but you must have a ticket and register in [TEDs](#). Tickets are available at any chaplain's office. POC: [Staff Sgt. Gene Lucas](#) at (309) 782-1116.



## **Rock Island Arsenal NARFE Service Center:**

The National Active and Retired Federal Employees Retiree Service Center located in Bldg. 56, Room 105, on Arsenal Island will



be closing effective **May 30**. The center has been staffed by volunteers from the NARFE, Illinois Blackhawk Chapter #338 and the Iowa Davenport Chapter #279. Even though the physical office space will no longer exist, we will continue to provide NARFE members, their families and survivors with assistance in contacting the Office of Personnel Management concerning benefits and programs, such as civil service annuities, survivor benefits, life insurance, income tax-withholding from annuities and health insurance, and other important programs, such as Medicare, Social Security and veterans' benefits. We have several volunteers willing to help you, but initially you may contact one of the following to assist you with these issues. POCs: • Illinois Blackhawk Chapter #338, [Linda Bass](#), H: (309) 949-3819, C: (309) 235-7340; • Iowa Davenport Chapter #279, [Mary Strassburger](#), (563) 349-9697.

**VIOS Schedule for June:** Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **June 10, 11, and 12**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click

on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

### **ASC/AMC "Best Warrior"**

**Competition Notification:** ASC is conducting the ASC/AMC NCO and Soldier of the Year "Best Warrior" competitions at Rock Island Arsenal **June 23-26** (ASC) and **July 28-31**

(AMC); in order to recognize and showcase the best Soldiers in the ASC/AMC. The competition will consist of critical thinking skills testing, performance-based and hands-on evaluations. The competition will test each competitor's Army aptitude via an Army physical fitness test, board interviews, a written exam, essay writing, day and night urban orienteering, a rifle proficiency range, a mystery event, and warrior tasks and battle drills. The competitors will be moving in and around the Island 5 a.m. – 11 p.m. daily during the scheduled events. Please be aware that the warrior task and battle drill lanes originate around the Arsenal test track and include use of simulators and blank ammunition firing. The urban orienteering events require Soldiers to move through unrestricted areas throughout the Island. This announcement is intended to inform you of the circumstances of these competitions and reduce any confusion in the Soldier activities that you may witness during these time frames.

### **CAC/ID Card Office Status:**

Because of unscheduled closures, equipment and internet issues and failures at multiple locations in our surrounding geographic area, the CAC/ID Office is currently



experiencing a very large number of walk-in customers. These customers had scheduled appointments at sites in Dubuque, Iowa City and Cedar Rapids but found facilities inoperable upon their arrival. Rock Island is the next closest facility, so these customers are driving 1½ -2 hours with no appointment at our facility and nowhere for the RIA staff to send them. Garrison staff would like to request your patience until the issues are resolved at the other sites. If you have a scheduled appointment within the next week and can possibly reschedule to another appointment later on the calendar, we would appreciate your understanding of the (hopefully temporary) situation. As a reminder, it is in your best interest to schedule an appointment with the CAC/ID Office no less than two weeks in advance of your card expiration or other event requiring your visit. The office is currently booked solid two weeks out.

**Military Service Earnings/Buy-Back Estimator:** DFAS has created a "Military Service Earnings/Buy Back Estimator" tool to assist in estimating the cost of buying back military time to apply towards an employee's civilian retirement. The tool is located on the DFAS website at: [www.dfas.mil/civilianemployees/military](http://www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits/estimator.html)

[www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits/estimator.html](http://www.dfas.mil/civilianemployees/militaryservice/militaryservicedeposits/estimator.html) This tool will project estimated earnings and an "unofficial" estimated cost of buying back military service time. If an employee chooses to pursue buying back the military time after using the estimator, they must still follow the steps outlined on the ABC-C Website [www.abc.army.mil](http://www.abc.army.mil). Employees who have questions regarding buying back military time may call ABC-C (877) 276-9287.

**Update Your Information in the Global Address List Today:** Last year the Army completed its migration of more than 1.4 million users to DoD Enterprise Email. That transition provided the Army with several key capabilities including increased information security, more email storage, and an integrated Global Address List. The GAL is a comprehensive address list consisting of everyone in the DoD who has been issued a CAC card. Previously, GAL information was populated from multiple data feeds. In order to



streamline the process, the DEE GAL is now populated from only one authoritative data feed. This data feed is from the Defense Manpower Data Center, which hosts personnel data for everyone in the DoD. Army personnel now have the ability to update their GAL contact information using the [MilConnect portal](#). In addition to providing contact information, the [MilConnect portal](#) provides access to information regarding each person's family, their benefits, health care eligibility, personnel records, and more. [Detailed instructions on how to update MilConnect are located HERE.](#) In April, I expect all Army personnel to update their contact data such as commercial phone number, DSN phone number, office address, duty organization, etc. and I expect organizations to incorporate updates to [MilConnect](#) as part of their in-processing and annual record update procedures. Thx Army Strong! – *John F. Campbell General, USA Vice Chief of Staff*

**Personal Employment Verification – an Employee's Responsibility:** Garrison HR has recently been receiving calls (multiples each day) from financial institutions requesting verification of employment. Many of these calls are not even in reference to Garrison



employees. However, it seems this may be a good time to remind folks that verification of employment is actually the responsibility of each employee for themselves. Human Resources offices are no longer able to provide information to requestors (financial institutions or others). [This link will get you to the instructions for accessing verification of your employment to be used in any situation requiring this.](#)

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

**Blood Drives:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, June 13, 20, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their



Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 25**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. In addition, DMC is hosting a blood drive at Bldg. 350 on **June 5**. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



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

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here.](#)**

**Improve Your Speaking, Listening Skills:** Esprit de Corps Toastmasters meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month at the Clock Tower Building

from 11:45 a.m. to 12:45 p.m. Bring your lunch. The mission of a Toastmaster club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth. Join us! Let me know if you're coming so we can welcome you. Come to the main entrance to the Clock Tower building, pick up the phone (located on the wall of the entryway) to gain access and we'll escort you to the club meeting. ([More](#))

**Cards for the Troops:** Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7<sup>th</sup> Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to [mssipple1@gmail.com](mailto:mssipple1@gmail.com). Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.



## **Arsenal Island Employee Local**

**Discounts:** *The following discounts are exclusively available to Arsenal Island employees – Visit **Yankee Candle at Northpark Mall** to receive great discounts. All Arsenal employees receive \$15 off any \$35 purchase when you show your Island badge, show your military ID for an extra 10 percent off every purchase. Plus come see the new Man Candles including this year's new scent camouflage. Offer ends **June 1**.*

**Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil change; and \$69.95 wheel alignment.

### **Peachwave Frozen Yogurt:**

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

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

### **Double Tap Firearms:**

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

(☺). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's

in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (☺). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (☺). **Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (☺). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



## **Arsenal Traffic/Construction**



### **Upstream Sidewalk Closure on**

**Government Bridge:** Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on

those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

### **Geophysical and Geotechnical Survey for Arsenal Housing Project in Late**

**May or Early June:** An Army Corps of Engineers' contractor is scheduling a Geophysical and Geotechnical Survey at RIA for the FY15 Army Family Housing construction project sometime between **May 19** and **June 13**. The surveys involve ground radar, drilling soil borings, and loud noise. During the survey, areas may need to be closed to public access for safety purposes. These areas may include Whittemore St., Durnin Ave., Davenport Dr., parking lots north of Durnin Ave., areas around the garden plots and the playground and pavilion east of the Davenport House, and areas adjacent to Bldg. 312. The general area is depicted on the drawings, mainly the enclosure of the yellow lines and the immediate area near the west yellow line. Barricades, caution tape, and/or signs will be used to warn and detour pedestrians and motorists as needed.



**Upcoming Parking Lot Closures for Gas Line Installation:** Beginning **June 2**, the Directorate of Public Works will need to close parking lots and roads on the Arsenal so a new gas line can be installed. The closure will affect Chestnut Avenue (south of B145), Lot 1K, Lot 1L and Lot 1LL. Barricades and signage will be placed. Closures are as noted: • Lot 1LL will be closed to all parking **June 2-21**, no POV or service vehicles will be allowed to park in this area; • Lot 1L will be closed to all parking in the west three complete rows **June 2-21**. Entrance to the lot from 2<sup>nd</sup> St. will not be allowed; • Lot 1K will be closed to all parking from 2<sup>nd</sup> St. to B144 **June 2-21**. This includes all POV and service vehicles; • Chestnut Ave. will be closed to all thru traffic exiting into or from 2<sup>nd</sup> St. **June 2-21**; • Entrance off of 2<sup>nd</sup> St. to B145 will be closed to all traffic **June 2-21**; • All green space areas along with sidewalks in area along 2<sup>nd</sup> St. from Beck to South will be subject to excavation and will be closed **June 2-21**. Note: Schedule may change in case of inclement weather.

**Parking Lot 0J and Lot 3K Repair:** Effective April 28, the Directorate of Public Works resumed work on repair of parking lots 0J and 3K, located north of buildings 60, 62, 360 and 390. The

overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of Lot OJ and repaving of the south half of Lot 3K. Work will be completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

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

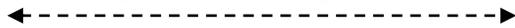
**Reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in Moline:**

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to **Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.



## Building/Space Closures

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



## Active Duty/Reserve Zone

☪  
**Figge Art Museum to Participate in Blue Star Museums:** Today the Figge Art Museum announced the launch of Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 1,800 museums across America to offer free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2014. Leadership support has been provided by MetLife Foundation through Blue Star Families. The complete list of participating museums is available at [www.arts.gov/bluestarmuseums](http://www.arts.gov/bluestarmuseums). ([More](#))

### **Rules Updated for Mandatory NCO**

**Courses:** Privates first class no longer will be scheduled to attend the Warrior Leader Course in a move to synchronize NCO Education System courses with promotions and soldier assignments with increased levels of responsibilities. In a related change slated for Oct. 1, sergeants E-5 will not be enrolled in the resident phase of the Advanced Leaders Course until they have completed the online common core phase of ALC, the second-tier placeholder in the Army's menu of Structured Self-Development courses. ([More](#))

**Military Kids Camp:** Unplug and join us for a fun-filled week of summer camp adventures at Camp Abe Lincoln, the Quad Cities premiere overnight camping facility for youth; for children of military service members, **Sunday, June 29 - Friday, July 4**, at Camp Abe Lincoln, Blue Grass, Iowa. 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 week is open to all youth and teens ages 8-16 whose parent, sibling or other close relative serves in the military, active, Guard or Reserve. Kids will also enjoy

special activities just for military kids - hands-on workshops, Military Day hosted by the Illinois National Guard, Zoom Albums, and more. [Fill out an application by May 30 HERE.](#)

### **Introducing Open Access Scheduling:**

As of **June 1**, when you go online to schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in. Each day, there are 13 OPAC appointments available with each provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for booking. The benefits of this is that 1) you have a better opportunity to be seen



closer to the time you want to be seen instead of us only having five appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic phone number for appointment scheduling (309) 782-0805.

## **National Military Appreciation**

**Month:** Congress designated May as National Military Appreciation Month in 1999 to encourage the nation to publicly demonstrate their appreciation for the sacrifices and successes made by the service members. 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. ([More](#))

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



**Bix 7 Road Race 40<sup>th</sup> Anniversary:** Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. Download registration at [bix7.com/2014/registration-info/](http://bix7.com/2014/registration-info/). Must pick up packet in person and show military ID. The 7-mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring

the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

## **Safety Spotlight**

### **Off Duty Safety Awareness**

**Presentation:** The Off Duty Safety Awareness Presentation (ODSP) is a highly informative safety presentation containing statistics, contributing factors and other relevant information regarding off-duty accidents. Developed for use at battalion level and below, the presentation comes complete with embedded videos and speaker notes, which may be used as is, modified to fit a particular presentation style or reflect unit-specific accident trends. ([More](#))

### **May is Motorcycle Awareness Month:**

The "Start Seeing Motorcycles" campaign is underway statewide. Starting today and throughout the rest of the riding season, motorists will be reminded to "Start Seeing Motorcycles" in an effort to help keep motorcyclists safe. Changing the driving habits of motorists and motorcyclists alike will help decrease the number of motorcycle fatalities and injuries in crashes.



Motorcyclists are reminded to make sure that they are visible to motorists, and that they strictly follow the rules of the road. To learn more about the Start Seeing Motorcycles campaign, [please visit HERE](#).

**Motorcycle Riding Courses:** The USAG Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The approaching motorcycle training courses are scheduled as follows: • Basic Motorcycle Riding: **June 10-11** (two 8-hour days) • Experienced Rider Course: **June 12** (one 8-hour day) Registration for either

course is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. Each course size is limited to 12 riders. If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 782-1380.

## Equal Opportunity Focus

**Sexual Harassment, Not Assault, Is Focus of New DOD Report:** Active duty and National Guard troops reported nearly 1,400 incidents of sexual harassment in 2013, according to a Pentagon report on sexual harassment released Thursday — the department's first overall look at the issue. While the Pentagon has tracked criminal sexual assault reports for years and conducting surveys to estimate how many rapes and other assaults go unreported, the services have been tracking sexual harassment separately. But because of a requirement in 2013 National Defense Authorization Act, sexual harassment — defined as a form of discrimination rather than a direct assault — will be tracked annually across the Department of Defense using standard methodology. ([More](#))

## Morale, Welfare & Recreation (MWR)

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

**Registration Packets Due May 28 for Adult Softball League:** Get your team together and get signed up for this year's co-ed adult softball league. League games will be played on Monday nights. League fees are \$420/team. There will be a captain's meeting on **May 21** at 4:30 p.m. in the Fitness Center. Call (309) 782-5124 for further information. ([Flyer](#))

**Fitness Center Begins Summer Hours of Operation:** The Fitness Center will be closed on Sundays from the period of **May 25 through Aug. 31**. Hours of operation for all other days of the week remain unchanged. Please call the Fitness Center at (309) 782-6787 for more info or questions.

**New Fitness Instructors and Classes at the Fitness Center:** We are rolling out a new class schedule with new



instructors and different class offerings to keep your workouts fresh and fun. Some of the new classes include Early Beginnings, Ignite, and Total RX. Check out all the descriptions, times and fees here: [www.riamwr.com/community-recreation/fitness-center-adult-sports](http://www.riamwr.com/community-recreation/fitness-center-adult-sports) Group classes not your thing? No problem, we have new personal trainers as well that will help you develop an exercise program based on your individual fitness goals. Call (309) 782-6787 for more info and to sign up for classes.

## **New Hoist Reservation Policy**

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

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

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



## **MWR Leisure Travel Office**



**Office Hours:** Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

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

Date: **Saturday, May 31**

Time: **7 p.m.**

**2014 MWR Yard Sale:** Whether you're looking to clear up some space in your attic/basement/garage or you just love

finding great deals on used items, make sure you mark your calendar for Saturday, **June 7**, for the 2014 MWR yard sale. The sale will take place 8 a.m. – 2 p.m., at Memorial Field and various housing areas on post. Cost is just \$5 for a 10' x 10' space with a table. The MWR Outdoor Grill will be cooking up burgers, brats, hotdogs. Please call (309) 782-5890 for more info and to reserve your table. ([Flyer](#))

**Stinkykids: The Musical:** Britt loves making everyone happy. But this girl who never gets in trouble is in a sticky situation- literally: She woke up with an impossibly epic wad of gum stuck in her hair. All of Britt's friends are depending on her parents to take them to the new MegaJumper 3000 at Captain Happy's Jumpy-Fun-Super-Bouncy Indoor Place. Discounted seats available for \$9 per person.

Date: **Saturday, June 28**

Time: **9:30 a.m.**

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



Date: **Saturday, June 28**

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

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

Date: **Saturday, July 12**

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

**Circa 21: Fiddler on the Roof:** Never has any other musical so magically woven music, dance, poignancy, and humor into such an electrifying and unforgettable experience. Songs such as "If I Were a Rich Man," "Sunrise Sunset," "Tradition" and "Do You Love Me?" are in part responsible for making this one of the greatest works of the American musical theatre. Discounted seats on sale until **June 28**.

Date: **Saturday, July 12**

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

**Reserving Heritage Hall, Caisson Room, Arsenal Club:**

The Leisure Travel Office has taken over the calendar for bookings in these facilities. If you have reserved through Sheridan's for future events please contact the LTO

to confirm your reservation is on the calendar. To reserve these spaces, contact the Leisure Travel Office at (309) 782-5890.

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

**Six Flags Great America, Gurnee, Ill.:**

The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

**Adventureland:** Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides - Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general

one day admission tickets for the 2014 season, \$32 for adults and children.

**Walt Disney Military Promotion**

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

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

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

←-----→  
**Child, Youth & School Services**



**Opening of Creative Arts Academy:**

In the Fall of 2014, Davenport Community Schools will open the



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

Date: **Monday, Aug. 11**



## Army Community Service (ACS)



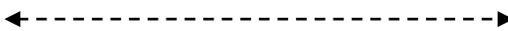
ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click](#)



[here](#). **24/7 Sexual Assault Hotline: (309) 229-8412**

**Military Spouse Fun Night**: Calling all military spouses! Come on over Tuesday, **May 27**, at 6 p.m., to the Army Community Service/USO office (Bldg. 110, 1<sup>st</sup> floor southeast wing) to relax with this fun group of spouses and have fun while doing so. This social event provides the opportunity to meet other spouses, share experiences, learn from other's experiences, make new friends, find babysitters, and network. Our snack dinner will be "Walking Tacos" with refreshments hosted by the USO. All military spouses are welcome, male or female! (Just to clarify this is a spouse only group, not couples.) For more info please call/e-mail: (309) 782-4736 or (309) 782-1455,

[Janice.n.saito.civ@mail.mil](mailto:Janice.n.saito.civ@mail.mil) or [Linda.m.robertson.civ@mail.mil](mailto:Linda.m.robertson.civ@mail.mil) ([Flyer](#))



## Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information

on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.

**Children's Mental Health Awareness – May 2014**: Suicide among youth is a reality, and it is more common than we might think. Suicide is the third leading cause of death among 15 to 24 year olds, claiming more lives than any single disease or condition. Fortunately, the emotional crises that so often precede suicides are both recognizable and treatable, and good prevention tools can help parents identify a problem before it's too late. In honor of National Children's Mental Health Awareness Week, May 4-10, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. The teenage years can be tumultuous – new relationships, decisions about the future, and even physical changes can be difficult to handle. If you have any concerns about your child's mental health, talk it over with a trained professional at the EAP.



Warning signs of suicide: Call 9-1-1 or seek immediate help from a mental health provider if you notice the following:

- Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself
- Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means

Seek help by contacting a mental health professional or calling 1-800-273-TALK for a referral should you notice anyone exhibiting one or more of the following:

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

**Assertiveness Training:** Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **June 10, July 8, Aug. 12,** Tuesdays, 10:30-11:30 a.m., Bldg. 56,

1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

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

**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Grief Support Group:** Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the

death of a loved one. The group meets on Tuesdays, 3-4 p.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

**Smoking Cessation Group:** Spring is finally here! What better time to kick the habit. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1<sup>st</sup> Floor, East Wing.

## Education/Training Review

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

**St. Ambrose University Lunch & Learn:** St. Ambrose is hosting informative lunch-n-learn sessions to learn how you can take advantage of special tuition rates. In support of our military and civilian personnel on the



Arsenal, St. Ambrose offers special pricing at a fraction of the regular tuition rate for MBA students, **June 4**, Bldg. 56, Room 116, 11 a.m. - 12 p.m., or 12 p.m. - 1 p.m. A light lunch will be provided. Priority will be given to military personnel. RSVP today to reserve your seat. Call (563)333-6170 or [leonardmichelem@sau.edu](mailto:leonardmichelem@sau.edu). The Garrison POC is Michelle Beck, (309) 782-0965, [michelle.p.beck.civ@mail.mil](mailto:michelle.p.beck.civ@mail.mil).

**Is Graduate School a Good Option for You?**: What opportunities could a master's degree provide? How do you get started in the process? Amy Mossman, interim director of the Liberal Arts and Sciences Program at Western Illinois University, will be joined by alumna Brandy Meyer to talk about applying to graduate programs, tips for the application process, and specific options and opportunities in the Master of Liberal Arts and Sciences Program at Western. Please join us on Thursday, **June 5**, 11 a.m. or Noon. [Lunch will be provided so please RSVP](#) by close of business Tuesday, **June 3**.



## Commissary / Exchange



**The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))**

**Exchange 'Buddies' Receive Exclusive Offers**: Facebook, Twitter and even your inbox. The Army & Air Force Exchange Service is making it easier than ever for shoppers to exercise their Exchange benefit via the Internet. The Exchange's Buddy List enables military shoppers to be among the first to find out about exclusive savings, promotions, events and special offers at their local Exchange. ([More](#))

**Your Commissary Is Blooming With May Specials**: From Cinco de Mayo to Memorial Day, commissary shoppers

will find great deals on top-quality, low-priced food to fit their lifestyle and outdoor activities this May. "Spring is a great time of year to clean off the grill and take advantage of great commissary prices on fresh choice grade-A beef, pork and chicken," said Randy Chandler, DeCA's sales director. "We've even got great deals on our fresh fish." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in May to offer discounts beyond everyday savings. ([More](#))

**Exchange to Honor Vietnam Veterans with Virtual Wall of Gratitude and Remembrance**: As Armed Forces Day and Memorial Day draw near, the Army & Air Force Exchange Service will honor Vietnam War veterans by giving shoppers a chance to share memories and stories of sacrifice with a virtual Wall of Gratitude and Remembrance. "The Wall of Gratitude and Remembrance will give Exchange shoppers a special opportunity to express sincere thanks to Vietnam veterans for their valor or to share their own stories of service," said Exchange Chief of Staff Col. Tom Ockenfels. "The virtual wall will have a worldwide reach, uniting veterans and their loved



ones through messages of peace and respect.” ([More](#))

**Commissary Rewards Card Now Offers Android App:** Commissary Rewards Card users can now download an Android app to access and clip digital coupons. Available free from the Google Play Store, the Commissary Rewards Android app joins the previously released iPhone/iPad app, giving commissary shoppers access to their rewards card accounts through a vast array of smart phones and tablets. "Now with apps for both operating systems, our patrons have more flexibility on when and where they can clip coupons, review their lists of downloaded coupons and track which ones have been redeemed or expired," said Marye Carr, the Defense Commissary Agency's rewards card manager. The apps also let customers connect to the nearest commissary via phone numbers and addresses. And, just like accessing their accounts from a desktop computer, Commissary Rewards Card users can always be plugged into new promotions and contests customized for them. ([More](#))



## Arsenal Archive



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

**Rock Island Arsenal Historical Society: June Meeting Information:** The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **June 5**, in the Veranda Room of the Arsenal Island Golf Clubhouse. The menu will be a tossed salad with bread sticks, marinated sirloin, sweet corn, twice baked potatoes, rolls, and a Chef's Choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Robert Van De Voorde, from the Quad Cities Civil War Roundtable. He will discuss General James Ewell Brown "Jeb" Stuart's 1863 ride in the Gettysburg Campaign and the possible impact of the ride on the outcome of the Battle of Gettysburg. For reservations call Monica (563)-650-4349 or Linda (563) 355-6165 or email

[chiicaliinda@aol.com](mailto:chiicaliinda@aol.com). Reservations are due by noon on Monday, **June 2**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

**History Comes Alive for Pioneer Day at the Colonel Davenport House:** The Colonel Davenport House, located on the North end of Arsenal Island, is stepping back in time for Pioneer Day 1-4 p.m. on Saturday, **June 7**. Be a part of history and see Civil War Re-enactors from the 24<sup>th</sup> Iowa Infantry Regiment with Weapons of the Era, a Buckslinger Group Demonstrating Knife & Hatchet Throwing, Storytellers including Roald Tweet and Jack Tumbleton, historical costumed re-enactors including Col. Davenport, Gen. Grant and a Riverboat Captain, Pioneer/Folk Dancing, and guided tours of the historic house. Local Historical Organizations will have activities and displays, including the Andover Historical Society, Buffalo Bill Museum, German American Heritage Society, Mississippi Valley Quilters Guild, Moline Preservation Society, Rock Island Arsenal Museum, and Rock Island County Historical Society. Pioneer Day admission is \$5 adults;



children 12 years and younger are free. Come in your own period costume, and you could win the \$50 prize for Best One by Public Vote! Enjoy concessions by Happy Joe's and Under the Umbrella with pulled pork sandwiches and sides.

## **This Week in Rock Island Arsenal**

**History – May 19-25:** On May 24, 1870, the stone construction work for RIA Commander's Quarters One began. On May 25, 1934, Col. Alexander Gillespie received command of the RIA.

## Healthbeat

### **Farmers Markets Offer Healthy Choices to Soldiers And Families:**

As part of the Department of Defense's Healthy Base Initiative, some military posts have introduced farmers markets to encourage healthy eating. These seasonal markets can offer locally grown fruits and vegetables, meats and baked goods. The U.S. Army Public Health Command recognizes the possible health benefits of the fresh fruits and vegetables offered at these markets, but the USAPHC veterinary food inspection specialists also keep a close eye on the safety of the items sold. "Foods from local growers are often picked the same day they are sold, so

they are very fresh and are more nutritious," explained Chief Warrant Officer 5 Christopher Finch, USAPHC Food Protection Program deputy program manager. "Freshness is one of the biggest advantages of local farmers markets." ([More](#))

### **Improved Scheduling Process at Rock Island Arsenal Health Clinic:**

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

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

### **Introducing Open Access Scheduling:**

As of **June 1**, when you go online to schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in. Each day, there are 13 OPAC appointments available with each provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for



booking. The benefits of this is that 1) you have a better opportunity to be seen closer to the time you want to be seen instead of us only having five appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic phone number for appointment scheduling (309) 782-0805.

**2014 Women's Health Month:** The Army recognizes May as National Women's Health Month. Army Medicine (AMEDD) seeks to raise awareness, educate, and empower women to make their health a top priority and encourage them to take steps to improve their physical, mental, emotional and spiritual health. Sleep, activity, nutrition, regular checkups and

preventive screenings are paramount in improving one's health. ([More](#))

### **TRICARE Tip of the Week -- What is the Difference Between a Network and Non-Network Provider?:**

A network provider is a civilian provider who has completed the credentialing process and signed a contracted agreement to be part of the network of providers who participate in the TRICARE program. A network provider accepts the negotiated rate as payment in full for services rendered. A non-network provider is a civilian provider who is authorized to provide care to TRICARE beneficiaries, but has not signed a network agreement. Non-network providers meet TRICARE licensing and certification requirements, and are certified by TRICARE to provide care to TRICARE beneficiaries. There are two types of non-network providers – participating and nonparticipating. A participating provider means the provider will accept the negotiated rate as payment under TRICARE Standard, nonparticipating means the provider will not accept the negotiated rate as payment which means the beneficiary would be responsible for the 15 percent more than the TRICARE approved amount or the negotiated rate plus any cost shares/deductibles. Have a

great TRICARE day! – *US Army Health Clinic Rock Island Arsenal*

## Notes for Veterans

**Statement by VA Secretary Shinseki on Allegations Regarding the Phoenix VA Health Care System:** Secretary of Veterans Affairs Eric K. Shinseki made the following statement on the allegations regarding the Phoenix VA Health Care System: “We take these allegations very seriously. Based on the request of the independent VA Office of Inspector General, in view of the gravity of the allegations and in the interest of the Inspector General’s ability to conduct a thorough and timely review of the Phoenix VA Health Care System (PVAHCS), I have directed that PVAHCS Director Sharon Helman, PVAHCS Associate Director Lance Robinson, and a third PVAHCS employee be placed on administrative leave until further notice. ([More](#))”

## Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison



Public Affairs to take your announcement off once you have found a ride.

**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))



## Carpool:

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

## Around the Q.C.

←-----→

**May 26:** [49<sup>th</sup> Annual Quad Cities Criterium](#) (Village of East Davenport)

**May 31:** [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)

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

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

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

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

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

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

**June 13:** QC Military Gala – Army Birthday Ball (Quad Cities Waterfront Convention Center, Bettendorf)

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

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

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

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

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

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

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

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

**June 21-22:** [2<sup>nd</sup> Annual Quad-Cities Amputee Golf Outing](#) (Arsenal Island Golf Course)

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

**June 27-28:** [Greek Cultural Fest](#)

(Assumption Greek Orthodox Church, East Moline)

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

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

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

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

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

**July 8-13:** John Deere Classic Military Special (TPC Deere Run, Silvis, Ill.) *There will have a AUSA military hospitality Tent on Sunday on the 15th Green, free admission to the JDC with a military ID card*

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

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

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

**July 16:** [5<sup>th</sup> Annual High Five Tour](#) (Davenport)

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

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

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

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

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

(RiverCenter/Adler Theatre, Davenport)

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



**Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)  
**Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)  
**Aug. 8-9:** [22<sup>nd</sup> Annual Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Aug. 9-10:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)  
**Aug. 15-16:** [10<sup>th</sup> Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)  
**Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)  
**Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)  
**Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 1:** [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)  
**Sept. 5-21:** [East West Riverfest](#) (Various QC Locations)  
**Sept. 6:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)  
**Sept. 6:** [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)  
**Sept. 6:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)  
**Sept. 6-7:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 13:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Sept. 19-20:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 20:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)  
**Sept. 20-21:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)  
**Sept. 28:** [17<sup>th</sup> Annual Quad Cities Marathon](#)

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



## Island Insight



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

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