

May 26, 2014



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

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

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National Cemetery Ceremony

Remembers All Who Served: While Memorial Day is merely a day off of work for some, it holds an entirely different meaning to Army Lt. Gen. Michael S. Tucker. Relaxation is the furthest thing from his mind. "When I hear taps, I am reminded of soldiers who were under my command who died in combat." Lt. Gen. Tucker said during Memorial Day services Monday at the

Rock Island National Cemetery. "I knew every one of them by name." Lt. Gen. Tucker still wears a wrist bracelet for his sergeant major who died in 2004. He said Memorial Day represents a time of remembrance for all those who made the ultimate sacrifice in service of our country. Every year, many veterans and their family and friends come to the Rock Island National Cemetery to do just that. "This is indicative of the

patriotism and the community service that people have here in the Quad-Cities area," Lt. Gen. Tucker said. "To come out here on a day like today and take the time from their personal schedules to honor the service of our veterans is pretty amazing." ([More](#))



"HOME OF US ARMY LOGISTICS"



EAGLE: Lessons From the Year And a Focus On the Future: The Enhanced Army Global Logistics Enterprise Program was a hot topic around the Quad Cities May 6-8, as business leaders nationwide gathered to attend the National Defense Industrial Association's Midwest Small Business Government Contracting Symposium. ([More](#))



Quad Cities Community Joins Rock Island Arsenal For Prayer Luncheon: Members of the Quad Cities religious community joined Arsenal Island chaplains for the 4th Annual Rock Island Arsenal Prayer Luncheon May 28. About 200 people gathered in Heritage Hall for the event. Chaplain (Brig. Gen.) Charles Bailey, Army deputy chief of chaplains, was the guest speaker at the luncheon. His remarks focused on the value of prayer in our



complex world of competing interests. ([More](#))

ASC Supports Memorial Day Events In Quad Cities Area: Army Sustainment Command officers and noncommissioned officers fanned out over Eastern Iowa and Western Illinois speaking at numerous of Memorial Day events during the holiday weekend May 24-26. ([More](#))



JMTC Premier RIA-JMTC Rewind: The Rock Island Arsenal Joint Manufacturing and Technology Center debuted its first edition of "RIA-JMTC Rewind" on its Facebook page on May 27. The video segment recaps the top news items from the factory over the last two weeks. Check out the segment, as well as more news and information from RIA-JMTC on their Facebook page at www.facebook.com/RIAJMTC.



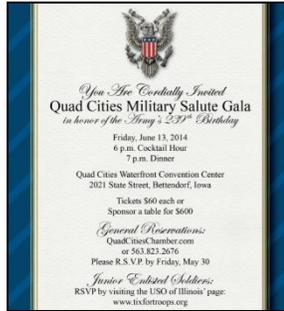
Upcoming Dates

- June 2:** CYSS Summer Camp Begins
- June 5:** ASC Change of Command IPR, Bldg. 390, 2nd Floor, G3 Conf. Rm., 1:30 p.m.
- June 5:** ACS-Discovery Time Playgroup, Niabi Zoo, 10 a.m. - 12 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, 1st 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:** Real Colors Training Class, Bldg. 56, Room 116, 8 a.m. – 12 p.m.
- June 12:** ACS-Discovery Time Playgroup-Strawberry Picking, Pride of the Wapsi, 9:30-11:30 a.m. [📍](#)
- June 12:** Front Street 5K Run/Walk, 7-8 p.m.
- June 12:** Hot Rod Power Tour, Lawn of Quarters One
- 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:** 239th Army Birthday [📍](#)
- June 15:** Father's Day
- June 19:** Walk-In Pet Vaccination Clinic, RIAFD, 1-6 p.m. [📍](#)
- June 19:** RIA DeCA & AAFES Advisory Council Mtg., 1-2:30 p.m.\
- June 19:** ACS Fatherhood Program, RI Botanical Center, 5:30-7:30 p.m. [📍](#)



Quad Cities Military Salute Gala – Honoring Those Who Serve: The 2nd

Annual Quad Cities Military Salute Gala will take place Friday, **June 13**, at the Quad Cities Waterfront Convention Center in Bettendorf. This event once again takes the place of the former Army Birthday Ball that celebrated the rich heritage of our Army. The Rock Island Arsenal Chapter of the Association of the United States Army has long supported this event and saw an opportunity to partner with the USO, the Quad-City Chamber of Commerce, and Hooah Quad Cities, to allow the community to host the Quad-Cities Military Salute Gala honoring the 239th birthday of the United States Army. The cocktail hour begins at 6 p.m., with the formal dinner beginning at 7 p.m. Cost of the event is \$60 each or sponsor a table for \$600. Free attendance at the Quad Cities Military Salute Gala is open to currently serving E-6 or below active duty, National Guard, or Reserve military personnel, and their dependents. Those registered guests will check-in with a USO representative at the Quad



Cities Waterfront Convention Center the evening of the event; [go to USO of Illinois' "Ticket for Troops" page to register](#). Dress: Black Tie. Questions? Please contact Jackie Inman, USO Rock Island Center Director, (309) 782-3896. ([Junior Enlisted Register HERE](#)) ([All Others Register HERE](#))

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.

239th Army Birthday 5k Run/Walk:

The 239th Army Birthday 5k Run/Walk will be held Friday, **June 13**. Race starts at the corner of Gillespie and Blunt.



Arrive no later than 6:15 a.m. for 6:30 a.m. reveille. The 5k run/walk is open to all RIA community and family members. For more information please call (309) 782-6787.

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*

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 with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 25**. To sign up for a blood drive held on either the 2nd or 3rd 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](#).

AMC Commander Talks Sustainment at AUSA Forum: "We've been to war, continue in war, on the back of the industrial base," the Army Materiel Command's top leader told an influential audience gathered Tuesday, at the Association of the United States Army's Sustainment "Hot Topic" Forum, here. Closing a day of discussion and dialogue between current and retired Army and industry leaders, Gen. Dennis L. Via, AMC commander, stressed partnership, collaboration and communication with industry as the key to navigating the challenging times currently faced by the Army. ([More](#))

Army Preps for First Audit Ever, Says Top Finance Leader: Getting



audited is something most taxpayers admit they dread. But those same citizens might be heartened to know that government agencies that receive their tax dollars are audited just the same, to ensure that money is properly spent. The Army and the rest of the Defense Department are on notice from Congress that they will be audited soon. Robert M. Speer, acting assistant secretary of the Army for financial management and comptroller, said the impending review is something the services should be looking forward to. ([More](#))

OPM Promises Phased Retirement to Start This Year: The Office of Personnel Management is pushing to issue a final set of regulations for phased retirement by the end of September, but for federal employees and advocacy groups it has already taken too long. The agency is working hard on the final rule, according to an OPM spokeswoman. Under OPM's draft plan released in 2013, employees who are eligible for retirement and meet other requirements could work half-time while getting half of their pension. As they continue to work, phased retirees also will keep accruing additional service credit toward their final pensions. ([More](#))

DFAS Announces New myPay

Features: The Defense Finance and Accounting Service's myPay system now will feature easier access and new financial reports. The new release of the online self-service pay management system, which serves about 6.6 million military service members, retirees and some federal employees, will make it simpler to create and update passwords similar to the ones used throughout the online banking industry. ([More](#))

1.8% Pay Raise for Military? What About Civilians?:

It wasn't too long ago that federal employee unions were arguing for "pay parity" between military and civilian personnel. That argument worked for awhile but the trend was broken several years ago. Uniformed members of the military were given a 1.6% pay increase in 2012 with an executive order issued by President Obama. Civilian federal employees did not receive a pay raise from 2010 until 2014. Military personnel received an across-the-board pay raise of 1.7% in 2013 and a 1% pay raise in 2014. ([More](#))

In Wake of VA Scandal, DoD to

Review Its Health System: Deputy Secretary of Defense Bob Work will lead the Pentagon's review of its

military health system, a comprehensive look at patient safety and access Secretary Chuck Hagel says is needed to ensure the organization meets national standards. In a memo released Thursday, Hagel said he directed the 90-day review to help guide the development of department standards that exceed national averages. ([More](#))

Improve Your Speaking, Listening

Skills: Esprit de Corps Toastmasters meets on the 1st and 3rd 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 7th 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. 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 2nd St. will not be allowed; • Lot 1K will be closed to all parking from 2nd 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 2nd St. **June 2-21**; •

Entrance off of 2nd St. to B145 will be closed to all traffic **June 2-21**; • All green space areas along with sidewalks in area along 2nd 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 0J and repaving of the south half of Lot 3K. Work will be completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well

as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.

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

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



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

Building/Space Closures

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

Active Duty/Reserve Zone

☪
Loss of Danger Pay In Some Areas Begins Next Week: A car payment. A couple weeks of groceries. A month of utilities. That's about how much some

44,000 servicemembers deployed around the globe will begin losing out of their paychecks starting Monday, when imminent danger pay is decertified for 22 locations. IDP is worth up to \$225 a month, depending on how long troops spend in danger zones. The Defense Department periodically makes changes to IDP, and did so most recently in 2011. The new cuts to the IDP list will save \$108 million, the Pentagon said when it announced the cuts in January. ([More](#))

Reports: Army Selects New Camouflage Uniform Pattern: The Army has chosen the new camouflage pattern for its combat uniform, according to news reports. The service has not officially announced its decision, but anonymous Army officials told Military.com and Army Times that the Scorpion pattern has been selected to replace the current Universal Camouflage Pattern. ([More](#))

Soldier For Life: Retired Soldiers: Army Chief of Staff Gen. Raymond T. Odierno, directed the creation of the new Soldier For Life website with a special section for the retired community to reconnect the Army to its 1.1 million Retired Soldiers and surviving spouses after Army

Knowledge Online (AKO) was closed to them on Jan. 31. ([More](#))

Comprehensive Soldier and Family

Fitness: Financial Resilience Assessment: The U.S. Army's Comprehensive Soldier and Family Fitness (CSF2) program recently added a Financial Resilience Assessment to its online self-development platform, ArmyFit. This confidential survey assesses the user's current overall financial health, to include level of liquidity, debt and savings. It is available for all members of the total Army -- Soldiers, their families and Army Civilians. ([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.

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](#))

Harvester Bass Club Military Appreciation Guided Fishing Trip:

The Harvester Bass Club is inviting active duty service members on a free-guided bass fishing trip on **June 14**. The event will start at 7 a.m. at the Leclair, Iowa. A public boat launch and will conclude at 2 p.m. There are a total of 12 slots available. RSVP by contacting Harvester Bass Club member Joey Pryor at joeypryor@rocketmail.com. Slots will be given on a first come first serve basis. The Harvester Bass Club members will provide the guide, boat, safety devices, fishing poles and tackle. Service members may bring their own fishing poles and tackle if they wish. Service members must have an Iowa or Illinois fishing license that is valid on **June 14** to participate. *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Ultimate Athlete Games, Active Duty Free Entry: The Ultimate Athlete Games will be in Sandwich, Ill., on **July 19**. It features three timed short



challenge courses (speed ¼ mile, strength 1 mile, and agility ½ mile). Each course has up to 10 obstacles on it. Runners race through the three challenge courses, and the participant with the fastest combined time is the Ultimate Athlete. A total of 50 free entries will be given to active duty military personnel. If interested, take a look at the [website and register with code FREEREC](#). *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Bix 7 Road Race 40th Anniversary: Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. Download registration at 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](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*



Safety Spotlight



Army to Observe National Safety

Month In June: The Army will begin its annual observance of National Safety Month June 1, and senior leaders are encouraging Soldiers, civilian employees and their Family members to



use the time to focus on mitigating summertime risks. Off-duty Army accidents and fatalities typically rise during late spring and early summer as compared to other times of year, according to data from the U.S. Army Combat Readiness/Safety Center. "Safety is obviously a year-round imperative, but National Safety Month is a great opportunity for leaders to highlight common seasonal hazards," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center. "This is especially important as

we're beginning summer, which generally offers greater access to off-duty activities and the risks that come with them." While accidental fatalities remain down Army-wide thus far in fiscal 2014, both motorcycle and personnel injury-other deaths are up compared to last year's numbers. Increases in water-related fatalities and falls are largely responsible for the PI-O trend, Edens said. ([More](#))

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](#))

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 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.

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 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.**

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 53rd 18 + IMAX

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

Child, Youth & School Services

Opening of Creative Arts Academy: In the Fall of 2014, Davenport Community Schools will open the Creative Arts Academy of the Quad Cities, housed in community arts facilities throughout downtown Davenport and supported by arts partners from across the Quad Cities. The Creative Arts Academy will offer experiences in five disciplines based on

participants interests, including Communications and Media Arts, Dance, Music, Theatre and the Visual Arts. In its first year, the Creative Arts Academy will serve three audiences: 1) a first cohort of 6th graders; 2) Dream students (high school juniors and seniors aspiring to careers in the arts) and 3) the general community. Incoming 6th grade students and Dream students will be required to audition into the program, but community offerings and workshops will be open to all.

Date: **Monday, Aug. 11**

Army Community Service (ACS)

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

Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Men's Health Month – June 2014:

The month of June is designated as National Men's Health Month. The purpose of this campaign is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men. If you are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels - even occasionally- may put you at risk for serious health problems? Although alcohol affects everyone differently,



excessive drinking can negatively affect a man's health regardless of age, race, marital status, income level, profession, or lifestyle. Common medical problems that can be caused by excessive drinking include heart disease, arthritis, liver cirrhosis, high blood pressure and various cancers. In support of National Men's Health Month, 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. If you have any concerns about your alcohol use or mental health, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

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, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot.

Sponsored by: Employee Assistance Program

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

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Building 56, 1st Floor, Room 122. For



more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Building 56, 1st Floor, East Wing.



Education/Training Review



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

Your Future: 4 Steps to Making Career and Education Decisions: Step 1: Making Career Decisions -- Determining your career goals and interests will keep you from wasting your GI Bill, Tuition Assistance and other education benefits on a degree that doesn't match your career path. ([More](#))

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

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 ([Facebook](#))

Commissaries Safe; 1 Percent Pay Cap, Higher RX Co-Pays Likely: In shaping a 2015 defense authorization bill, Congress has decided to protect the prized commissary benefit from the most worrisome budget threat to base grocery stores in decades. But military personnel are not likely to escape other



key compensation curbs to include a second consecutive annual pay-raise cap in January of one percent versus 1.8 percent needed to match private sector wage growth. ([More](#))

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](#))

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. 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 24th Iowa Infantry Regiment with Weapons of the Era, a Buckskinner 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 26-June 1: On June 1, 1919, the enlarged hydro-electric power plant began operations. On June 1, 1942, construction of a new assembly shop (Bldg. 208) had begun. In June 1876, the construction of Shop A (Bldg. 102) was completed. On June 3, 1899, the Tri-City Railway Co. was granted a license to extend their single track street car tracks onto Arsenal grounds.

Healthbeat

Obesity and the Federal Employee:

Are you seriously overweight? If so, the Office of Personnel Management (OPM) is trying to help you out. In its latest letter to companies providing health insurance under the Federal Employees Health Insurance Program (FEHB), OPM observed that “many FEHB carriers exclude coverage of weight loss medications.” As a result, the agency has concluded: “[W]e want to clarify that excluding weight loss drugs from FEHB coverage on the basis that obesity is a ‘lifestyle’ condition and not a medical one or that obesity treatment is ‘cosmetic’ - is not permissible. In addition, there is no prohibition for carriers to extend coverage to this class of prescription drugs, provided that appropriate safeguards are implemented concurrently to ensure safe and effective use.” ([More](#))

Army Program Encourages Healthy

Lifestyles: Public Health Command is launching a new initiative to help Soldiers, family members, retirees and Army civilian employees develop healthier lifestyles. Known as the Performance Triad, the program focuses on developing healthy physical activity,

nutrition and good sleep habits. Each of these pillars helps develop healthier lifestyles in each individual's livespace at work, home and during sleep cycles. "We are encouraging everyone in the Fort Sill community to do more to be healthy," said Col. Noel Cardenas, Reynolds Army Community Hospital commander. "We want people to be active, to take 10,000 steps a day or the equivalent. That is roughly five miles of exercise, and that's the minimum activity each person needs. ([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.

TRICARE Tip of the Week: Are you about to retire and need to know what to do? When you retire from active duty, you will have new TRICARE coverage options. You will automatically have

TRICARE Standard on the day your status changes to retiree unless you enroll in TRICARE Prime. Learn more about enrolling as a retiree on our TRICARE Prime Enrollment - Retirees and their family members page or the TRICARE transitioning from active duty to retirement brochure. Note: TRICARE Prime Remote is not available for retirees and their family members. – *US Army Health Clinic Rock Island Arsenal*

Notes for Veterans

Shinseki Resigns Amid VA Health Care Issues: Veterans Affairs Secretary Eric Shinseki resigned Friday in a personal meeting with President Barack Obama, shortly after publicly apologizing for deep problems plaguing the agency's health care system that Obama called "totally unacceptable." Obama said he accepted the retired four-star general's resignation "with considerable regret" during an Oval Office meeting. Shinseki had been facing mounting calls to step down from lawmakers in both parties since a scathing internal report out Wednesday found broad and deep-seated problems in the sprawling health care system,



which provides medical care to about 6.5 million veterans annually. ([More](#))

Veterans Curation Program: The Veterans Curation Program (VCP) employs recently-separated veterans and teaches them transferable job skills while preserving important archaeological collections belonging to the Army. The VCP is operated by the U.S. Army Corps of Engineers (USACE) in three locations: Alexandria, Va., Augusta, Ga., and St. Louis, Miss. The VCP helps veterans gain skills to be successful in their futures. With initial funding through the American Recovery and Reinvestment Act of 2009, USACE Mandatory Center of Expertise for the Curation and Management of Archaeological Collections (MCX-CMAC) implemented a program in which veterans could gain employment while helping USACE preserve and curate archaeological collections. As of April 2014, nearly 90 percent of VCP graduates have gone on to continue their education, find lucrative careers, and be active in other veterans' organizations. ([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 9th & 53rd, (Franklin School area) (309) 757-5755.



Around the Q.C.



May 31: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)
June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)
June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)
June 7-8: [QC Pridefest](#) (Downtown Davenport)
June 11: [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 6-9 p.m.)
June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
June 12: [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 8 a.m. to 4 p.m.)
June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)
June 13: QC Military Gala – Army Birthday Ball (Quad Cities Waterfront Convention Center, Bettendorf)
June 13: [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 10 a.m. to 7 p.m.)
June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
June 14: [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 10 a.m. to 2 p.m.)
June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)
June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
June 16: [12th Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)



June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)
June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
June 21-22: [2nd Annual Quad-Cities Amputee Golf Outing](#) (Arsenal Island Golf Course)
June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)
July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 8-13: John Deere Classic Military Special (TPC Deere Run, Silvis, Ill.) *There will have a AUSA military hospitality Tent on Sunday on the 15th Green, free admission to the JDC with a military ID card*
July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)
July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
July 16: [5th Annual High Five Tour](#) (Davenport)
July 17: [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)

July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Aug. 9-10: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)





Col. Elmer Speights, Jr., Garrison Commander; **Eric Cramer, Public Affairs Officer;** **Mark Kane, Editor**
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The signs are all around

it's up to **YOU**
to recognize
and act on them

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

know the signs

KNOW WHAT'S RIGHT
DO WHAT'S RIGHT

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