

June 2, 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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President Obama Pays Respects, Remembers Heroes at Normandy American Cemetery and Memorial:

President Barack Obama and French President François Hollande spoke to more than 10,000 attendees at the Normandy American Cemetery and Memorial here June 6, 2014, commemorating the memory of the Soldiers who gave their lives 70 years ago fighting to end the Nazi reign over

Europe. The event was one of several commemorations of the 70th Anniversary of D-Day operations conducted by the Allies during World War II, June 6, 1944. Roughly 650 personnel from 20 U.S. military units, and six partner nations participated in many events across the Normandy region in tributes to the fallen and living veterans of World War II, at the invitation of the French government.

"Here we don't commemorate victory, as proud of the victory as we are," the U.S. Commander-in-Chief said in his address to the thousands in attendance. "We don't just honor sacrifice, as grateful as the world is. ([More](#)) ([StandTo!](#)) ([DoD Special](#)) ([Proclamation](#))"



"HOME OF US ARMY LOGISTICS"



ACC-Rock Island Personnel Participate in Local Emergency Response Exercise

Response Exercise: A team of Army Contracting Command-Rock Island employees

provided support to the Rock Island Arsenal Garrison during a May 14 emergency

response exercise here. Lisa Determan, chief, Garrison Contracting Branch; contracting officers Michele Ross and Molly Lewis; and Lynn Baker, contract specialist, provided contracting expertise. Myrna Dowell, Government Purchase Card team lead, supported the garrison making required credit card purchases. ([More](#))



239th Army Birthday 5k Run/Walk:

All members of the Rock Island Arsenal community and their family members are encouraged to

come out Friday, **June 13**, at 6 a.m., for fun 5K run/walk in celebration of the Army's 239th birthday.

Please gather in front of Historic Quarters One at 6 a.m. to participate in the daily Army tradition of raising the American Flag and Reveille



at 6:30 a.m., after which the race will begin. There is no fee to participate or need to sign up in advance. Please call (309) 782-6787 for more info. ([Flyer](#))

Army Birthday Cake Cutting

Ceremony: Come celebrate the 239th birthday of the U.S. Army Friday, **June 13**, at 11

a.m. with a short

ceremony and cake

and punch to follow. The ceremony will take place in Heritage Hall (Bldg. 60). Please call (309) 782-8603 for more info. ([Flyer](#))



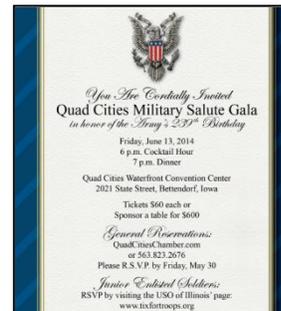
Military Salute Gala to honor

Military Members and the Army's

239th Birthday: The Quad Cities Military Salute Gala will be held on

Friday, **June 13**, 6 p.m. to midnight, at the Quad Cities Waterfront Convention Center in Bettendorf, Iowa. The cocktail hour

will begin at 6 p.m. and dinner will be served at 7 p.m. The Gala is jointly hosted by the Quad Cities Chamber of



Upcoming Dates

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 12: Corps Day, Memorial Field, 11 a.m. – 3 p.m. (*USACE employees, families, and retirees only*)

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. [📍](#)

July 9: JMC Organizational Day, Memorial Field, 11 a.m. - 3 p.m. (*JMC employees, families, and retirees only*)



Commerce, the Rock Island Arsenal Chapter of the Association of the United States Army and the USO of Illinois. The Gala is an opportunity for the community to connect with and honor our Military Members and their Families. This is the second year for the event, hosted jointly by the three civic organizations. This year's celebration honors the 239th birthday of the United States Army. The event will include longstanding military traditions including the posting of colors, cake cutting ceremony and military fight songs, as well as cocktails, dinner and dancing to the USO band. Tickets are \$60 each or \$600 for a table of eight and are available at QuadCitiesChamber.com or by calling (563) 823-2676. Each table purchased will host two local junior military members. Junior enlisted Soldiers are invited to attend for free. RSVP by visiting the USO of Illinois web page at www.tixfortroops.org to make your reservations. ([Junior Enlisted Register HERE](#)) ([All Others Register HERE](#))

Starbucks Returns to RIA: On Monday, **June 9**, the Bldg. 60 Café and Treat America will be presenting Starbucks Coffee Specialty Drinks featuring lattes, frappuccino, mochas, iced drinks, and all of your favorites.

Commissary and Post Exchange

Advisory Council: The Commissary and Post Exchange Advisory Council Meeting will be held on Thursday, **June 26**, 1-2 p.m., in the Garrison Headquarters, Bldg. 90 conference, Room 12. Soldiers, family members and authorized patrons are invited to attend and provide input to the Council to help improve these important military services and benefits.

Military Appreciation Motorcycle

Ride: Support our active duty military and our local USO by joining us for the Inaugural Military Appreciation Motorcycle Ride, Sunday, **July 13**. This ride is open to anyone who would like to show support for our troops. Classic cars are also welcome. Day of event registration will start at 7 a.m. and will be \$15 per bike. Pre-registration can be completed via email at lornawilson3224@yahoo.com and will be \$10 per bike. It's easy ... just send an email with your name, address and



phone number; cash or check only. We will be leaving from Bad Boys Pizza in Moline at 8 a.m. sharp. Our destination will be Poopy's in Savannah, Ill. Poopy's will have a breakfast buffet available until 10:30 a.m. and lunch will be available at 11 a.m. There will be a discount for active duty military. Live outdoor entertainment will be provided by the band Wayland, starting at 1 p.m. Don't forget to buy raffle tickets that morning. We have some great items from local supporters. All proceeds will go to the USO of Illinois-Rock Island. Many of our military personnel are new to the area. They are looking for events, destinations and people or groups to ride with. Share what you know with them. Hooah! Let's Ride. POC: Lorna Wilson, (563) 468-7624.

Mississippi River Visitor Center News

- New Visitor Center Hours: Starting **June 15**, the Mississippi River Visitor Center will be closed on Sundays and Mondays each week. The hours of operation Tuesday through Saturday will remain the same 9 a.m. until 5 p.m. Weekend tours of the locks and dam will only be conducted on Saturdays at



11 a.m. and 2 p.m. Call (309) 794-5338 for more information.

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 un-restricted 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.

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.



RIA Retirement Ceremony: Maj. Gen. John F. Wharton, Commanding General of the United States Army Sustainment Command and Rock Island Arsenal, cordially invites you to attend the 4th Quarter FY14 Award, Retirement & Retreat Ceremony at Heritage Hall, Bldg. 60, Thursday, **July 31**, at 2 p.m. We will honor our retiring Department of the Army civilians and exercise our Soldiers' first General Order by properly

relieving them of their posts. Uniform for personnel not participating in the ceremony is military: duty uniform and civilian: casual.

Women in Defense Golf Outing: Women in Defense 13th Annual Golf Outing will be Friday, **Aug. 1**, at Glynn's Creek Golf Course. \$65 per person. (includes greens, cart, continental breakfast, lunch, beverages and prizes) Registration/payment due by July 21, 2014. ([Flyer](#))
Time: **7 a.m. - 2:30 p.m.**

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. ([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](#).

Army Harnesses Cloud for Learning: Efforts to take advantage of cloud technology are underway across the government, in various stages of maturity, with promises of savings and efficiencies serving as a major boon. In the Army, one organization has successfully moved its most critical mission to a commercial cloud, improving operational effectiveness significantly. ([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

➔
Rock Island Viaduct Sidewalk Closed to Pedestrians: "Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

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 June:

An Army Corps of Engineers' contractor is scheduling a Geophysical and Geotechnical Survey at RIA for the FY15 Army Family Housing construction project **mid to late June**. The surveys involve ground radar, drilling soil borings, and intermittent loud noise. During the survey, small 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:

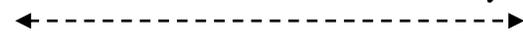
In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing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



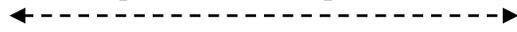
performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, 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

Fighting Suicide: Spotlight on Male Soldiers: With the surge of U.S. military suicides following a decade at war, many of us have heard stories of a struggling Soldier or news reports of Soldier suicides. In fact, in 2012, the number of Soldiers who died from suicide exceeded the number of Soldiers who died in combat. June is Men's Health Month and an opportunity to focus on our male Soldiers. Suicide is a special concern for male Soldiers because men comprise the overwhelming majority of the force, and men are four times more likely to die from suicide than women. [\(More\)](#)

Fiscal Year 2015 Army Study Program Guidance: Army Study Program (ASP) Guidance for Fiscal Year 2015 (FY 15), released on April 17, provides planning guidance to commanders, agency heads, and study sponsors for the FY 15 Army Study

Program. The guidance initiates the process of study development/nomination that culminates with final approval by the Study Program Coordination Committee (SPCC) in September 2014. The SPCC-approved program provides the basis for a coordinated, responsive, and executable program of studies and analyses to address high-priority issues identified by Army leadership. The FY 15 study objectives focus on supporting requirements and missions the Army will continue to face in the near-term. [\(More\)](#)

Fatherhood Program at the QC Botanical Center: Attention Military Dads, round up the kids Thursday, **June 19**, 5:30-7:30 p.m., and come out for a fun night of pizza and exploring the fun activities at the brand new children's garden at the QC Botanical Center. Please RSVP to Jenny at (309) 782-3049 or jennifer.a.kerr10.civ@mail.mil [\(Flyer\)](#)

Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and



its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.

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](#))

Active Duty Free Entry to Illinois

Holocaust Museum: The Illinois Holocaust Museum is proud to be a Blue Star Museum and we look forward to offering all military personnel and their families free admission through Labor Day, Sept. 1. We are excited to share information about our upcoming family program on Sunday, July 27. ([More](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Harvester Bass Club Military Appreciation Guided Fishing Trip:

The Harvester Bass Club is inviting Service Members on a free guided bass fishing trip on **June 14**. The event will start at 7 a.m. at the LeClaire, Iowa, 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



Headphone/Earphone Use Prohibited on Arsenal Island: The Army Safety Program ([AR 385-10, Section 6-5](#)) states: Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an



essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental injury. We ask for your kind cooperation in helping to prevent accidents due to distractions.

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](#)) ([StandTo!](#))

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

◉ **Pride Month Celebrates Service of LGBT Personnel:** The Defense Department and the nation depend every day on the service of gay, lesbian, bisexual and transgender personnel, Deputy Defense Secretary Bob Work said today. "They are an integral part of our armed forces and our Department of Defense and our nation." Speaking at the DoD Pride Month ceremony at the Pentagon, Work recalled that for far too long, gay, lesbian and bisexual service members, GLBT DoD civilians, and their partners and families were unable to serve. ([More](#))

New Effort Underway to Boost Hispanic Representation in Federal Workforce: Latinos have for years made up one of the largest and fastest-growing groups in the country. They have also long been one of the most underrepresented minority groups in the federal workplace. Now a new effort is underway — at the highest level of federal hiring — to address that disparity. "There is tremendous growth, as you know, in the Latino community, and we see more and more young people graduating from university, and I really want to tap into those numbers," Katherine Archuleta, the director of the federal Office of Personnel Management, told The Baltimore Sun in an interview. "As we take a look at the people we serve — the communities we serve — the federal workplace needs to reflect, culturally and experience-wise, the talents that communities of every color can bring." ([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.

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 the 2014 MWR yard sale Saturday, **June 7**, 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. Please call (309) 782-5890 for more info and to reserve your table. ([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

[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.

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](#))

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.

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.**

Bus Trip to Chicago's Lincoln Park Zoo & Museums: Get your friends and family together Saturday, **June 28**, at 6:30 a.m., for a fun day visiting some of Chicago's most popular attractions and leave the hassle of driving, traffic and parking to us. With options to get off the bus at the Lincoln Park Zoo or the Museum campuses (Field Museum, Museum of Science & Industry, Shedd Aquarium & Adler Planetarium) there is sure to be something for all interests. Price is \$41/person which covers round trip transportation only and available seats can still be reserved by calling (309) 782-5890. ([Flyer](#))



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



Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.

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.

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

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.

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

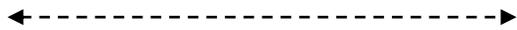
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The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

U.I. Lunch & Learn Comes to RIA: The University of Iowa will host a Lunch & Learn on Wednesday, **June 18**, at two sessions one from 11-12 p.m. and one from 12-1 p.m. in Bldg. 56, Room 116. There will be a light lunch provided. The event will present information on the Quad Cities MBA for Professionals and Managers "Iowa's top-ranked [part-time MBA program](#) (per U.S. News and World Report)." • Only nationally-ranked MBA program delivered in the Quad Cities • Flexible schedule for working professionals, complete at your own pace • Classes in the evenings and weekends • Full program delivered in the Quad Cities • Focus your electives in Leadership, Management, Finance, Marketing, Entrepreneurship, and Operations. All those interested, please



RSVP to [Michel Pontarelli](#), director, (319) 335-3782.

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](#))



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](#))

Commissary and Post Exchange Advisory Council: The Commissary and Post Exchange Advisory Council Meeting will be held on Thursday, **June 26**, 1-2 p.m., in the Garrison Headquarters, Bldg. 90 conference, Room 12. Soldiers, family members and authorized patrons are invited to attend and provide input to the Council to help improve these important military services and benefits.

Your Healthy Lifestyle Festivals Coming Soon: The Defense Commissary Agency will unveil the Your Healthy Lifestyle Festival **June 6 through July 6** at 236 installations worldwide. This inaugural event will allow patrons to see discounted prices on produce at commissary farmers markets, savings on workout equipment at exchanges, and fitness events hosted by base morale, welfare and recreation activities. With the theme "Shop Healthy! Eat Healthy! Be Healthy!," the festival reinforces the health and wellness goals of the military community. Check out the Commissary's latest [YouTube video](#) to see what your festival could provide.

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](#))

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 Tumbleson, 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 – June 2-8: On June 4, 1984, the protestors failed to shutdown the RIA on "Project Disarm" day. The last of 100 Mark VIII Tanks assembled at the RIA was completed June 5, 1920. The order for 100 tanks was completed in 286 days. On June 6, 1898, the RIA commander received an order to procure from private contractors 10,000 additional outfits of cavalry and horse equipment. The Spanish-American War had caused a critical demand for equipment. On June 7, 1871, Gen. Thomas Rodman, "Father of the RIA" died. He died while in the midst of completing his grand plan for the RIA. On June 8, 1871, the first iron casting

made at the RIA was for the iron columns used in the construction of Shop C (Bldg. 104).

Healthbeat

Protect Your Natural Body Armor This Summer: Attention sunbathers, golfers and outdoor enthusiasts! Skin cancer is the most common form of cancer in the United States with more than 3.5 million cases diagnosed annually. Ninety percent of all skin cancer diagnoses are associated with sun exposure. If you think your risk for developing skin cancer is low, the fact that one in five Americans is diagnosed in their lifetime may prompt you to better care for your own skin and that of your family members. ([More](#))

Post-Retirement Weight Gain--Fact or Fiction?: Do Army retirees maintain healthier weights when compared to civilian retirees? Approximately half of the Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index that classified them as obese. Obesity rates for these retirees are significantly higher than the general population of the same age. In addition,



the rate of obesity among these Army retirees is twice as high when compared to active-duty Soldiers. ([More](#))

Army Invention Helps Prevent

Mosquito-Borne Disease: It took more than 20 years, but a device invented by Army entomologists to control the population of mosquitoes that carry diseases is now available to installations. As well, the device is commercially available to Soldiers and civilians for home use and to target day-biting mosquitoes that attack during picnics and outings. "The primary targets of the device, called a lethal ovitrap, are female *Aedes aegypti* and *Aedes albopictus* mosquitoes that can be found throughout the Eastern and Southern U.S., South America, and other parts of the world," explained Thomas Burroughs, U.S. Army Public Health Command Entomological Sciences Program manager. ([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.

Notes for Veterans

Statement from Acting Secretary of Veterans Affairs Sloan D. Gibson -- Gibson Announces Immediate Actions in Phoenix, Ariz.: Acting Secretary of Veterans Affairs Sloan D. Gibson today announced immediate actions taken to address the recommendations outlined in the recent interim Office of Inspector General report. He made the following statement in Phoenix, Ariz.: "No Veteran should ever have to wait to receive the care they have earned through their service and sacrifice. As the President said last week, we must work together to fix the unacceptable, systemic problems in accessing VA healthcare. I believe that trust is the foundation for everything we do – VA must be an organization built on transparency and accountability." [\(More\)](#)

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.

- 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:** [8th Annual Radish Magazine Healthy Living Fair](#) (Freight House Farmer's Market)
- 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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