



June 10, 2013

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 Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

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



Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)



Celebrating Service to the Nation and Strength for the Future: the Army's 238th Birthday: Two hundred and thirty-eight years ago, on June 14, our nation's leaders established a professional American land force- the Continental Army - beginning a rich heritage of successfully defending this great nation and its citizens. This week, the United States Army commemorates the continued honor, loyalty and bravery of our Soldiers throughout the country

and around the globe. Today's Soldiers stand ready to complete any mission our country asks of them. The nation's freedom rests in the hands of our Soldiers, families and civilians who defend "The Stars and Stripes." Following more than 12 years of war, the Army remains committed to the readiness, training and advancement of the total Army. With a focus on Ready and Resilient Soldiers, the Army has implemented programs that help our

men and women stay in the fight. The Army Profession is a result of an enduring education and training program designed to educate, train and inspire. The Army prepares Soldiers for life upon entry and continues beyond military service with opportunities for employment, education and healthcare to ensure their lifelong success as they remain Soldiers for Life. ([More](#))



"HOME OF US ARMY LOGISTICS"



Quad Cities Military Salute Gala:

Honoring Those Who Serve: For all that sequestration has been charged with lately, one consequence is surely an opportunity for the Quad-Cities. Because of budget issues, the Army Birthday Ball that celebrates the rich heritage of our Army has been cancelled at the national level and at the Rock Island Arsenal as well. 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 Quad-City Chamber of Commerce to allow the community to host the Quad-Cities Military Salute Gala honoring the 238th birthday of the United States Army. The event will be held on **June 15** at the Q-C Waterfront Convention Center in Bettendorf. ([More](#))



Garrison Assumption of Command Ceremony:

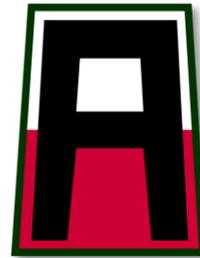
The Arsenal Island workforce is invited to attend the US



Army Garrison-Rock Island Arsenal Assumption of Command Ceremony on Tuesday, **June 11**, at 9 a.m., Bldg. 60, in Heritage Hall. USAG-RIA will execute a change of command ceremony with acting central region director, Col. Darcy A. Brewer, Central Region, Installation Management Command, presiding. Col. Elmer Speights, Jr. will assume command from Mr. Joel Himsl. (QC Times: [RI Arsenal 'Mayor' Now Will Wear a Uniform](#))

QC Religious Leaders Form Partnership To Promote 'Soldier's Wellness':

The First Army's Unit Ministry team hosted, 'Building Bridges for Resiliency,' an event designed to acquaint Quad City religious leaders with the resources available to support and foster resilient Soldiers and their families. Many First Army Headquarters Civilians, Soldiers and their families live and worship in the Quad City area community. This May 23rd event supported the Army's 'Ready and Resilient Campaign' which creates a holistic approach and synchronizes multiple efforts and programs to



Upcoming Dates

- June 11:** USAG-RIA Assumption of Command
- June 11-13:** DA Photo Studio Availability
- June 12:** USAG-RIA Safety Day
- June 15:** Quad Cities Military Salute Gala [📅](#)
- June 15:** Pioneer River Days @ COL Davenport House [📅](#)
- June 16:** Father's Day
- June 18:** USAG-RIA Town Hall
- June 22-23:** 27th Annual Quad City Airshow [📅](#)
- June 24-28:** USAG-RIA Joint Services Installation Vulnerability Assessment (JSIVA)
- June 27:** RIA 3rd QTR Retirement, Retreat & Award Ceremony
- July 2:** JMC Change of Command Ceremony
- July 3:** Red, White & Boom [📅](#)
- July 4:** Independence Day (*Federal Holiday*)
- July 11:** JMTC Change of Command Ceremony
- July 9-11:** DA Photo Studio Availability
- July 16-18:** USAG-RIA Motorcycle Experienced Rider Course [📅](#)
- July 17:** Military Consumer Protection Day [📅](#)
- July 19-20:** FMWR Summer Golf Tournament
- July 26:** RIA AUSA 2013 Golf Outing & Steak Fry
- Aug. 6-8:** DA Photo Studio Availability
- Aug. 9:** First Army Organization Day (T)
- Aug. 12-16:** CBWTU Muster Week
- Aug. 12-16:** HQ JMC TA4C (T)
- Aug. 23-24:** Tribute to Our Fallen (Healing Fields)
- Aug. 26:** Women's Equality Day
- Aug. 29:** Honor Flight, Moline Airport
- Sept. 2:** Labor Day (*Federal Holiday*)
- Sept. 11:** Patriots Day, 9/11 Observance Ceremony (T)
- Sept. 17:** Constitution Day
- Sept. 17-19:** USAG-RIA Motorcycle Cycle Experience Rider Course [📅](#)
- Sept. 20:** POW/MIA Recognition Day Ceremony
- Sept. 26:** RIA 4th QTR Retirement, Retreat & Award Ceremony



improve the overall wellness of its Soldiers and their families. ([More](#))

A First: Civilian Takes Lead at Milan

AAP: Milan Army Ammunition Plant held its change of responsibility ceremony between outgoing commander, Lt. Col. Norbert Fochs, and Britt Locke, civilian executive assistant on June 4, in Milan, Tenn. Locke became the first civilian to lead the Joint Munitions Command's Milan plant. Locke brings 30 years of civilian service to his new role as CEA. Locke will provide continuity for Milan AAP as it continues to evolve. ([More](#))



Ghost of the Mountain Finds a Home

at Niabi Zoo: Conservation of snow leopards and other endangered species is one of the lessons the Niabi Zoo provides the Quad Cities community for the last 50 years. "Conserve, Educate, Preserve," said Sharon Freedman, assistant director education and



conservation research Niabi Zoo. "That is our major mission here. We consider ourselves a conservation facility that provides family entertainment." "Niabi Zoo has military family appreciation days to honor the military families, with service members locally or on duty elsewhere in the world," said Freedman. "We are able to offer them a special day at the zoo and ice cream social, with our last event being a month ago. We try to do something multiple times a year to support the Arsenal and its residents." ([More](#))

Safety Awareness Day: To better promote Safety Awareness among our Soldiers, civilians and Families, the Rock Island Arsenal Garrison is hosting a "Safety Awareness Day" on Wednesday, **June 12**, 10:30 a.m. - 1 p.m., Bldg. 60, in Heritage Hall. Please join us for safety information dealing with fire safety, car seat installation checks, boating safety, cell phone distraction awareness safety displays, alcohol impairment activities, traffic safety, and information on how the Red Cross responds to natural disasters. The feature demonstration will include the *Save a Life Tour – Interactive Drinking and Driving*



Simulator, which is a realistic, sober perspective on the effects of driving while intoxicated. All are welcome. For more information call (309) 782-1380.

In 15 Weeks, MCRP Intern Reduces Joint Munitions Command scorecard Process 95 percent:

Making the most of her 15 weeks, taking her time and saving hundreds of hours for future users, Jasmine Vinson considers her Minority College Relations Program internship a success. ([More](#))



Are Pentagon Civilians Really Behind the Pentagon's Money Woes?:

On Monday, 25 defense analysts from several think tanks announced that they agree on three areas in U.S. military spending where money can be saved: closing down unnecessary military bases and facilities, reforming military compensation, and shrinking the number of Department of Defense civilian employees. Sounds bad, right? Sounds like the Defense Department's



civilian workforce is out of control? Wrong. [\(More\)](#)

House Committee Passes \$522.1 Billion National Defense

Authorization Act: The House Armed Services Committee passed on June 6 their version of the fiscal 2014 national defense authorization act, specifying \$552.1 billion in overall spending for base national defense and an additional \$85.8 billion in overseas contingency operations. The bill (H.R. 1960), would allocate \$526.6 billion for Defense Department discretionary spending and \$7.7 billion in mandatory funds. [\(More\)](#)



Pentagon Preparing 2014 Spending Plan That Factors In Sequestration:

The Defense Department is prepared to present Congress with a detailed outline of how it will cut billions from its budget if sequestration continues into next year. By July 1, the Pentagon will provide the Senate Armed Services Committee its plan for managing reduced fiscal 2014



budget levels, Deputy Defense Secretary Ashton Carter said in speech Wednesday at a special-operations conference. The committee had asked DoD to provide a list of spending reductions after the White House submitted a budget proposal for next fiscal year that simply ignored sequestration, ostensibly in the hope that the automatic budget cuts would be canceled or otherwise avoided by next fiscal year. [\(More\)](#)

OPM Finally Rolls Out Draft Rule

For Phased Retirement: The Office of Personnel Management this week published a long-awaited draft rule governing phased retirement. Phased retirement will allow a federal employee, with agency approval, to continue employment on a part-time basis—and continue to earn additional retirement benefits proportionately based on that part-time employment. An eligible "phased retiree" will work half-time and at the same time receive half of what his or her annuity would have been had that person completely retired from federal service. During phased retirement, he or she is considered a part-time employee, not a



reemployed annuitant, according to the proposed rule. [\(More\)](#)

Don't Count on Unemployment

Comp: The large number of employees and the relatively large number of days involved in the DoD furlough has raised new questions regarding qualifying for unemployment compensation. Eligibility would depend on state policies that vary widely; most have a waiting period of one week of unemployment. Thus, employees typically would have to be off more than five days straight to just to qualify for time beyond those five days. [\(More\)](#)

Will A Fight Over Defense Spending

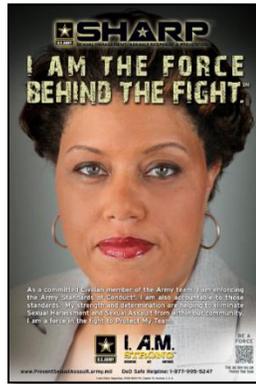
Blow Up the Sequester? : Turns out Republicans aren't willing to cut defense down to sequestration levels after all. On Tuesday, the House passed H.R. 2216: Military Construction and Veterans Affairs, and Related Agencies Appropriations Act, 2014, which allocates more money to defense than allowed under the law. Implicitly, the idea is that the increase in defense



spending will be paid for by further cuts to domestic spending. ([More](#))

Sexual Harassment/Assault

Prevention: The U.S. Army's goal is to eliminate sexual assaults and sexual harassment by creating a climate that respects the dignity of every member of the Army family. The U.S. Army's Sexual Harassment / Assault Response and Prevention program, known as SHARP, exists so the Army can prevent sexual harassment and sexual assaults before they occur. ([More](#))



Odierno: Sexual Assault, Harassment Cannot Be Tolerated In Army:

Sexual assault and harassment are serious problems the Army is vigorously addressing, said Chief of Staff of the Army Gen. Ray Odierno. Odierno testified before the Senate Armed Services Committee, June 4, along with the Chairman of the Joint Chiefs of Staff, service chiefs from the Navy, Air

Force, Marine Corps and Coast Guard, and six judge advocate generals. ([More](#))

HASC Passes Bill to Address Sexual

Assaults: With broad support from Republicans and Democrats, a House committee Wednesday approved legislation to tackle the growing problem of sexual assault in the armed forces by taking away the power of military commanders to overturn convictions in rape and assault cases. The bill passed by the House Armed Services Committee also requires that anyone found guilty of a sex-related crime receive a punishment that includes, at a minimum, a dismissal from military service or a dishonorable discharge. ([More](#))

Ex-Wife, as Beneficiary, Should Get FEGLI Benefits, High Court Rules:

The Supreme Court on June 3 ruled that a deceased federal employee's life insurance policy should go to his ex-wife, and not his widow, because the fed never changed his beneficiary designation after his divorce. Federal employee Warren Hillman named his former wife, Judy



Maretta, as the beneficiary of his Federal Employees' Group Life Insurance, or FEGLI, policy in 1996, two years before the two divorced. ([More](#))

Department of Defense Self-Service Logon to Enable Access to Online

DOD Self-Service Sites: As Army Knowledge Online moves to next-generation enterprise services, Army retirees and family members will access DOD online self-service sites through the more secure Department of Defense Self-Service Logon, called "DS Logon." The DS Logon system allows DOD and Department of Veterans Affairs, or VA, members and affiliates to access DOD and VA applications such as eBenefits, TRICARE Online, Beneficiary Web Enrollment, MilConnect, Transferability of Education Benefits, Health Net Federal Services, Humana Military, MyTricare.com, and TRICARE-overseas.com, to name a few. ([More](#))

USO Inaugural Bottled Water

Donation Drive: In honor of Military Appreciation Month the Davenport Fire Department is now accepting cases of bottled water



during the month of May.

You can drop off bottled water at any Davenport Fire Department Monday – Friday, 9 a.m. – 4:30 p.m. Water will be used at the USO Center as well as programs and events supporting our local military.

2013 Hiring Our Heroes Job Fair –

Newton, Iowa: There will be a job fair for veterans at the DMACC Newton Conference Center,, at 600 North 2nd Avenue West, in Newton, Iowa, on **June 20**. This hiring event is being conducted by the U.S. Chamber of Commerce Foundation, the Department of Labor Veterans' Employment and Training Service, the Iowa Committee of the Employer Support of the Guard and Reserve, the U.S. Department of Veterans Affairs, the American Legion, NBC News, and other local partners. Job seekers: veterans, active duty military, members of the Guard and reserve components, and military spouses can register for free at hoh.greatjob.net to guarantee admission. Walk-ins welcome, but space not guaranteed. For registration questions, please contact us at hiringourheroes@uschamber.com or call (202) 463-5807.



Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, June 14, 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 **6:15 p.m. on Aug. 23**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 19**. 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 Says, "We will have a drawing for a red Mississippi Valley Regional Blood Center polo. Any donors giving on the Arsenal during the month of May will be included in the drawing. Winner will be allowed to specify their size preference."



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

VIOS Schedule for June, July and

August: Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **June 11, 12 and 13; July 9, 10, and 11; and Aug. 6, 7, and 8**. Appointments may be scheduled online by submitting a DA3903 Work Request Using the [Visual Information Ordering Site](#) for these available times: Tuesday, **June 11, July 9, and Aug. 6, 7** a.m. – 3:40 p.m.; Wednesday, **June 12, July 10, and Aug. 7, 7** a.m. – 3:40 p.m.; and Thursday, **June 13, July 11, and Aug. 8, 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 DA3903 form 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](#).

JM&L LCMC, JMC Change of Command Ceremony: Joint Munitions & Lethality Life Cycle Management Command and Joint Munitions Command will execute a change of command ceremony with commanding general, General Dennis Via, Army Materiel Command, presiding. Brig. Gen. Kristin French will assume command from Brig. Gen. Kevin O'Connell on **July 2**, at 9 a.m., at Quarters One, on the north lawn. Inclement weather location is Heritage Hall, Bldg. 60.



2013 WID Golf Tournament: Women In Defense 12th Annual Golf Outing: Friday, **Aug. 2**, at Glynn's Creek Golf Course. \$65 per person/WID members \$60 per person. (Includes greens, cart, continental breakfast, lunch, beverages and prizes) Registration/payment due by **July 19**. ([Flyer](#))

Arsenal Island Employee Local Discounts: *The following discounts are exclusively available to Arsenal Island employees –*

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 ([☺](#)). **Pepperjack's Restaurant & Lounge in Davenport:** Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) ([☺](#)). **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 ([☺](#)). **Big Mouthz BBQ:** We're offering all public employees (city, county, state, and federal) \$1 off their order every Monday ([☺](#)). **Massages By Kim:** For the month of May, in honor of Military Appreciation Month, Massages By Kim is offering 10 percent off to all military and military families (with valid id) for an hour massage. Appointments can be made [online](#), where you can indicate that you're military when scheduling the appointment online in the "Note to Provider" section ([☺](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

RIA AUSA 2013 Golf Outing & Steak Fry: The Rock Island Arsenal Chapter of the AUSA will hold its 14th Annual Golf Outing & Steak Fry on Friday, **July 26**, at the beautiful Arsenal Island Golf Course. Players ... hurry and [register for](#)



[this event](#). Only the first 40 teams will play! AUSA is a 501(c)(3) non-profit educational organization that supports America's Army – Active, National Guard, Reserve, Civilians, Retirees, Government Civilians, Wounded Warriors, Veterans, and their family members. Proceeds from this event are used to fund all of our Chapter activities including our Soldier & Family Support programs, wounded warrior programs, veteran support initiatives, the USO/AUSA Emergency Relief Grant Program & the RIA AUSA Scholarship program. For thirty years, our Chapter has supported initiatives to strengthen the viability of the Arsenal, aide MWR & ACS programs, sponsor veteran support programs and we have contributed more than \$125,000 in the last two years for Soldier and Family needs. ([More](#))

DLA Document Services: DLA

Document Services is your one stop shop for all of your printing and document needs. Is your office space slowly closing in on you? All the filing cabinets and banker boxes full of documents taking up costly space? Let us convert your documents to a



searchable electronic format. We offer several solutions for converting to various forms of digital media. Deliverables include everything from CD's, and dual layer DVDs, to searchable PDF's and electronic formats that you can upload to tablets and smartphones. We can also securely shred and destroy those converted documents. With today's budget worries in mind, it's a great time to take a hard look at those storage spaces. In fact, we'd be glad to visit your site, perform a no cost assessment and provide you with an estimate. If you would like to find out more about these exciting options or any other vast portfolio of services we provide, please call (309) 782-1430 or 1431 or stop by our office in Bldg. 108 southwest corner, and we will be glad to discuss future projects. DLA Document Services exists for the convenience of our customers.

Arsenal Attic Thrift Shop &

Boutique: The Thrift Shop will be closed from **June 7 until July 15** for Summer Break. We will reopen for our new season at 9 a.m. on Tuesday, July 16. Add these dates to your calendar. See you then. POC: (309) 782-6977.

Summer Trivia at St Alban's

Davenport: St Alban's Episcopal

Church is launching their 4th summer of trivia games on **June 15**. Teams of up to eight at \$10 per person. 3510 W Sentralpark. BYOB, door prizes, 50-50 raffle. Game starts at 7 p.m.; doors open 6:15 p.m.. Only 10 tables, so reserve at (563) 359-5975 or eatongeo@msn.com
Time: **7-10 p.m.**

Arsenal Traffic/Construction

Closure at North Ave. & Gillespie

Street: Phase 3 of the North Avenue project started May 6. Phase 3 consists of storm sewer and paving work at the intersection of North and Gillespie. The completion of Phase 3 will require **30 to 45 days of good**



weather. Barricades and signs will be installed and traffic will be routed in accordance with the detour map attached with both inbound and outbound traffic directions (North Avenue Project Phase 3 Inbound-outbound). DPW POCs are Joe Gumpert, (309) 782-1389; and Mike Panilo, (309) 782-6004.

Bridge Closure - Annual Bridge Maintenance (Wash/Clean), R.I.

Viaduct & Pedestrian/Bike Path

Bridge: R.I. Viaduct, Underneath R.I.



Viaduct, & Pedestrian Bridge – Monday/Tuesday/Wednesday - **June 10, 11, and 12**. Closure is during non-peak hours, 8:30 a.m. to 2:15 p.m. on all three days. This is to help avoid causing traffic backups during rush hours. Barricades and signs will be placed at the approximate locations to notify and warn motorists, bicyclists, and pedestrians of the closures. DPW POC is Dana Johnson, (309) 782-2446.

Building/Space Closures

☪
There are no announcements this week for Building/Space Closures.

Active Duty/Reserve Zone

☪
Soldiers to See Fewer PCS moves: The Army would like its enlisted Soldiers to remain on station for at least 36 months, and career managers are aiming to see that they will, said a director from Human Resource Command. In late 2012, senior Army leaders "asked us to look for ways to increase unit readiness, stability and predictability for Soldiers and families," said Col. Robert Bennett, director, Enlisted Personnel

Management Directorate. Keeping Soldiers on station for a longer period of time would accomplish those goals, said Bennett, who said he met with leaders in his directorate to go over options and implementation of the plan. ([More](#))

Active Duty Caddie Program at John Deere Classic: The PGA Tour will once again be sponsoring the Active Duty Caddie Program, for the John Deere Classic, on Wednesday, **July 10**. The PGA is looking for 20 active duty military to participate in the ADCP. The participants will be on-site all morning and will have the opportunity to walk inside the ropes, caddie for, and interact with PGA Tour players. This is open to all branches of the service. Those wanting to participate must have their supervisor's permission for this duty time event. The point of contact for the Caddie Program is [Marc Raiken](#), (904) 543-5112 or (201) 919-6070.

Safety Spotlight

☪
Safety Awareness Day: To better promote Safety Awareness among our Soldiers, civilians and Families, the Rock Island Arsenal Garrison is



hosting a "Safety Awareness Day" on Wednesday, **June 12**, 10:30 a.m. - 1 p.m., Bldg. 60, in Heritage Hall. Please join us for safety information dealing with fire safety, car seat installation checks, boating safety, cell phone distraction awareness safety displays, alcohol impairment activities, traffic safety, and information on how the Red Cross responds to natural disasters. The feature demonstration will include the *Save a Life Tour – Interactive Drinking and Driving Simulator*, which is a realistic, sober perspective on the effects of driving while intoxicated. All are welcome. For more information call (309) 782-1380.

Motorcycle Safety Course: The USAG-RIA Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be 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 Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 16-18** and **Sept. 17-19**. Registration for all courses is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309) 782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.

Equal Opportunity Focus

☐ **National Caribbean-American Heritage Month**: For centuries, the United States and nations in the Caribbean have grown alongside each other as partners in progress. Separated by sea but united by a yearning for independence, our countries won the right to chart their own destinies after generations of colonial rule. Time and again, we have led the way to a brighter future together -- from lifting the stains of slavery and



segregation to widening the circle of opportunity for our sons and daughters. National Caribbean-American Heritage Month is a time to celebrate those enduring achievements. It is also a chance to recognize men and women who trace their roots to the Caribbean. Through every chapter of our Nation's history, Caribbean Americans have made our country stronger -- reshaping our politics and reigniting the arts, spurring our movements and answering the call to serve. Caribbean traditions have enriched our own, and woven new threads into our cultural fabric. Again and again, Caribbean immigrants and their descendants have reaffirmed America's promise as a land of opportunity -- a place where no matter who you are or where you come from, you can make it if you try. ([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.

Beer Pairing Dinner at the Arsenal Island Golf Clubhouse: Enjoy seven courses of delicious food perfectly paired with seven craft microbrews from Schlafly Brewery on Friday, **June 21**, at 7 p.m. Cost is \$50/person and includes a souvenir Schlafly glass that's yours to keep. Call (309) 782-4372 for more info and to reserve your table. ([Food/Beer Menu & 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](#))

Menopause The Musical: It is a celebration of women, so bring the girls and laugh out loud about our "silent passage." Bring your guy, too. See what millions worldwide have been laughing about for more than 10 years! Rated PG-13 for adult content and language. Tickets on sale until **June 29**. \$43.50 a ticket. Date: **Saturday, July 13**
Time: **5:45 p.m.**

Taste of Chicago Bus Trip: Taste of Chicago is the nation's premier outdoor food festival showcasing the diversity of



Chicago's dining community. The delicious array of food served at Taste of Chicago is complemented by music and exciting activities for the entire family. Seats on sale now. \$41 per person - transportation only.

Date: **Saturday, July 13**

Time: **6:30 a.m. - 9 p.m.**

Heartland Jam 2013: Leisure Travel will be selling one or two day passes to the Heartland Jam. This two day event will feature Phil Vassar, Kellie Pickler, Darius Rucker, Jerrod Niemann, Lauren Alaina, Rodney Atkins and many more performers. Discounted tickets on sale until **June 29**. One-day ticket = \$44, two-day ticket = \$54.

Date: **Friday, July 19**

Time: **1 p.m.**

Ringling Bros Barnum & Bailey

Presents – DRAGONS: For the first time in circus history, myth and majesty will share the arena during this must-see family event that can only be witnessed at The Greatest Show On Earth®! Experience circus spectacles so incredible that once again you will believe in the unbelievable! Contact LTO for dates and discounted prices (309) 782-5890.

Date: **Aug. 30 - Sept. 2**

Time: **Varied**

Disney Junior Live: Producers of Disney On Ice and Disney Live!, is taking top performing cable TV series for preschoolers to the stage in Disney Junior Live On Tour! – Pirate and Princess Adventure. Featuring characters from the smash hits Sofia the First and Jake and the Never Land Pirates. \$20 lower and \$14 upper bowl.

Date: **Friday, Oct. 18**

Time: **6:30 p.m.**

Outdoor Recreation Summer

Entrance: Effective May 20, Outdoor Recreation Patrons were asked to use the back entrance of Bldg. 333 for equipment pickups and returns. This will make it easier for patrons to load and unload equipment from their vehicles. For more information please phone x-8630.

Six Flags Great America: Thrill-seekers are sure to enjoy one of our amazing roller coasters. We have a variety of out-of-this-world coasters, including Viper, Batman The Ride and Raging Bull, the world's first hyper-twister coaster. In total, the park has nearly seven miles of thrilling coaster track. Discounted tickets adult/child \$36.

Mount Olympus Waterpark: One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28, a \$11.99 savings.

Six Flags Saint Louis: An amazing theme park featuring awesome rides, great shows, and incredible attractions, plus Hurricane Harbor water park. Discounted one-day admission tickets for adults/children \$36.

Adventureland Park: 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 as well as a full complement of children's rides. Discounted tickets \$30.

Movie Night Gift Cards at Leisure

Travel: Stop by the Leisure Travel Office and pick up a gift card for \$27 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure



Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

Child, Youth & School Services

Army Certified Family Child Care Provider: Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

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**

11 Days of Furlough: a Money Planning Calendar Briefing: You may view and download a briefing for a Furlough Money Planning Calendar at www.riamrw.com/acs/financial-readiness and look for Furlough Support. The briefing enables the employee to plan for the various furlough dates and paydays. For assistance contact [Jon Cook](#) at (309) 782-0815.

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.

PTSD Support Groups: Is the quality of your life being affected by 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.

Understanding PTSD: The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **June 25, July 23, and Aug. 27.** Call (309) 782-4357 to enroll.

National Men's Health Month – June 2013: 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.

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 Bldg. 56, 1st floor, east wing.

Stress Management: The Rock Island Arsenal EAP is offering classes on

Stress Management. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

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.**

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](#))

Military Commissaries to Close One Day Per Week: Military commissaries will handle Defense Department furloughs by closing for one day a week, the Defense Commissary Agency said. Most commissaries will close on Mondays up to 11 times **between July 8 and Sept. 30.** The additional closure of one day per week will be in addition to any days stores normally are closed. That means that the 148 commissaries that routinely close on Mondays will also close the next normal day of operation, DCA said. "We know that any disruption in commissary operations will impact our patrons," said DCA Director and CEO Joseph H. Jeu. "Also,



we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay." Furlough notices are slated for delivery to DCA employees between May 28 and June 5. Jeu said the agency determined that Monday closures "would present the least pain" for employees, customers and suppliers. DCA operates 247 commissaries with more than 16,000 employees in 13 countries and two U.S. territories. The furloughs will affect all of the agency's 14,000 U.S. civilian employees. ([More](#))

Commissary Savings Help Highlight Summer Fun:

There is always something fun to look forward to in the summer months, and whether it's a trip of a lifetime or a picnic in your own backyard, your commissary provides military shoppers special savings that help make summer fun. "June is a busy month for families," said Michelle Frost, DeCA's chief of promotions and marketing. "There's Father's Day, graduations, children are out of school, vacations are starting and outdoor grilling season is in full swing! No matter the occasion, commissaries have you covered." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in June to offer discounts beyond everyday

savings. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store manager to verify when they will be offering these sales events.

([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](#))

Pioneer Living 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 Living Day on **Saturday, June 15**. Be a part of history from George Davenport's time 1-4 p.m. with guided tours of the house, and outside in the yard see log raft demonstrations, black-powder gun demonstrations, children's games, pioneer crafts, a doll quilt display, and



many re-enactors to take a picture with you. Pioneer Living Day is included with regular admission to the house: \$5 adults; \$3 seniors/students/active military; \$10 family. For more information, visit their website at www.davenporthouse.org.

This Week in Rock Island Arsenal History – June 10-16:

On June 11, 1907, William H. Taft, the future 27th President of the U.S., visited the RIA while serving as Secretary of War. On June 12, 1917, Congress appropriated \$1,500,000 for a new proving grounds to be located on 13,000 acres of land near Savanna, Ill. On June 13, 1871, the stone construction began on Shop D (Bldg. 61). In June 1962, radio station WHBF sponsored a luncheon in the RIA Cafeteria to commemorate the RIA Centennial Anniversary. Arthur Godfrey was the guest of honor. On June 14, 1871, Congress cited Rock Island as a government reservation according to Major D. W. Flagler's "Ordnance Memoranda No. 20, A History of the Rock Island Arsenal." On June 15, 1871, Maj. Daniel W. Flagler assumed command of the RIA. He relinquished his command on April 30, 1886. In June 1917, Miss Nellie Cue became the RIA's first forelady. She was forelady in the cloth department of the harness shop.



Healthbeat

Men's Health: Many men aren't comfortable talking about health. More than 7 million American men haven't seen a doctor in over 10 years. Prostate cancer is the second leading cause of death in men after lung cancer. Testicular cancer is the most common diagnosed in young men ages 15 to 35. Obesity, heart attacks, strokes, diabetes, hypertension, high cholesterol and cancer of the colon, lung, and skin (due to sun exposure and oral cancer due to tobacco use) are diseases and health conditions that can affect men at any age. ([More](#))

Protect Yourself From Tick Bites

This Season: Civilian furloughs are not the only side effect of sequestration. Individuals living and working on Installation Management Command installations may notice that the grass is a little higher than normal in some areas. Army operation and maintenance accounts have been reduced and as a result, mowing operations have also been reduced at many posts. What represents a lessened workload for public works employees creates abundant employment for some on-post

residents--the ones with eight legs and the potential to cause serious human and animal disease. Ticks can thrive in long grasses, according to Ellen Stromdahl, an entomologist at the U.S. Army Public Health Command who manages DOD's Human Tick Test Kit Program.

Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever, and viral diseases. Infected ticks have to attach to a person and remain on that individual for a long period of time (one to three days) in order to transmit most diseases, Stromdahl said. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **June 28** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Bill Would Restore GI Bill Benefits for Millions of Veterans: Sen. Richard Blumenthal (D-Connecticut) has introduced new federal legislation that would repeal what he calls unfair and arbitrary time limits under the GI Bill,

reports the Associated Press. Currently veterans have 10 years to use their Montgomery GI Bill (or 15 years to use their Post-9/11 GI Bill). The so-called delimiting date is determined by the veterans last discharge date. For veterans to be eligible for training and education benefits in the program, service members must pay \$1,200 before leaving the military and must use their benefits within 10 years of separating from the service. Blumenthal said more than 2 million veterans have been denied the benefits despite paying the \$1,200 because they missed the 10-year time limit. ([More](#))

Obama: Nation Pours Resources Into Mental Health Care for Vets:

The Veterans Affairs Department is improving access for veterans to mental health services, President Barack Obama said June 3 in remarks that opened the National Conference on Mental Health. Obama and Vice President Joe Biden are hosting the conference at the White House as part of the administration's effort to increase understanding of and awareness about mental health and reduce the associated stigma. Obama delivered opening remarks, and Biden will deliver closing remarks at the conference later today. "We're ... doing more to support our troops and our



veterans who are suffering from things like traumatic brain injury or PTSD, post-traumatic stress disorder," the president told the audience. "Today, we lose 22 veterans a day to suicide -- 22. We've got to do a better job ... of preventing these all-too-often silent tragedies. That's why we've poured an enormous amount of resources into high-quality care and better treatment for our troops." ([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.

Carpool:

- **Carpool:** Looking for a ride and pay. Flexible work hours are to 6 a.m. – 3:30 p.m. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). Email: michael.r.braun.civ@mail.mil
- **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 12-15: [Rally on the River](#) (Centennial Park, Davenport)

June 14: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

June 15: [Pioneer Living Day](#) (COL Davenport House)

June 16: [Ride the River Bike Ride](#) (Davenport to Moline)

June 16: [Ride the River Lunch Stop](#) (COL Davenport House)

June 30: [Mother-Son Dance - 'A Mother's Heart, Her Son & King'](#) (Martin Luther King Center, Rock Island)

June 22: [Royal Ball Run 5K and Fun Run for Autism](#) (Milan Community Center)

June 22-23: [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)

June 23: [Blossoms at Butterworth](#) (Butterworth Center, Moline)

June 24: [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

June 25-29: [Rock Island County Fair](#) (Fairgrounds, East Moline)

June 27-29: [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)

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

July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 5-21: [Countryside Community Theatre Les Misérables](#) (North Scott High School Auditorium in Eldridge)

July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)

July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)

July 26-27: [Downtown Street Fest](#) (Downtown Davenport)

July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 10: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 16-17: [River Roots Live](#) (Downtown Davenport)

Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)



Sept. 7: [Case Creek Obstacle Survival 5K Run](#) (Coal Valley, Ill.)
Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)
Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)
Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 14: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 5: [Inaugural Milan Fireworks Fun d Run](#) (Camden Park, Milan)
Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)
Oct. 12: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Oct. 24: [Fright Night](#) (The District, Rock Island)
Oct. 26: [Witches Walk](#) (Downtown LeClaire)
Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)
Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)
Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight



Joel Himsl, Garrison Manager; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island](#)

Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is [available on-line](#).

YOUR VOICE
MAKES THE DIFFERENCE.

ICE Say it on ice.disa.mil
INTERACTIVE CUSTOMER EVALUATION

