



June 22, 2015

Island Insight

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

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

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New Commander Takes Reins at Rock Island Arsenal Manufacturing Facility

The Rock Island Arsenal Joint Manufacturing and Technology Center Commander, Col. David J. Luders, was in command for more than 23 months. His tenure ended on today, when he turned the command over to Col. Donald K. Wols. Wols became the 48th commanding officer of Arsenal Island's manufacturing center at a ceremony held Thursday on Rock Island Arsenal. He took command of RIA-JMTC from Luders who had served as commanding officer since July 2013. Luders next assignment will be as a faculty member at the Air War College at Maxwell Air Force Base in Montgomery, Ala. Maj. Gen. Gwen Bingham, commanding general, TACOM-Life Cycle Management Command, presided at the change of command ceremony which was performed on a field adjacent to the manufacturing center where Bingham passed the flag of command from Luders to Wols. ([More](#))



Upcoming Dates

- July 1:** All American Singles & Geobachelor Dinner, USO, Bldg. 110
- July 8:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- July 9:** JMC Change of Command, Memorial Field, 2 p.m.
- July 10:** Ghost Hunters Dinner & Tour of Quarters One, Arsenal Island Clubhouse, 6 p.m.
- July 14-16:** DA Photos, Bldg. 56, Basement, 7:20 a.m.
- July 15:** Parent to Parent Workshop, Arsenal Island Clubhouse, 9 a.m.
- July 16 & 17:** Real Colors Training, Bldg. 56, First Floor, Classroom #1, 8 a.m.
- July 17:** RIA AUSA Annual Golf Outing, Arsenal Island Golf Course
- July 20:** AMC Best Warrior Competition
- July 20:** Stress Management Workshop, ACS Training Room, Bldg. 110, 11 a.m.
- July 22:** Army Community Service 50th Anniversary Celebration, ACS Spaces, Bldg. 110
- July 22:** Couples Communication Class, ACS Training Room, Bldg. 110, 5 p.m.
- July 23:** Corps of Engineers Organizational Day, Memorial Park, 11 a.m.
- July 23:** Council of Colonels, Arsenal Island Clubhouse, 11:30 a.m.
- July 28-Aug. 2:** The Wall That Heals, Memorial Park
- July 28:** BRC-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.
- July 29:** JMC Organizational Day
- July 30:** BRC2-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.

First Army Commander Applauds Retiring Rock Island Arsenal Soldiers, Civilians

Lt. Gen. Michael Tucker, First Army commanding general, thanked 11 civilians and five Soldiers for their service to the nation during the Rock Island Arsenal quarterly award, retirement and retreat ceremony held on Jun 25. The retirees represented 450 combined years of service to the Army and the country. "Think about that for a moment, 450 years of combined service to our nation," Tucker said. "That's longer than the United States has formally existed as a free, democratic nation, thanks in part to the noble service provided by these 16 men and women we honor today." ([More](#))



ASC Selects Best Warriors

Seven Soldiers assigned to the U.S. Army Sustainment Command put their Army skills to the test this week during ASC's 2015 Best Warrior Competition, here. The event began when competitors checked in at 5 a.m. on Monday, June 22, and ended with an awards breakfast held at the RIA Golf Club, June 25. At the breakfast, the competitors sat together and waited for Command Sgt. Maj. Anthony Bryant, ASC's top-ranking Non-commissioned Officer to announce the winners. Sgt. 1st Class Curtis Benjamin was named ASC'S NCO of the Year, a competition that was open to all ASC NCOs from corporal to sergeant first class. Spc. Jack Hopper, ASC, was named ASC's Soldier of the Year, a competition that was open to all ASC Soldiers from private to specialist. ([More](#))



JMC Honors New Hall of Fame Inductees, Dedicates Building

The Joint Munitions Command honored four individuals for their career contributions during the 2015 Ammunition Hall of Fame Ceremony, held here, June 26. Lester Griffin, John Masengarb, Bryon Morris and Col. (Ret.) Thomas Tobin, were inducted in a ceremony hosted by Brig. Gen. Kristin K. French, JMC commanding general, to recognize their contributions to the ammunition community. Three additional inductees; John Amerspek, Michael Devine and Edward Ford will be recognized during a ceremony at Picatinny Arsenal, Dover, New Jersey, in August. ([More](#))



ACC-RI NCO Selected for Promotion, Training Program

In early May, Sgt. 1st Class Kelly Butler, a contract specialist at Army Contracting Command-Rock Island, was selected for promotion to master sergeant. Butler, a native of Lawrenceville, Georgia, was one of 15 sergeants first class from the 51C, Acquisition, Logistics and Technology Contracting noncommissioned officer military occupational specialty that were selected for promotion. Only six percent of those considered were selected. "I am still in awe a little bit because I still remember being Private Butler, and I never thought that I would see master sergeant," he said. "I would like to continue to grow as a leader, adapt to the changes of the Army, and make those around me better." ([More](#))



Burial, Memorial Benefits for Veterans, Retirees

As a Legal Assistance Counsel I am often asked about burial and memorial benefits for veterans and retirees. This short article will give you a quick run-down on honorably discharged veterans and retirees' burial and memorial benefits. First, burial in a VA national cemetery is available for veterans, spouses and dependents at no cost and includes the gravesite, grave-liner, opening and closing of the grave, a headstone or marker, and perpetual care as part of a national shrine. The U.S. Department of Veteran Affairs operates 131 national cemeteries including are own national cemetery here at Rock Island Arsenal. For pre-need planning you can call your local funeral home. ([More](#))



Submitting Comment on the Locality Pay Proposals

Federal employees (and anyone else who is interested) have less than a week to comment on an Obama administration proposal that would result in a pay bump for 102,000 civilians in 13 metropolitan areas. The proposal would take those 13 cities (the Quad Cities included) out of the "Rest of the United States" category for locality pay and grant them their own rates. Regions with unique rates tend to do better than those lumped together in the catchall category. Employees in the "Rest of U.S." received a 14.16 percent bump on top of their annual base salaries in 2015, while those in the specific areas received between 15 percent and 35 percent bumps. Comments are due by **July 1**, and can be submitted through Regulations.gov or by email to pay-leave-policy@opm.gov with "RIN 3206-AM88" in the subject line. (*Editor's Note: a possible comment, for those in support of the Quad Cities receiving its own locality pay, might be to submit a comment similar to, "I approve and support the proposed locality pay increase for the Davenport, IA area."*) ([More](#))

Rain Dates for June 11 River Bandits game

Ticket holders who experienced the **June 11** rainout of the Quad City River Bandits can use their tickets at either the **July 7** game with the Clinton Lumberkings, or the **Aug. 20** game with the Wisconsin Timber Rattlers. Tickets can be exchanged in advance or on game day before the game.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, July 10 & 17, 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.



July & August Blood Drive Hours Extended, Trial Basis: *"The Mississippi Valley Regional Blood Center drives at Rock Island Arsenal will feature extended hours from 10 a.m. – 3 p.m. for the months of July and August. This is taking place as a trial to see if the extended hours will facilitate and enable more Arsenal Island employees to give who may not otherwise have the time in their schedule.*



Summer Blood Donors Entered into Drawing for a 2015 Jeep Patriot: *"This summer, you could win a 2015 Jeep Patriot by giving blood with Mississippi Valley Regional Blood Center! It's part of the "Made in the USA" promotion to support the blood supply through the difficult*

summer months, when the rate of blood donation drops by about 20 percent..

Also, a slight change in that every donor must present photo ID or a blood donor card to be eligible to donate blood. Arsenal badges are acceptable. The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Up-coming Changes to the CAC Layout

In compliance with Federal Identity standards, the Department of Defense has added Affiliation Color Code to the front of the Common Access Card. This feature will aide those with impaired color perception in recognizing the affiliation of the cardholder. The affiliation color code "B" for Blue, "W" for White, or "G" for Green shall be printed in a white circle under the expiration date as depicted in the card samples below. Various font sizes from 7 to 10 points will be used that allows the full name to be printed. The font size 7 point allows space for 3 lines and is used if the full name does not fit on two lines with font size 8 point. There are no changes to the back of the card. Issuance will begin in **July** at RAPIDS ID card issuance facilities and will continue to be issued indefinitely. Existing cards will not be reissued solely for the purpose of this change, but will be reissued upon expiration or need for replacement.



VIOS Schedule for July, August

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **July 14, 15, & 16**; and **Aug. 4, 5, & 6**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

RIA AUSA Annual Golf Outing - Save the Date

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

Save the Date – 8th Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8th Annual Cards for the Troops. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to: mssipple1@gmail.com. Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction

Parking Lot Closures

The Directorate of Public Works plans to close parking lots 1D and 1E for repairs. Closure of lot 1D began June 15, with completion expected in six weeks. Closure of Lot 1E would immediately follow with completion expected in six weeks. These lots are located along Rodman Avenue in front of buildings 108, 109, and 110. Physical changes to the lot configuration will include the addition of curb and gutter and closure of the East Street access point to Lot 1E. Striping changes include removal of all southern parking spaces in order to create a fire lane and the conversion of northern parking spaces to perpendicular parking in order to optimize the remaining parking spaces. Reserved parking changes in the lots include the addition of 10 accessible parking spaces to lot 1E, six short term parking spaces in lot 1E, and four motorcycle parking spaces in lot 1D. All remaining spaces would be open parking. One lane of access to Rodman directly north of Bldg. 109 will remain open to facility parking when the lot is not closed. Drivers are encouraged to use Lot 10 (south of Memorial Field) as an alternative parking lot for the duration of construction. Barricades and signs will be posted to warn and control traffic.

Parking for JMC Change of Command

JMC is using 74 parking spaces in Lot 10 and the entire Memorial Field parking lot to support their Change of Command Ceremony on **July 9**. These will be coned off the evening of July 8 after the duty day.

JMC Organizational Day Parking

JMC is hosting an "Organization Day" at Memorial Field on **July 28**. JMC is using 15 spaces that will be blocked off near the pavilion (marked on attached) for the entire day to accommodate vendors, handicap personnel, etc. Parking passes may be issued for the people needing reserved spaces and have them display the pass in their windshield for the duration of the event. Please note, JMC will not be blocking the road off to people who want to use the ATM.

Parking Closure Near Bldg. 64

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

Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Building/Space Closures



Power Outage Notification

Public Works will be conducting a power outage for buildings 102, 103, 104, 107 on Sunday, **June 28**, at 6 a.m. Expected duration is eight hours. The purpose of this outage is to perform annual electrical maintenance.

Active Duty/Reserve Zone



Discovery Time Playgroup

Playgroup every Thursday 9:30-11:30 a.m. Come and join us for fun and friendship. [See flyer for this month's activities](#). For more information please contact us at 309-782-3049.

Bix 7 Road Race Waives Entry Fee

The [Bix 7 Road Race](#), **July 25**, in Downtown Davenport, again this year is honored to be able to waive entry fees for active duty military, guard and Reserve. Complete the [printable entry form](#), enter your military ID number where indicated and mail your entry to us. You must pick up your packet in person at the Bix 7 Expo and show your military ID. Last year several hundred military, guard and reserve participated. Additionally, last year the Bix committee was able to establish two distinctive viewing areas for veterans. The starting line saw several honor flight participants, while the top of Brady and Kirkwood had a large contingent representing the Vietnam veterans. The 41st Anniversary is shaping up to be another great event and we're excited to show our continued appreciation to the military. ([Entry Form](#))

All American Singles & Geo-bachelor Dinner

There will be an All American Singles & Geo-bachelor Dinner on Wednesday, **July 1**, for all eligible military in the region in the USO spaces in Bldg. 110. The menu items for the evening include: "build your own hot dog," "build your own turkey dog," "build your own burger," fixings,

potato chips, apple pie, and ice cream. Interested individuals need to RSVP to [Jackie Inman](#), 309-782-3896.

Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense. Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**. "We are honored and excited to be able to bring this program to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at arts.gov/national/blue-star-museums.



Brides Across America Celebrates Independence Day By Giving Away Free Wedding Gowns Nationwide

Brides Across America is proud to kick off its annual Operation Wedding Gown campaign at participating bridal salons nationwide. From **July 11-18**, in honor of Independence Day, qualified military brides can go into a participating salon and receive a free wedding gown. "Operation Wedding Gown" has grown and we are now able to grant weddings to our military couples in need. Oftentimes military couples find it difficult to plan their "fairy tale" wedding due to deployment, injury and/or economic hardship. With the collaborative effort, Brides Across America has donated more than 14,000 gowns to military brides and has gifted 20 weddings. More information can be found at www.bridesacrossamerica.com.

Military 4-H Scrapbooking SPIN Club

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

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



National Safety Month

National Safety Month, sponsored by the nonprofit National Safety Council and observed each June, offers Army leaders a prime opportunity to energize their accident prevention efforts and engage their Soldiers on safety. The annual event is endorsed and recognized as an official Army observance by senior Army leadership. The U.S. Army Combat Readiness Center (USACRC) launches an Army-wide campaign each June, to mark National Safety Month. Media products supporting the month, including feature articles, posters and informational videos, are made available on the USACRC home page. Materials typically focus on different aspects of safety in the Army, including civilian injury prevention, ground operations, aviation operations and driving. All products are available for electronic download by individual users, who may then reproduce or broadcast the information as required to meet their unit's needs. ([More](#))

Play It Safe in the Water This Summer

When temperatures peak, heading for the nearest lake or pool is a fast and fun way to cool down. Unfortunately, accidents and illnesses can happen in the midst of fun, so be sure you know how to get care when you need it. In addition to being great exercise, swimming is a great way to stay cool. But make sure the water is sanitary. Contrary to popular belief, chlorine does not kill all germs instantly. Many germs today are tolerant to chlorine and can take minutes or even days to die. The Centers for Disease Control and Prevention report a rise in recreational water illnesses (RWI) over the past 20 years. RWIs include a wide variety skin, ear, respiratory and other infections. To combat the spread of these infections, be sure to monitor the chlorine level in your pool and make sure it remains at a safe level. If you find that you or a family member is sick after being in the water, you should determine if urgent care is sufficient or if you are having an emergency. ([More](#))

Equal Employment Opportunity Focus



DoD Updates Equal Opportunity Policy to Include Sexual Orientation

The Defense Department has updated its military equal opportunity program to protect service members against discrimination because of sexual orientation, Defense Secretary Ash Carter said here today. Speaking at a DoD-Pentagon Pride Month event, the secretary said the department has made a lasting commitment to living the values it defends, including treating everyone equally. “We have to focus relentlessly on the mission, which means the thing that matters most about a person is what they can contribute to it,” Carter said. The update, he said, “ensures that the department, like the rest of the federal government, treats sexual-orientation-based discrimination the same way it treats discrimination based on race, religion, color, sex, age and national origin.” ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

All MWR Facilities Closed

In observance of Independence Day, all MWR facilities (except the golf course) will be closed on Friday and Saturday, **July 3 & 4**. Have a happy and safe Independence Day.

Ghost Hunters Dinner & Tour of Quarters One:

Enjoy a prime rib & chicken buffet at the Arsenal Island Clubhouse Friday, **July 10**, at 6 p.m., and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$35/person and reservations can be made by calling 309-782-4372. RSVP required by **July 8**

*Event subject to change/cancellation based on number of reservations. ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Outdoor Recreation's Annual Maquoketa River Canoe Trip

Join MWR Saturday, **July 11**, at 9 a.m., for a leisurely day of canoeing, kayaking and tubing on the scenic Maquoketa River. We'll meet at the launch in Monticello, Iowa, where you'll be issued equipment and set loose on the river for a fun day. See the flyer below for all pricing and further details or call 309-782-8630. Register online at: <http://tinyurl.com/RIA-RIVER-TRIP-2015>

([Flyer](#))

Cubs vs. Cardinals Bus Trip

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

Date: **Saturday, Sept. 19**

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

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Disney LIVE! Three Classic Fairy Tales

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

2015 Adventureland Tickets

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

Davenport Cinemark 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



Parent Education Conference

This seminar, taking place Wednesday, **July 15**, 9 a.m. - 2 p.m., at the Arsenal Island Clubhouse, is open to anyone (including the general public) and is designed to give parents of children of all ages helpful tips and tactics for raising resilient, well balanced children. The seminar is divided into four individual workshop sessions, see flyer for session topics. Participants may attend any session they wish. For more info or to RSVP, call 309-782-6515 or email: Lorna.J.McDaniel-Wilson.naf@mail.mil. ([Flyer](#))

Soccer and Flag Football Coaches

RIA Child, Youth & School Services is looking for soccer and flag football coaches for the upcoming seasons. Soccer will be for children PreK-4th grade and Flag Football for K-5th grade. Games/practices will be on the Rock Island Arsenal and at Two Rivers YMCA weeknights this fall. Some of the Benefits of becoming a coach:

- Free Sport Specific Training
- Free National Alliance for Youth Sports Certification

- Head Coaches children can participate at no cost
- Assistant Coaches may have one child participate at no cost and additional children at discounted rate. If you are interested in becoming a coach or would like to find more information please contact [Tim Hernandez](#) at 309-782-0511.

Covenant Cottage Child Development Home

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



Army Community Service



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**.

Stress Management Workshop

This free workshop taking place Monday, **July 20**, 11 a.m. - 12 p.m., in the Army Community Service Training Room, will teach techniques that focus on breathing and mindfulness that will help alleviate stress in your daily life. Call 309-782-0829 for more info and to sign-up. ([Flyer](#))

Couples Communication Class

Gain knowledge and learn skills that will enhance communication in your relationships on Wednesday, **July 22**, 5-7 p.m., in the Army Community Service Training Room. Participants need to RSVP to ACS 309-782-0829. ([Flyer](#))

Wrights Law

For many special needs Families, the search for support resources is never-ending. The capabilities and advantages of the internet provide a wealth of special needs information and resources to the Families that need it most. One of the better online resources available to all Families is www.wrightslaw.com. The website was created by two adjunct professors, Pete and Pam Wright, who taught courses on special education law and advocacy, and are co-founders and faculty at the William and Mary Law Institute of Special Education Advocacy. Pete is an attorney who represents children with special education needs. Pam is a psychotherapist who has worked with children and families since the 1970s. The website offers a free weekly newsletter, "The Special Ed Advocate," the "Wrightslaw Way Blog," a listing of offered and available training sessions scheduled across the country, tips for special education law, and strategies to best serve your child(ren)'s special needs educational requirements, just to name a few. The great resource on the website is the legal aspect, examples of cases around the country that can provide great insight to the benefits available to special needs children based on case law. Books, DVDs, and links to other special needs resource websites are also readily available. The few minutes you spend checking out this online resource

will be well worth your time. Individuals may contact the Exceptional Family Member Program coordinator at Army Community Services at 309-782-4736/0829 for more information on this topic other special need resources. *Disclaimer: This article is provided as information only. It is not a government endorsement of the website or services, products, or legal advice found therein.*

Employee Assistance Program



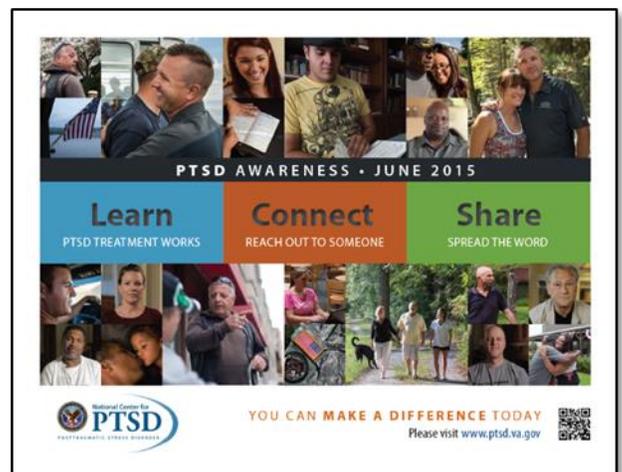
ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. [Find us on Facebook click here.](#)

National Men's Health Month – June 2015

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.

June is PTSD Awareness Month

The National Center for PTSD promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day (S. Res. 455). For the second consecutive year in 2014, the Senate designated the full month of June for National PTSD Awareness (S. Res. 481). Efforts are underway to continue this designation in 2015. Following trauma, most people experience stress reactions but many do not develop PTSD. Mental health experts are not sure why some people develop PTSD and others do not. However, if stress reactions do not improve over time and they disrupt everyday life, seeking help to determine if PTSD is a factor is important. The purpose of PTSD



Awareness Month is to encourage everyone to raise public awareness of PTSD and its effective treatments. We can all help those affected by PTSD. ([More](#))

Real Colors Training

The RIA Employee Assistance Program is presenting a Real Colors workshop on **July 7**, 8 a.m. to 12 p.m., in Bldg. 56, First Floor, Classroom #1. Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Sign up in [TEDs](#) (search key word "Real Colors") or for more information contact Lori Griffin at 309-782-2551.

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.](#)

Educational Interest Survey

In accordance with AR 621-5, the Garrison's Army Continuing Education Services office is required to gather data through this educational interest survey. The entire military community to include Soldiers, Family members, and DoD civilians, are asked to participate in this survey. [Please click on this link.](#) Responses will be tallied on Sunday, **July 5**, and taken into consideration when making decisions regarding educational choices at RIA. To meet the educational needs of Rock Island Arsenal, we are asking that you strongly encourage Soldiers, Family members and DoD Civilians to take the time to complete and submit the survey. Let them know their opinion counts.

Annual Commencement Recognition Ceremony

Save the date! The Rock Island Arsenal Army Education Center will host an Annual Commencement Recognition Ceremony to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. Where: Heritage Hall, Bldg. 60, Rock Island Arsenal. Time: 1-3 p.m.; the ceremony begins at 1 p.m. with a reception to follow. Any Soldier who has graduated in the last year and would like to participate is encouraged to contact us.

Date: **Thursday, Sept. 10**

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **July 23**; • Black Hawk College, **July 9**; • Eastern Iowa Community College, **July 2, Aug. 6 and Sept. 3**; • Kaplan University **Aug. 13**; • Saint Ambrose University, **July 16**; • Trinity College of Nursing & Health Sciences, **Aug. 20**; • Upper Iowa University **Aug. 12**.

Defense Commissary Agency / Exchange



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

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](#))

This Week in Rock Island Arsenal History – June 22-28

On June 25, 1911, Col. George W. Burr assumed command of the RIA. He relinquished his command on Feb. 15, 1918. On June 26, 1882, stone construction on Shop E (Bldg. 106) began. At the end of June 1876, RIA workers had completed a mission of cleaning, repairing, and packing 3,700 rifles at a cost of \$4,140.16. Of this sum \$427.32 was for tools and fixtures, making the cost per rifle about \$1.12. In June 1903, the RIA Commanding Officer was directed to expedite final preparations of Armory Row at RIA and to manufacture Springfield 1903 rifles at a rate of 125 daily. Construction of Shop K (Bldg. 68) was completed by the close of June 1882.

Healthbeat



Rising Temps Increase Risk of Heat Injuries

As summer temperatures rise into the 90s on a regular basis, heat is becoming a serious risk factor with any outdoor activities. According to Capt. Rachel Butler, environmental health, Blanchfield Army Community Hospital, the best way to prevent heat-related injuries is by abiding by a work-rest cycle. "What you want to do is essentially take into account how hard you're working," she said. OSHA examples of hard work include push mowing, laying concrete, using a wheel barrow to garden or even simply climbing ladders or stairs. On days when the index reaches category five every day, like it has for the past few days, workers should rest about 45 minutes for every 15 minutes in the sun. "Just like thirst -- people say thirst isn't a good indicator for drinking. You shouldn't wait until you're thirsty to rehydrate," Butler said. "You shouldn't wait until you're

miserable to rest. Especially if you're going to be doing a prolonged activity, whether it's at work or at home." ([More](#))

Notes for Veterans



Veterans' Town Hall

There will be a veterans' town hall titled "Serving Those Who Served," hosted by Rep. Dave Loeb sack on Wednesday, **July 1**, 12:30-1:30 p.m., at American Legion Post 26, 702 W. 35th Street, Davenport. Are you or one of your family members a veteran who would like to speak with Rep. Loeb sack? Do you need assistance dealing with the VA or other government agencies? Rep. Dave Loeb sack and staff will be on hand to talk about veterans' issues and to assist veterans and their family members Join Rep. Loeb sack to share your thoughts on veteran's issues and receive assistance on issues you may be having with the VA. Any veteran and their family members are invited to attend.

VA Campaign Encourages Public to Help Raise PTSD Awareness

As the country recognizes Posttraumatic Stress Disorder (PTSD) Awareness Month, the VA National Center for PTSD (NCPTSD) is inviting the public to participate in its "PTSD Awareness: June 2015" campaign, which began June 1. This year's goal is to help more Veterans, their families, caregivers and community members understand what PTSD is and know that there are specific treatments that can help improve and save lives. "Raising PTSD awareness is essential to overcoming the myth, misinformation and stigma that too often prevents Veterans from seeking help," said VA Secretary Robert A. McDonald. "VA is one of the largest integrated mental health systems in the United States that provides specialized treatment for PTSD, so we know that care works. We encourage everyone to join us in this important effort to share important information about PTSD and help Veterans receive care they need." This year's campaign focuses on online materials and encourages the general public to "learn, connect, and share" to raise PTSD awareness. Anyone can "learn" how PTSD treatment can help, "connect" by reaching out to someone, and "share" what they learn by spreading the word. ([More](#))

Around the Q.C.



- June 28:** [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)
- July 3:** [Red, White & Boom!](#) (The District, Rock Island & Downtown Davenport)
- July 4:** [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
- July 4:** [Bettendorf Old-Fashioned 4th of July](#) (parade at 10 a.m.)
- July 6-12:** [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)
- July 9-11:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
- July 11:** [Rally in the Valley Cruise-in](#) (Coal Valley, Ill.)
- July 15-19:** [Rock Island County Fair](#) (Fairgrounds, East Moline)
- July 17:** [Rock Island Arsenal Chapter AUSA Annual Golf Outing](#) (Arsenal Island Golf Course)
- July 18:** [7th Annual Bark in the Park 5k Fun Run/Walk](#) (Geneseo City Park, Geneseo, Ill.)
- July 24-25:** [Downtown Street Fest](#) (2nd Street in downtown Davenport)
- July 25:** [Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 2: [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 6: [Freedom Run 5k](#) (Moline)
Aug. 7-8: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 13-15: [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 15: [Graduation Destination, Take the Journey, Finish It!](#) (River's Edge, 700 W. River Drive, Davenport)
Aug. 15: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 28-29: [River Roots Live](#) (Downtown Davenport)
Aug. 28-30: [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
Sept. 4-7: [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)
Sept. 5-6: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 5-7: [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
Sept. 12: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)
Sept. 12: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 12-13: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 18-19: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 19: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 19-20: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 27: [Quad Cities Marathon](#) (downtown Moline)
Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)

Island Insight



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

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using 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.](#)

