

July 14, 2014



# Island Insight



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

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

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Ask the Garrison Commander

### **Soldier Enjoys the Art of Contracting:**

Capt. Damian Dixon will tell you that creating a solid contracting document requires creative thinking while exercising appropriate discipline, skills also inherent in one of his other great passions: art. "I'm a huge art guy, so one of the first things on my agenda in a new city is to go to that city's art museum," said Dixon, contract specialist, Army Contracting Command-

Rock Island. A Steubenville, Ohio native, he has been with ACC-RI since December after completing the Army Acquisition Foundation and the Army Basic Contracting courses. Because of his interest in art, he said visiting the Figge Museum in Davenport, Iowa, was one of the first things he did and he continues to visit regularly. Dixon said he also loves history and traveling, things he has been able to take

advantage of during previous assignments throughout the world. Of all the places he has been, he said Seoul, South Korea, is the most interesting place because of how modern and active it is. Dixon enlisted in the Army as a medical laboratory specialist 12 years ago, after earning his bachelor's degree in business



"HOME OF US ARMY LOGISTICS"



administration from Ohio University, Athens, Ohio, and served as a medical laboratory specialist. ([More](#))

**Army Lean Six Sigma Excellence Awards Program Results for 2013:** On 11 July 2014, the Army announced the 2013 Lean Six Sigma Excellence Awards Program (LEAP) winners. Established by the Secretary of the Army and Chief of Staff of the Army, the LEAP Awards Program recognizes outstanding organizations and project teams who demonstrate excellence in implementing results-driven process improvement projects. ([More](#))



**Official Highlights Resources for Military Consumers:** The Defense Department has joined more than 35 other federal and state government agencies and nonprofit organizations to highlight free consumer protection resources for military members, the assistant director of the Consumer Financial Protection Bureau said today. Holly Petraeus noted in a blog post that today is Military Consumer Protection



Day and that efforts are underway to assist in protecting service members. ([More](#))

**POW/MIA Community Needs 'Sweeping' Changes, Official Says:** Defense Secretary Chuck Hagel's decision to restructure department agencies that recover and identify Americans who were prisoners of war and missing in action represents changes that were necessary, a senior defense official said today. "The decisions are based on dispassionate analytical assessments and informed by feedback from families and here in the U.S. Congress," Michael D. Lumpkin, acting undersecretary of defense for policy told the House Armed Services Committee's military personnel subcommittee. ([More](#))



**RIA Test Track Closed to Pedestrian, Non-Authorized Vehicular Traffic:** Immediately and until further notice - the Test Track is closed to all pedestrian and non-authorized vehicular traffic. This includes walkers, runners, bicyclists and other motorized traffic. Reason: the Test



## Upcoming Dates

- July 24:** Newcomer's Orientation & Tour of RIA & QCA, Arsenal Island Golf Course Clubhouse, 8 a.m. - 1 p.m.
- July 25-27:** QC BIX Festival Weekend, Davenport
- July 26:** Rock The Island Auto Skills Car Show, Rodman Avenue, East to Gillespie, 9 a.m. - 3 p.m.
- July 26:** QC Wolf Pack - Military Appreciation Game, Augustana Ericson Field, 3-7 p.m.
- July 28: Motorcycle Safety Training-Basic Rider Course 2 (Experienced Rider), 1-5 p.m.
- July 28-29:** Motorcycle Safety Training-Basic Rider Course 2 (Experienced Rider), 1-5 p.m.
- July 28-31:** ASC/AMC NCO and Soldier of the Year "Best Warrior" Competition
- July 29:** SOHAC, Bldg. 90, Room 25, 10 a.m.
- July 31:** RIA 3<sup>rd</sup> Qtr. Retirement, Retreat & Award Ceremony (JMC), Heritage Hall, 2-4 p.m.
- July 31:** JMTC Employee Picnic, Memorial Field (*JMTC employees, families, and retirees only*)
- Aug. 5:** National Night Out
- Aug. 6:** Senior NCO Tenant Meeting, Arsenal Island Golf Course Clubhouse, 11:30 a.m.
- Aug. 7:** Community Health Promotion Committee Mtg., Baylor Conf. Rm., 1-2:30 p.m.
- Aug. 7:** Freedom Run, East Moline, 6-10 p.m.
- Aug. 9-10:** QC Air Show, Davenport Municipal Airport [📍](#)
- Aug. 11-15:** Training, Unit Prevention Leader, Bldg. 104, 3<sup>rd</sup> Floor, Classroom #3
- Aug. 12:** RIA Community Special Events Planning Mtg., Cassison Rm., Bldg. 60, 1 p.m.
- Aug. 13:** Senior NCO Tenant Mtg., Arsenal Island Golf Course Clubhouse, 11:30 a.m. – 12:30 p.m.
- Aug. 13:** Explosive Safety Council Meeting, Bldg. 90, Room 25, 10 a.m.
- Aug. 14:** Garrison Town Hall, Baylor Conf. Rm., 1-2:30 p.m.
- Aug. 21:** ASC Change of Command, Memorial Field, 10 a.m. – 12 p.m.
- Aug. 26:** National Women's Equality Day



Track is being used for high-speed test trials of military test vehicles. For your safety please stay out of the Test Track area.

**Base Office Supply Store Reopen:** The Base Supply Center in Bldg. 104, formerly operated by ARC Industries, is reopening under a new contract with Winston-Salem Industries for the Blind.



The store began operations Wednesday, and will be open at its former location in Bldg. 104, 8 a.m. to 4 p.m., Monday through Friday. The phone number for the new store is (309) 786-1353 or (309) 786-5343.

### **Walking Tours of Locks & Dam 15:**

Walking Tours of Locks & Dam 15, conducted by U.S. Army Corps of Engineers park rangers, are scheduled for **July 19 and 26** (*tentative due to high water*), at 11 a.m. and 2 p.m. Each tour will last approximately one hour and is weather dependant. Tour size is limited and proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call (309)



**US Army Corps of Engineers**  
Rock Island District

794-5338 for information or to register. Additional future dates are **Aug. 2, 9, 16, 23 and 30.**

**AUSA Annual Golf Outing:** The Rock Island Arsenal Chapter of the AUSA will host its 15<sup>th</sup> annual RIA AUSA Golf Outing and Steak Fry on Thursday, **July 17**, at 11:30 a.m., at the Arsenal Island Golf Course Clubhouse. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.



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

**Competition Notification:** ASC is conducting the ASC/AMC NCO and Soldier of the Year "Best Warrior" competitions at Rock Island Arsenal **July 28-31** (AMC); in order to recognize and showcase the best Soldiers in the ASC/AMC. The competition will consist of critical thinking skills testing, performance-based and hands-on evaluations. The competition will test each competitor's Army aptitude via an Army physical fitness test, board interviews, a written exam, essay writing, day and night urban



orienteering, a rifle proficiency range, a mystery event, and warrior tasks and battle drills. The competitors will be moving in and around the Island 5 a.m. – 11 p.m. daily during the scheduled events. Please be aware that the warrior task and battle drill lanes originate around the Arsenal test track and include use of simulators and blank ammunition firing. The urban orienteering events require Soldiers to move through unrestricted areas throughout the Island. This announcement is intended to inform you of the circumstances of these competitions and reduce any confusion in the Soldier activities that you may witness during these time frames. To keep up-to-date on the competition, visit the ASC web site at [www.aschq.army.mil](http://www.aschq.army.mil) or the ASC Facebook page at [www.facebook.com/ArmySustainmentCommand](http://www.facebook.com/ArmySustainmentCommand).

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



Soldiers' first General Order by properly relieving them of their posts. Uniform for personnel not participating in the ceremony is military: duty uniform and civilian: casual.

## Women in Defense Golf Outing:

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

**Blood Drives:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, July 18, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 24 & Aug. 21**. To sign up for a



blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. **DMC** will host a blood drive **1-4:30 p.m., on Aug. 14**, in the MVRBC Donor Bus parked at Bldg. 350. To donate, please contact Brandon Cronise at (309) 782-3711. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



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

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

**Golfing for 'Poppy':** We would like to invite you to participate in this inaugural event in dedication to "Poppy Lyn Stevens" in her memory. Poppy was born on May 23 with an unanticipated medical



complications and passed away on June 15. This event will take place on Friday, **July 25**, at the Arsenal Island Golf Course at 8 a.m. The cost for this event is \$75 per player or \$300 per team of four. This outing is preferred ball to include 18 holes of golf, riding cart, shirt, snacks, and admission to a luncheon, silent auction, and prizes to winners per 18 holes, and award ceremony to take place at COL Davenport Pavilion, next to COL Davenport House. Registration deadline is **July 23**. Send confirmation to: Terry Stevens, 1907 W-38th Street, Davenport, IA 52806, or call (309) 292-3822; Fax: (309) 782-1594. ([More](#))

**National Root Beer Float Day, Supporting The Wounded Warrior Project:** A&W restaurants is providing a free small A&W root beer float to those who go to participating locations on National Root Beer Float Day on **Aug. 6** anytime between 2 p.m. and store closing (times will vary). As a part of the celebration, A&W will be collecting donations to honor and empower wounded warriors across the country through the Wounded Warrior Project. *This information is included for general interest and does not constitute endorsement of the businesses or products.*



## **Tug for a Cause - Wounded Warrior**

**Project:** A military recognition and family weekend event, "Tug for a Cause - Wounded Warrior Project," will take place **Aug. 7-9**, in LeClaire, Iowa. The festivities related to this event are as follows: • Family Night (free admission on Thursday only), **Aug. 7**, 4:30-11 p.m.; • Freedom Rock Float (All Soldiers and veterans are invited to walk with the Freedom Rock Float), **Aug. 8**, at 5 p.m. Line up begins on Holland at 8<sup>th</sup> St. Dress is casual. Come to the float and candy will be available to hand out to the kids. Grand parade at 6 p.m., the theme will be "Defending Our Eagle" a Salute to our U.S. Military. Greatest fireworks display at 9:30 p.m. over the Mississippi River. • Tug 5K Run/Walk (all ages) Saturday, **Aug. 9**, 8 a.m., and The Tug - LeClaire v Port Byron (tug pit) 12:30-2:30 p.m. ([Additional details and times](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*

**Cards for the Troops:** Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7<sup>th</sup> Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping

artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to [mssipple1@gmail.com](mailto:mssipple1@gmail.com). Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.

**1% Pay Raise Becomes More Likely for 2015:** The House passed the Financial Services and General Government Appropriations Act of 2015 (H.R. 5016), which provides the historical legislative vehicle for adjustments to federal employee pay scales. The bill does not include a federal pay raise for 2015, but does not preclude one, deferring the decision to President Obama. How exactly does this work? President Obama proposed a 1% pay increase for federal employees in 2015 in the administration's budget proposal. He has also requested a 1% pay raise for military personnel in 2015. In his 2014 budget proposal, President Obama also proposed a 1% pay raise and that is what was eventually implemented. In the absence of action by Congress, the president has authority to raise federal employee pay based on

the Employment Cost Index and he may have that option again in 2015. ([More](#))

**Feds Given More Flexibility Updating FEDVIP Plans:** After the honeymoon, federal government employees can come back to work and change more than just their marital status. They can now also enroll in or switch dental and vision plans right away. Same goes for feds who have returned to work after certain periods of leave without pay. ([More](#))

**VIOS Schedule for August, September, October, November, and December:** Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Aug. 12, 13, & 14; Sept. 9, 10, & 11; Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official



command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

## **Arsenal Island Employee Local**

**Discounts:** *The following discounts are exclusively available to Arsenal Island employees –* **Chocolate Manor, 110 E 2<sup>nd</sup> St., Davenport:** We are offering a 10% discount to military and civilian employees on our gourmet, hand-crafted chocolates and candies; just show your ID card. **Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil

change; and \$69.95 wheel alignment.

## **Peachwave Frozen Yogurt:**

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

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

## **Double Tap Firearms:**

Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA ([📍](#)).

## **Bennigan's Rock Island:**

Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([📍](#)).

## **New Life Chiropractic Clinic:**

Arsenal Island employees, we're offering you a 20 percent discount on our services ([📍](#)).

## **Goebel Family**

## **Dentistry:**

Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([📍](#)).

*This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



## **Arsenal Traffic/Construction**



### **Public Works to Stripe Arsenal**

**Roads:** The Directorate of Public Works will be restriping roads and painting roadway markings beginning **July 19**.

Work will be conducted during the weekend and during the week after duty hours. Completion time is expected about five days, but subject to weather conditions. Cones or traffic controls will be placed at work areas. There will be no road closures, but drivers may experience intermittent lane closures. This project includes remarking Rodman Avenue, specifically the center lane between the Davenport entrance and Gillespie Street, bringing it up to current pavement marking standards and converting it to a series of left turn lanes. This will ensure consistency in use of the lanes and remove any ambiguity regarding the right of way and the proper lane for making left turns. This should greatly improve safety throughout this stretch of roadway. This change will be accomplished through signage and pavement markings only.

### **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.

**2014 Bus Stop Repair:** Beginning **June 23**, and lasting through **July 15**, the Directorate of Public Works will begin work on replacing the deteriorated concrete around the bus stop on the SW corner of Rodman and Gillispie. The work will require the closure of the sidewalk for the duration and intermittent lane closure. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **July 15**.

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

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

**Parking Lot 0J and Lot 3K Repair:** Effective April 28, the Directorate of Public Works resumed work on repair of parking lots 0J and 3K, located north of buildings 60, 62, 360 and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of Lot 0J and repaving of the south half of Lot 3K. Work will be completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

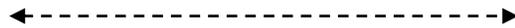
**Future Ft. Armstrong Construction:** In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as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

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

**Reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in Moline:** The Illinois Department of Transportation is planning the reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to



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



## Building/Space Closures



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



## Active Duty/Reserve Zone



**Army Rolling 4G Out to Theater:** The Army is pushing high-speed 4G LTE infrastructure out to the battlefield, offering deployed soldiers the ability to carry out missions and in more flexible,

agile ways. The Army's Tactical Network Transmissions (TNT) package was introduced at Network Integration Evaluation 14.2, held in March at Fort Bliss, Texas and White Sands Missile Range, New Mexico. The TNT package offers soldiers and coalition partners access to 4G bandwidth and capabilities that allow faster access to mission-critical applications via devices such as smart phones and tablets. ([More](#))

**Physical Clinic:** The Rock Island Arsenal Health Clinic, located in the basement of Bldg. 110, SE Wing, will be holding a Physical Clinic by appointment only on the following dates from 4:20-6:20 p.m.: Monday, **July 28**; Wednesday, **July 30**; Monday, **Aug. 4**; Wednesday, **Aug. 6**; Monday, **Aug. 11**; and Wednesday, **Aug. 13**. Parents must have physical forms filled out for start of appointment in order to be seen by provider. Forms can be found on each individual school website. Back to back appointments may be booked, but are limited to two per family, per day, to ensure the best possible care and attention is given to each patient. We must have proof of immunizations to complete forms.



Illinois requires dental and eye exam – these services not provided by RIAHC. Appointment Line: (309) 782-0805 or [www.tricareonline.com](http://www.tricareonline.com).

**Back-to-School Brigade:** As a part of "Operation Homefront" the National Guard is conducting "Back-to-School Brigade," a school supply distribution event, on **Aug. 10**, at the National Guard Armory in Milan, Ill. Eligible recipients include: Deployed, wounded, and active duty service members (E-1 through E-6 receive priority); Activated National Guard or Reserve members; Inactive National Guard and Reserve members. Those interested need to register at [www.operationhomefront.net](http://www.operationhomefront.net) after **July 7**. For questions, please contact Darcy Clardy at (800) 390-4643 or [darcy.clardy@operationhomefront.net](mailto:darcy.clardy@operationhomefront.net).



**Fatherhood Program, Build a Rocket Night:** Military Dads and their children are invited Thursday, **July 24**, at 5:30 p.m., for a night of rocket building at Memorial Park. There will be a picnic dinner followed by the opportunity to build and launch your very own rocket. This free event is open to active duty, reserve, guard, and retirees of all



branches. Please call (309) 782-3049 or email [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil) to RSVP. ([Flyer](#))

## **Ultimate Athlete Games, Active Duty**

**Free Entry:** The Ultimate Athlete Games will be in Sandwich, Ill., on **July 19**. It features three timed short challenge courses (speed ¼ mile, strength 1 mile, and agility ½ mile). Each course has up to 10 obstacles on it. Runners race through the three challenge courses, and the participant with the fastest combined time is the Ultimate Athlete. A total of 50 free entries will be given to active duty military personnel. If interested, take a look at the [website and register with code FREEREC](#). *This information is included for general interest and does not constitute endorsement of the businesses or products.*

**Bix 7 Road Race 40<sup>th</sup> Anniversary:** Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. Download registration at



[bix7.com/2014/registration-info/](http://bix7.com/2014/registration-info/). Must pick up packet in person and show military ID. The 7-mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*

## Safety Spotlight

### **Texting and Driving – Distractions, They're Everywhere:**

As good as cell phones might be for instant communication, they contribute to bad driving. It is becoming increasingly clear that talking on a cell phone distracts a driver from seeing hazards and responding quickly. Have



you ever driven behind a slow vehicle, and then passed it only to see a cell phone conversation taking place? Minutes later the driver speeds past you because he just hung up? Aggravating isn't it? It's also a serious hazard. Drivers can't afford to be distracted by cell phones or anything else. The National Highway Traffic Safety Administration in the United States says some form of driver distraction is a contributing factor in 20 to 30 per cent of vehicle crashes. [Don't let yourself get distracted while driving](#). Keep your mind on your driving; keep your eyes on the road, and your hands on the wheel. Your life and the life of other drivers around you may just depend on it.

**Bicyclists on RIA:** When approaching walkers/runners – in a loud, perceivable voice, please verbally warn walkers/runners that you are approaching. Simply saying "to your right (or left)" as you approach the walkers/runners informs them of your approaching and gives them time to react to stay on their side of the street or move out of the way. Remember: Bicyclists are to follow the rules of the road established for vehicles. Thus, ride with traffic (right lane of traffic) not against it. When riding on a one-way



always ride favoring the right side of the road. Additionally, all bicyclists are to follow the posted speed limits and regulatory information signs that read: 10 mph when passing pedestrians on roadway.

**Walkers/Runners (AKA: Pedestrians) on RIA:** Always walk/run on sidewalks, when available. Additionally, walk/run facing oncoming traffic. When walking/running on a one way always walk/run on the left side of the road. This affords you the most space as possible between a vehicle/bicycle (etc) as they are required to use the right side of the road. Additionally, walk/run no more than two abreast. Larger groups create hazards to the group and approaching vehicles/bicycles.



## Equal Opportunity Focus

☉  
**Army SHARP Annual Unit Refresher Training:** The Army's Sexual Harassment/Assault Response and Prevention training is a key element in the Army's multifaceted prevention approach. Leaders must establish a positive command climate that supports Soldier safety, emphasizes Army values, and encourages candor and trust among team members. Successful prevention of

sexual harassment and sexual assault requires that all Soldiers and leaders understand expected standards of conduct; hold each other accountable for violations of those standards; and work together to build a unit climate of dignity, respect and sensitivity to others. SHARP life-cycle training is integral to the Army's efforts to effect cultural change by imparting the knowledge and skill set required to execute their commitments to the SHARP Program and Army values. ([More](#))



## Morale, Welfare & Recreation (MWR)

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

**Swing Dance Lessons:** Instructor Gunter from QC SoDa will be teaching the fundamentals of some of the most fun dances around. Cost for this six-week session is just \$35/individual or \$60/couple. Class will begin at 7 p.m. every Thursday between **June 26 and July 31** with an open practice session

afterwards from 7:45 p.m. until... You don't need any prior experience and you don't even need a partner so if you've always wanted to learn how to swing dance, don't miss this great opportunity. Sign-up on the first night of class at 6:45 p.m. or in advance by contacting the Arsenal Island Clubhouse at (309) 782-6319. ([Flyer](#))

**Starbucks Drinks Available Again in Bldg. 60:** Having a hard time getting through the "Doldrums" of the afternoon? You need a caffeine boost and now you can once again get all your favorite Starbucks drinks including lattes, frappuccinos, mochas and iced drinks in the Bldg. 60 cafeteria.

**Paintless Dent Repair Service Begins at Auto Shop Friday, July 18:** The Auto Shop is pleased to add paintless dent repair to its list of current services. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call (309) 782-8631 for more information and to schedule an appointment. ([Flyer](#))

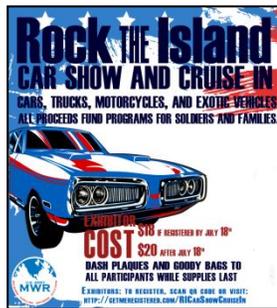
**Newcomer's Orientation and Tour of Rock Island Arsenal and the Quad Cities:** Are you new to the Arsenal or do



you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour Thursday, **July 24**, at 8 a.m. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Free childcare is also available but you must RSVP for care by **July 17**. Space is limited so call (309) 782-0829 for more info and to reserve your spots. ([Flyer](#))

### **Rock the Island Car Show/Cruise-In:**

Join MWR's Auto Skill Shop for our first ever "Rock the Island" Car Show/Cruise-In on Saturday, **July 26**, 9 a.m. - 3 p.m. on Rodman Avenue, between East Street and Gillespie Street. All makes and models of cars, trucks, motorcycles, exotic vehicles, etc are welcome. Early bird registration



through **July 18** is \$18 and \$20 after that. ([Registration through this link](#)). This event is open to the general public and admission is free. Make an entire day out of it by visiting some of the other family friendly activities & attractions while you are here on Arsenal Island. Attractions include: A Sports Car Club of America (SCCA) Rally, Arsenal Museum, Historic Quarters One Tours (\$5/person), Arsenal Attic Thrift Shop, Arsenal Island Golf Course & Clubhouse, COL Davenport House (\$6/adult, kids free). Call (309) 782-8631 for more info. ([Flyer](#))

### **Punt, Pass & Kick Competition:**

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 23**, at 10 a.m., for children aged 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group\* will advance to a sectional competition. \*Age divisions based upon child's age as of Dec. 31, 2014. ([Flyer](#))

### **Volunteers Needed for QC Marathon:**

On Sunday, **Sept. 28**, the Quad Cities Marathon will travel through the Rock Island Arsenal and we are looking for volunteers to help make this leg of the

race run smoothly and successfully. We need lots of volunteers and no affiliation to the Army or Rock Island Arsenal is required so please feel free to share this notice far and wide with anyone who might want to volunteer. Please call Desiree at (309) 782-6789 for more info and to sign up.

### **New Fitness Instructors and Classes at the Fitness Center:**

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



## 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](#))



**MWR Storage Units:** Outdoor Recreation has two Mini Storage Units available. Each unit is 10' x 15'. The monthly user fee is \$70 each. To sign up or for more information, contact Outdoor Recreation at (309) 782-8630. Don't delay these units will go fast.  
Date: **Monday, July 21**  
Time: **8:15 a.m.**

**Stand Up Paddling Class:** Join Outdoor Recreation for a one hour class in the new sport of Stand Up Paddle Boarding on Monday, **Aug. 18**, at 7 p.m. Cost is only \$15 per person. To sign up or for complete details, contact Bob Lampert at (309) 782-8630.

**Disney LIVE! Mickey's Musical Adventure:** Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more. The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family. Discounted tickets on sale until **Sept. 23** (Lower \$23 upper \$16). Two shows 4 p.m. and 7 p.m.

**Stand Up Paddle Board Class:** Come join Outdoor Recreation Monday, **July 21**, 6 p.m., at the QC Rowing Club (just outside of the Moline gate) to try your hand at the new and exciting sport that is sweeping the nation. Class is \$15/person and includes all equipment and instruction. Class size is limited to 10 people so don't delay as this class will fill up quick. Call Outdoor Recreation at (309) 782-8630 for more info and to sign up. ([Flyer](#))

**Love, Lies and the Lottery:** Peter Oostendorp's just discovered he's holding a winning lottery ticket for \$310 million. Wanting to keep this a secret (if that's possible) from his family and friends Peter plots how to get his ex-wife, his mother, her boyfriend, his best friend, a TV psychic, the plumber, and his dog all off his back so he can enjoy his new found fortune. Discounted seats (\$45) on sale until **Aug. 9**.  
Date: **Saturday, Aug. 23**  
Time: **5:45 p.m.**

**Ringling Bros. and Barnum & Bailey Circus:** The Greatest Show on Earth is returning to the iWireless Friday, **Aug. 29** through Sunday, **Aug. 31**. The Leisure Travel Office has discounted tickets for each day. Children 12 and under tickets are \$13 and adults are \$19.

Upper level seating is all \$13. Tickets on sale until **Aug. 11**. Animal Open House starts 1½ hours prior to show time (subject to weather conditions). Doors open one hour prior to the show at which time The Adventure (interactive preshow) begins on the floor.

**MWR Inside Sale:** One man's junk is another man's treasure. Stop by to shop or rent a table and sell. No need to worry about the weather the Inside Sale will be located in Bldg. 60 Heritage Hall. Cost is \$5 per table.  
Date: **Saturday, Sept. 13**  
Time: **8 a.m. - 1 p.m.**

**Galena Country Fair Bus Trip:** Galena Country Fair hosts more than 150 vendors offering original handmade items, crafts and fine art. Held in picturesque Grant Park overlooking historical Galena, Ill. Family fun includes children's games, live music, great food, silent auction and so much more. Limited seats available at \$41 each.  
Date: **Saturday, Oct. 11**  
Time: **8 a.m. - 7 p.m.**

**QC River Bandits:** MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are



redeemable at the QC River Bandits box office.

**Six Flags Great America, Gurnee, Ill.:** The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

**Adventureland:** Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides - Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general one day admission tickets for the 2014 season, \$32 for adults and children.

**Walt Disney Military Promotion Tickets:** Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may

purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

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

## Child, Youth & School Services

**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)

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



**Fatherhood Program, Build a Rocket Night:** Military Dads and their children are invited Thursday, **July 24**, at 5:30 p.m., for a night of rocket building at Memorial Park. There will be a picnic dinner followed by the opportunity to build and launch your very own rocket. This free event is open to active duty, reserve, guard, and retirees of all branches. Please call (309) 782-3049 or email [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil) to RSVP. ([Flyer](#))



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



## Employee Assistance Program

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

**Summer Blues – July 2014:** School's out and the kids are home enjoying the long days of summer; or maybe not. While July is considered by some to be the happiest month of the year,

sometimes the change in routine or expectations of the season can lead you or your children to feel depressed. Depression in children or their parents is a concern as either can negatively affect a child's wellbeing. Children who are depressed may miss out on being with their peers and enjoying activities. It is also more likely for children who grow up with a depressed parent to be depressed in adulthood (*Weissman, Wickramaratne, Nomura, Warner, Pilowsky & Verdelli, 2006*). The good news is that treatment can help. A study reported in the Journal of the American Medical Association found that when mothers achieved remission of their depression symptoms through treatment their children also became less likely to be depressed (*National Institute of Mental Health, 2006*). Because treatment for mental health conditions can improve not only your life but also your children's, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling and referral 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 depression, talk it over

with a trained professional at the EAP. You can also access an anonymous screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org).

**Assertiveness Training:** Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **July 8 & Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

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

**PTSD Support Groups:** Help is available if you or a loved one is experiencing symptoms of Post-



Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

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

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



## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor,**

**west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.**

**Free Federal Student Aid Information Webinars:** FAFSA 101 and the armed forces webinars are being offered to everyone especially members of the armed forces stationed around the world on **July 16** and **17**. Topics that will be covered: Title IV Program, Loan Repayment Programs, Public Service Repayment Program, and other federal student aid resources. The following dates/times are available: Session 1, **July 16**, 10-11:30 a.m. EST or session 2, July 17, 4:30-6 p.m. EST. Important: registration is required. [Please visit this following link to register.](#) POC: Army Ed Center (309) 782-2065.

**Save the Date: Webinars - Joint Services Transcripts and Military Transcript Evaluations:** The American Council on Education announced 2014 dates for two webinars: »» Demystifying Military Evaluations Fridays, 2 p.m. EST (**July 11, Sept. 5**) [Register online](#) »» Using the Joint Services Transcript (JST) and the Military Guide Friday, 2 p.m. EST (**Aug. 8**) [Register online](#) The webinars are free but do require

registration. A link to the event will be provided after registration.

**DODI 1322.25 Voluntary Education Program Results in Tightening of Army Tuition Policy:** With upcoming changes in policy, Soldiers using the GoArmyEd Army tuition assistance program will no longer be able to wait until the last minute to make their class requests—and they'll need to keep their grades up, as well. New policies that go into effect July 24 will require that GAE students have their Tuition Assistance requested and approved before the start date of the class. Previously, GAE students were able to submit requests for tuition assistance up to seven days after the class start date and still be eligible for funding. Now they'll need to do some advance planning. In order to ensure adequate time for Army Education Center staff to review and approve TA requests, Soldiers should submit their tuition request no later than 10 days prior to the start date of the course. Course sign-ups in the GAE system generally open two months ahead of the start date of each class, so students have ample time to complete their enrollments. Soldiers have always been encouraged to submit their requests far in advance so if errors or problems occur, they won't risk losing funding



due to unforeseen delays. The new policy was announced in the July 26 memo signed by Dr. Pamela Raymer, Director of the Army Continuing Education Division.

**GI Bill Comparison Tool Online:** The Department of Veterans Affairs just announced the launch of VA's new [GI Bill Comparison Tool](#). Now you can find information online about Post-9/11 GI Bill benefits and the schools and training programs available to education beneficiaries. The new tool was developed with the assistance of the Consumer Financial Protection Bureau, the Department of Defense and the Department of Education. The [GI Bill Comparison Tool](#) provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school. ([GI Bill® Comparison Tool](#))

**Testing Center Suspends CLEP Testing Temporarily:** The Western Illinois University National Testing Center for CLEP and DSST is temporarily suspending CLEP testing due to technical issues, according to Jacquelyn Holan, site administrator.

DSST exams will still be offered on Tuesdays at the center, located in Bldg. 56. Please call (309) 762-9481 to schedule a test. Military personnel may take both CLEP and DSST exams for free at any testing location; although they may have to pay the institution's administration fee (fees average around \$27 per exam). Alternate CLEP testing sites for local Soldiers are: Muscatine Community College, Muscatine, Iowa (25 miles from RIA), phone (563) 288-6056; and Ashford University in Clinton, Iowa (30-mile drive), phone (877) 241-9893. The National Testing Center hopes to reinstate CLEP testing by mid-August, said Holan. POC: [Alison Hemmert](#), (309) 782-1606.

**Military Spouse & Family Educational Assistance Programs:** MySECO's individual career plan assists military spouses in planning and achieving their education and career goals. The interactive and printable individual career plan guides, tracks and stores information spouses can use at any stage of their education and career lifecycle. ([More](#))

**Your Future: 4 Steps to Making Career and Education Decisions:** Step 1: Making Career Decisions -- Determining your career goals and

interests will keep you from wasting your GI Bill, Tuition Assistance and other education benefits on a degree that doesn't match your career path. ([More](#))

## Commissary / Exchange

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

**Case Lot Sales Return to Stateside Commissaries Aug. 14 - Sept. 30:** Case lot sales are back! With the unveiling of the Commissary Customer Appreciation Case Lot Sale, the Defense Commissary Agency brings back the popular sales



event for its stateside stores. Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30. Case lot sales feature a multitude of items, some at savings of 50 percent or more, in full cases and in the club pack format found in off-base club warehouse stores.

[\(Schedule of case lot sales\)](#)

## 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. [\(website\)](#)**

**Croquet Tournament Fundraiser to Help Historic House:** Step back in time for the third annual Colonel's Croquet Party on Saturday, **Aug. 23**, on Arsenal Island at 2 p.m. Don your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One. Croquet equipment will be provided. There will be hors d'oeuvres and drinks served al fresco at Quarters One. No-host bar available. Creekside Vineyards

Winery in Coal Valley, Ill., will provide a complimentary wine tasting. Attendees also receive a complimentary guided tour of the Colonel Davenport House. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. For more information or to purchase tickets, contact Jessica Waytenick at (309) 737-4280 or purchase tickets online at [www.davenporthouse.org](http://www.davenporthouse.org).

**This Week in Rock Island Arsenal History – July 7-13:** Congress passed an Act on July 11, 1862, which established an arsenal at Rock Island. On July 12, 1950, the RIA responded to an emergency and shipped the first 3.5 rocket launcher (bazookas) to Korea during the early days of the conflict. On July 13, 1962, the RIA held a Centennial Ball at the Davenport Coliseum Ballroom. A king and queen were chosen in honor of their years of service at the RIA. In July 1814, Lt. John Campbell's expedition to Prairie Du Chien was ambushed and defeated just above Rock Island by Black Hawk's British Band. The island where the attack occurred bears the name Campbell's Island and a monument was placed at the site of the battle to commemorate those who died there.

## Healthbeat

### **Tip of the Week – How to Add a Spouse or Family Member to**

**TRICARE:** Sponsors must register new spouses in the Defense Enrollment Eligibility Reporting System for them to be eligible for TRICARE. To register a spouse in DEERS, visit a RAPIDS site/DEERS with the following information: Provide a copy of the marriage certificate. Show two forms of ID (for example, any combination of Social Security card, driver's license, birth certificate, current military ID card or Common Access Card [CAC]). Once the new spouse is registered in DEERS, he or she will receive a military ID card and will be eligible for TRICARE Standard. If you want your spouse or family member to be enrolled in the TRICARE Prime Program you must complete an enrollment form. Have A Great TRICARE Day!

**Physical Clinic:** The Rock Island Arsenal Health Clinic, located in the basement of Bldg. 110, SE Wing, will be holding a Physical Clinic by appointment only on the following dates from 4:20-6:20



p.m.: Monday, **July 28**; Wednesday, **July 30**; Monday, **Aug. 4**; Wednesday, **Aug. 6**; Monday, **Aug. 11**; and Wednesday, **Aug. 13**. Parents must have physical forms filled out for start of appointment in order to be seen by provider. Forms can be found on each individual school website. Back to back appointments may be booked, but are limited to two per family, per day, to ensure the best possible care and attention is given to each patient. We must have proof of immunizations to complete forms. Illinois requires dental and eye exam – these services not provided by RIAHC. Appointment Line: (309) 782-0805 or [www.tricareonline.com](http://www.tricareonline.com).

## Notes for Veterans

**Invitation to Veterans:** The Green Rock-Colona American Legion Post 1233 is inviting all veterans, active and non-active, and their families and friends, to come and enjoy prizes, music, guest speakers, and comradery, on Saturday, **July 26**, 10 a.m. - 6 p.m. Our post is spearheading a veterans' drive that is crucial to the survival of all American Legion posts. Come and learn what we stand for. Our goal is to help our veterans near and far that have given

so much for our freedom. Sign up for all area posts. Membership for all active duty military members is free. Smokin' Joes will be serving a full menu of all veterans get ½ off their food purchases. This event will take place at the Green Rock-Colona American Legion Post located at 312 Broadway St., Colona, Ill. POC phone at (309) 792-8934 and ask for Anna.

## Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

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

## Carpool:



- **Car Pool:** I am interested in carpooling several times per week, beginning July 7 from Muscatine. I am flexible on work hours. Please contact me at ext. 2-1559 or (563) 676-0555.
- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). [\(Email\)](#)
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.

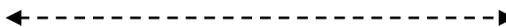
## Around the Q.C.

- July 18-20:** [Countryside Community Theatre presents Shrek The Musical](#) (Bettendorf High School Performing Arts Center)
- July 25-26:** [43<sup>rd</sup> Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
- June 25-28:** [Ring Davenport](#) (RiverCenter, Davenport)
- July 26:** [41<sup>st</sup> Annual Quad-City Times Bix7](#)
- July 29-Aug. 3:** [95<sup>th</sup> Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
- July 31-Aug. 3:** [43<sup>rd</sup> Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
- Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)



**Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)  
**Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)  
**Aug. 8:** [11<sup>th</sup> Annual Doggie Dip](#) (Fejervary Family Aquatic Center, Davenport)  
**Aug. 8-9:** [22<sup>nd</sup> Annual Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Aug. 9-10:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)  
**Aug. 15-16:** [10<sup>th</sup> Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)  
**Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)  
**Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)  
**Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 1:** [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)  
**Sept. 5-21:** [East West Riverfest](#) (Various QC Locations)  
**Sept. 6:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)  
**Sept. 6:** [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)  
**Sept. 6:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)  
**Sept. 6-7:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 13:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)  
**Sept. 19-20:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 20:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)

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



## Island Insight



**Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor**  
*The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people,*

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