

Aug. 4, 2014



Island Insight



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

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

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RIA, JMC Honor Retirees' 124 years of Combined Service: The U.S. Army's Joint Munitions Command hosted the Quarterly Retirement and Retreat Community Ceremony to honor four individuals' government service, here, July 31. Brig. Gen. Kristin K. French, JMC commanding general, presided over the ceremony, provided a brief biography of each individual and wished them well as they transition to

retirement. French presented awards and certificates of retirement to Ms. Joyce Paustian, Ms. Barb Toner, Sgt. Maj. Mark Nissen, Master Sgt. William Lunsford, and their Families to recognize more than 124 years of combined service to the Department of Defense. "One hundred and twenty-four combined years is a truly amazing number and highlights the collective dedication and commitment these

Department of Army civilians and Soldiers have provided to our Army," said French. "I want to personally applaud you for your outstanding efforts over the years." "Retirement and Retreat ceremonies are a part of long-standing military tradition," added French. "They provide military units an opportunity to



"HOME OF US ARMY LOGISTICS"



acknowledge the selfless service and sacrifices of our retirees as they leave long and honorable careers." ([More](#))

JMC Engineer Recognized For Career Excellence:

David Nelson, a general engineer, was recognized as the recipient of the Maj. Gen. John C. Raaen, Jr., Historical Achievement Award at the Joint



Munitions Command headquarters town hall, here, Aug 7. Brig. Gen. Kristin K. French, JMC commanding general, provided a brief biography of Nelson's 32-year career and presented the award to recognize his achievements in ammunition production management. ([More](#))

Army Total Force Policy Stressed During Working Group:

Continuing the momentum gained from Army Total Force Policy implementation was the focus of a Training Support Synchronization Working Group held at First Army



headquarters here this week. ([More](#))

First Army Bids Farewell to Deputy Commanding General:

First Army paid tribute to the man who has served as its deputy commanding general for support during a farewell ceremony on July 25 in First Army headquarters. Maj. Gen. Michael Smith, who assumed the deputy commander's position in September of 2012, will be moving to the Pentagon to serve with the Army's G3/5/7 directorate. ([More](#))



New TACOM Commanding General Visits RIA-JMTC:

Maj. Gen. Gwen Bingham, commanding general of the United States Army TACOM Life Cycle Management Command, visited the Rock Island Arsenal Joint Manufacturing and Technology Center (RIA-JMTC) on July 24. This was Bingham's first visit to RIA-JMTC since assuming command on June 25. Upon her arrival, she received a command brief from Col. David Luders



Upcoming Dates

Aug. 7-9: Tug Fest-Military Appreciation Days

Aug. 9-10: QC Air Show, Davenport Municipal Airport [📍](#)

Aug. 11-15: Training, Unit Prevention Leader, Bldg. 104, 3rd Floor, Classroom #3

Aug. 12: RIA Community Special Events Planning Mtg., Cassison Rm., Bldg. 60, 1 p.m.

Aug. 12-14: DA Photos

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. 15: CBWTU-IL Deactivation Ceremony, Quarters One, 10 a.m.

Aug. 15: JMTC Change of Responsibility

Aug. 15: CBWTU-IL Deactivation Ceremony, Quarters One, at 10 a.m.

Aug. 17: HSC IOWA National Guard Training, RIA STX Lanes/Test Track, 8 a.m.

Aug. 21: ASC Change of Command, Memorial Field, 10 a.m. – 12 p.m.

Aug. 21: Sexual Assault Review Board, Bldg. 390, 10:15 a.m.

Aug. 22: Garrison Town Hall, Baylor Conference Room, Bldg. 103, 1 p.m.

Aug. 23: Tribute to the Fallen, Davenport Memorial Park

Aug. 23: LOGCAP Support Brigade Change of Command, Constitution Sq., 10 a.m.

Aug. 23: ACS Military Family Night (T)

Aug. 23: 3rd Annual COL Davenport House Croquet Party, 2 p.m.

Aug. 26: National Women's Equality Day

Aug. 26: Active Shooter TTX, Baylor Conf. Rm., Bldg. 103

Aug. 26-27: In-processing Resiliency Training

Oct. 25: Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



and the corporate board. The focus of the briefing was reviewing the factory's command structure and 16 critical manufacturing capabilities. ([More](#))

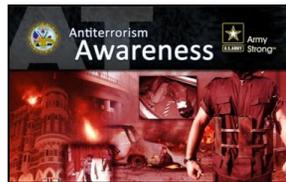
Five Things to Know About Phased Retirement:

Retirement: I'm happy to report that OPM today issued its final Phased Retirement regulations. I know that many agencies and federal employees are eager to take advantage of this new, innovative alternative to traditional retirement. I think that this new policy, once it is in effect, will meet the needs of employees while allowing managers to continue to tap into the experience, the wisdom and the judgment of our talented Federal workforce. ([More](#))



Three Things to Know During Anti-Terrorism Awareness Month:

Each year, the Army sets aside August to raise awareness of its ongoing efforts to protect Soldiers and their families, Department of the Army civilians and contractors from terrorist



threats. Here are a few things to always keep in mind: ... ([More](#))

Vice Chief: Relationship Building Matters Most In Time of Uncertainty:

Building personal relationships -- whether with lawmakers, with state governors or with political and military leaders of nations engaged in the war on terror -- is just as important, sometimes even more so, as the ability to project force, said Army Vice Chief of Staff Gen. John F. Campbell. Campbell spoke during his farewell media roundtable at the Pentagon, Friday. He was confirmed by the Senate last week as the next International Security Assistance Force and U.S. Forces Afghanistan commander. He departs for Afghanistan later this month. ([More](#))

Army Investigators Warn Public About Romance Scams:

Special Agents from the U.S. Army Criminal Investigation Command, commonly known as CID, are once again warning internet users worldwide about cyber criminals involved in an online crime that CID has dubbed "the Romance Scam." CID special



agents continue to receive numerous reports from victims located around the world regarding various scams of persons impersonating U.S. Soldiers online. Victims are usually unsuspecting women, 30 to 55 years old, who believe they are romantically involved with an American Soldier, yet are being exploited and ultimately robbed, by perpetrators who strike from thousands of miles away. ([More](#))

Federal Employees' Group Life Insurance Updated:

The Federal Employees' Group Life Insurance program will be celebrating its 60th birthday on August 29, 2014. Happy birthday, FEGLI! You



FEDERAL EMPLOYEES' GROUP LIFE INSURANCE

are the largest life insurance program in the world, covering over 4 million employees and retirees, as well as many of their family members. In honor of that milestone, OPM has published a new edition of the FEGLI program handbook. In its opening pages, OPM offers this capsule description of the program. "Most employees are eligible for FEGLI coverage. FEGLI provides group term life insurance. As such, it does not build up any cash value or paid-up value. It consists of Basic life



insurance coverage and three options. In most cases, if you are a new federal employee, you are automatically covered by Basic life insurance and your payroll office deducts premiums from your paycheck unless you waive the coverage. ([More](#))

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



US Army Corps of Engineers
Rock Island District

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Aug. 15, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Aug. 21**. To sign up for a blood drive held on either the 2nd or 3rd 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](#).

First Time Blood Donors Needed:

Recruit a first time blood donor & be entered into a drawing for a MVRBC hooded sweatshirt.

Rock Island Arsenal blood donors are being asked to reach out to their "non-donor" co-workers and friends, and invite them to give blood at one of the august blood drives. Any current donor who recruits a first time blood donor in August will be entered into a drawing for a MVRBC hooded sweatshirt.



CBWTU-IL Deactivation Ceremony:

Lt. Col. Richard Blake and Sgt. First Class Aaron Hannemann cordially invite you to the Community Based Warrior Transition Unit-Illinois deactivation ceremony on Friday, **Aug. 15**, at 10 a.m., at Quarters One. A reception will follow at the Arsenal Island Golf Course Clubhouse. Please RSVP by **Aug. 8** to [Sgt. Josey](#) at (309) 782-3929. In case of inclement weather the ceremony will be held in Heritage Hall in Bldg. 60. Attire is: Military - ACU, Civilian - business attire.



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 8th 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.*

Rock Island Arsenal Welcome Club

Registration Kick Off: Please come join us for the Rock Island Arsenal Welcome Club



Registration Kick Off on **Aug. 27**, 11 a.m. - 2 p.m., at 1875 East Street (Quarters 7) on Rock Island Arsenal. This event is open to all military spouses of all rank structure, Reserve and Guard spouses, retired military spouses, DoD civilian employee spouses, retired civilian employee spouses. This will be the time to sign up for the 204-2015 Club year. There will be a number of vendors present to share their wares, door prizes, refreshments, activities for the young children in attendance, and a special prize drawing for the person who brings the most guests and they register for the year. *Disclaimer: RIAWC is a private, not for profit non-federal entity. It is not a part of the Department of Defense or any of its components and it has no governmental status.*

Assumption of Mary Service: Service will be held in the Arsenal Club, Bldg. 60. A local priest from the community will offer a special mass. This spiritual resiliency event is open to anyone who would like to participate. Individuals must work out any time issues with their supervisors since participation is voluntary. For questions please call the ASC Chaplain's Office at (309) 782-0910.



Date: **Friday, Aug. 15**
Time: **11:30 a.m. - 12:15 p.m.**

Newcomers Level I Antiterrorism

Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **Aug. 27**. The training is offered Arsenal wide and enrollment is encouraged thru [TEDs](#). Course Title: Garrison Antiterrorism Level I training (new employees), then enroll under the appropriate date. For tenants without [TEDs](#) access, the briefing will be in Bldg. 90, 2nd floor, Room 25, 8-9 a.m. For more information, contact Mike Luchner at (309) 782-4577.

Cards for the Troops: Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7th Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to mssipple1@gmail.com. Packagers needed also. Please bring one roll of



Scotch double-sided tape; all other materials supplied.

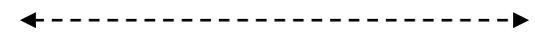
VIOS Schedule for August, September, October, November, and December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Aug. 12, 13, & 14; Sept. 9, 10, & 11; Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.**

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 2nd 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

Parking Lot 0J and Lot 3K Repair: **Update** – Phase II is nearing completion and will be open for parking on **Aug. 8**. The contractor will be milling the south half of parking lot 3K and begin curb and gutter work on **Aug. 9**. Phase III is expected to be completed in



approximately 60 days depending on weather. The north half of 3K will remain open with access from the east off of Gillespie. Since **April 28**, the Directorate of Public Works resumed work on the repair of parking Lot OJ and 3K, which are 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 the lot OJ and repaving of the south half of Lot 3k. Work has been taking place in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers have been positioned at appropriate locations. The project is scheduled to be completed by **Sept. 1**.

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

Upstream Sidewalk Closure on Government Bridge: Until further notice, the "upstream" sidewalk on the

Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction: In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies

in an effort to minimize impact to the surrounding communities.

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

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8 to Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes



will be signed to ensure that motorists can access local businesses effectively.

Building/Space Closures

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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

☺
Soldiers to Get New Camo Uniform Beginning Next Summer: The Army has confirmed what Soldiers have been hearing rumors of for months now - a new camouflage pattern for combat uniforms is on the way with a number of improvements. Beginning in the fall of 2015, the Army will begin issuing to new Soldiers an Army



Combat Uniform that bears the Operational Camouflage Pattern. That same uniform will also become available in military clothing sales stores in the summer of 2015. Soldiers are expected to retire their current uniform and begin wearing the new pattern by the summer of 2018. ([More](#))

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 after **July 7**. For questions, please contact Darcy Clardy at (800) 390-4643 or darcy.clardy@operationhomefront.net.



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, **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.

Sam's Club Open House: Sam's Club, located at 6600 44th Ave., in Moline, wishes to invite all active and retired military personnel to an open house in their honor. Join us for our flag raising ceremony on Friday, **Aug. 15**, 11 a.m. - 2 p.m. Lunch will be provided. *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Military Family Night: Attention Military Families, join Army Community Service Saturday, **Aug. 23**, 3-6 p.m., for their annual Family fun night at Longview Park and Whitewater



Junction. Activities will include a water balloon toss, bean bag tournament, piñata, picnic dinner and swimming and water activities at Whitewater Junction and much more. The best part about all of this? It's all free to you. Reservations are required by **Aug. 16**. Call (309) 782-3049 or email Jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

Military Spouse Night/Volunteer

Recruitment: Are you interested in learning about volunteer opportunities with Army Community Service or just want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Safety Spotlight

Are You Next? – Expect the Unexpected, Wear Your Life Jacket: The U.S. Army Corps of Engineers is the Nation's leading provider of outdoor recreation with more



than 420 lake and river projects in 43 states and more than 370 million visitors per year. We need you to be extremely careful in and around the water. Even strong swimmers have been known to drown so you could be next. Please take the time to check out this web site to make sure you and your loved ones know how to avoid being next. ([More](#))

Equal Opportunity Focus

DoD Honors Workforce Recruitment Program Participants: Defense Department officials hosted an awards ceremony here July 28 for participants in the Workforce Recruitment Program for College Students and Recent Graduates with Disabilities. DoD, in collaboration with the Labor Department, manages the program for the federal workforce. Among several noteworthy individuals nominated from across the federal government, five DoD employees hired from this year's program were selected to receive the Judith C. Gilliom Award in recognition of their significant contributions to their organizations. ([More](#))

Morale, Welfare & Recreation (MWR)

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

AMC Band Concert on the Lawn of Quarters One:

Come see some of the most talented musicians in the Army Thursday, **Aug. 21**, at 6 p.m., as the Army Materiel Command band performs a one night only, free concert on the lawn of historic Quarters One. Food and beverage will be available from the Arsenal Clubhouse bar and grill so bring your lawn chair or blanket and enjoy this free concert commemorating the 50th anniversary of the Vietnam War. Concert is open to the general public. [More info on the band is available on their Facebook page.](#) ([Flyer](#))

Paintless Dent Repair Service

Available at the Auto Shop: Back by popular demand the paintless dent repair technician will be available for repairs on **Aug. 21**. 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](#))

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.

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MWR Leisure Travel Office

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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](#))

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.

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 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

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, 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](#)



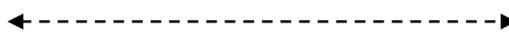
[here](#). **24/7 Sexual Assault Hotline:**
(309) 229-8412

Military Family Night: Attention Military Families, join Army Community Service Saturday, **Aug. 23**, 3-6 p.m., for their annual Family fun night at Longview Park and Whitewater Junction. Activities will include a water balloon toss, bean bag tournament, piñata, picnic dinner and swimming and water activities at Whitewater Junction and much more. The best part about all of this? It's all free to you. Reservations are required by **Aug. 16**. Call (309) 782-3049 or email Jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

Military Spouse Night/Volunteer Recruitment: Are you interested in learning about volunteer opportunities with Army Community Service or just want to meet other Military Spouses? Join us Tuesday, **Aug. 26**, 6-8 p.m., for a fun night of games, socializing and light refreshments. Please RSVP to Jan at (309) 782-4736 or Janice.n.saito.civ@mail.mil ([Flyer](#))

Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time

Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.



Employee Assistance Program

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

Posttraumatic Stress Disorder – August 2014: Posttraumatic Stress Disorder has been receiving greater attention in recent years as reports of the high incidence of the disorder among Soldiers returning from deployment in Iraq has increased awareness and research of this disorder. However, Soldiers are not the only people who can

develop PTSD. PTSD affects approximately eight percent of the United States population, with between a quarter and one-third of people who experience a significant trauma developing PTSD (National Center for PTSD). Significant trauma is considered any event that is dangerous or upsetting such as an assault or violent attack, combat, natural disaster, or vehicle crash. Symptoms of PTSD, which can occur anytime after the event, include: re-experiencing the event, having recurring nightmares, avoiding reminders of the event, being less responsive, feeling detached and less interested in life activities, increased arousal, having angry outbursts, or difficulty sleeping (National Center for PTSD). The good news is if you or someone you know has been experiencing symptoms such as those described above treatment is available. 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 questions about PTSD, talk it over with a trained



professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 23, Oct. 28, Nov. 25, and Dec. 16;** in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call (309) 782-2552.

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 taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 16, Oct. 21, Nov. 4, and Dec. 9,** in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "time management") or call (309) 782-2552.

Community Resiliency Academy Announcement – Real Colors: 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. Workshop Dates: **Aug. 14, Sept. 17, Oct. 15, Nov. 12, and Dec. 10.** Sign up in [TEDs](#) (search key word "real colors") or for more information contact Lori Griffin at (309) 782-2551.

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

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

Smoking Cessation Group: Do you want to learn effective ways 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 each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st Floor, East Wing.

Education/Training Review

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

UIU-QCC: The Upper Iowa University-Quad Cities Center is pleased to announce the beginning of our Masters of Business Administration Program with courses held at the Quad Cities Center in Bettendorf and on-line. Classes meet one evening per week for an eight-week term or students have the flexibility to take courses on-line. Upper Iowa University has been named a military- friendly university and is a participating institution in the Principles of Excellence and Yellow Ribbon programs. Students can receive military discounts along with other financial assistance. For more information about the MBA program or any of our



Bachelor's programs contact the Quad Cities Center at (563) 359-7111 or www.uiu.edu/quadcities.

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 (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.

Commissary / Exchange

☺ **The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our**

friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Shop Your Commissary For Back-To-School Savings and More:

As summer fun fades to school bells, commissaries are prime destinations for families who want to save money on nutritious and easy-to-fix breakfast meals, lunches and afternoon snacks. "Everyone knows eating breakfast in the morning makes you more productive and is healthier," said Randy Chandler, the Defense Commissary Agency's director of sales. "Buying your breakfast items like cereal, milk and eggs from the commissary saves you money and helps start your children's day right." Throughout August, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Commissary patrons are also reminded to continually check the "Sales & Events" [tab of the DeCA website](#) for the latest in promotional information.

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.

This Week in Rock Island Arsenal History – Aug. 4-10: On Aug. 5, 1907, Lt. Col. Frank E. Hobbs became commanding officer of the RIA. On April 12, 1911 he died of illness.

Healthbeat

RIAHC Announcement: The Rock Island Arsenal Health Clinic will be closed the afternoon of Thursday, **Aug. 28**, from 11:30 a.m. until COB for mandatory training. We will be open on the training holiday, Friday, **Aug. 29**, for urgent appointments.

What Staring at a Screen All Day Is Doing to Your Eyes:

If you're reading this, there's a good chance you spend much of your working day and leisure time staring at a computer screen. You probably spend less time thinking about what it's doing to your eyes. Many people are vaguely aware, though, that all that staring isn't great — reflected in the dry, fatigued eyes they experience after a long day of work. ([More](#))

Could a Little Video Game Play Be Good for Kids?:

Kids who spend a little time playing video games each day might be more well-adjusted than those who never play, a new study suggests. Researchers found that kids who played video games for less than one hour a day were more likely to be happy, helpful and emotionally stable than kids who never grab a controller, according to findings published online Aug. 4 in the journal *Pediatrics*. More than three hours daily of gaming had the opposite effect, however. Video game junkies were more likely to be moody, unhappy with their life and apt to act out in negative ways. Either way, parents should not expect video games to have much sway over their teen's emotional growth, said lead researcher Andrew Przybylski, an experimental psychologist at the Oxford

Internet Institute, part of the University of Oxford in England. Results showed that time spent playing video games has a maximum 1.6 percent overlap with a kid's social development, whether positive or negative. ([More](#))

TRICARE Tip of the Week: What can you do if your referral or prior authorization was denied? Any denied authorization can be appealed.

However, the following cannot be appealed: • Authorizations approved under point of service. • Authorizations redirected and approved to a network provider when a non-network provider was requested. • Authorizations redirected and approved to a military treatment facility. You can learn how to file an appeal by visiting HNFS homepage, looking under the "Appeal Process" section. 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, **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.

Notes for Veterans

Secretary McDonald Announces Town Hall Events at Veterans' Facilities Nationwide: Secretary of Veterans Affairs Robert A. McDonald has directed all Veterans Affairs (VA) healthcare and benefits facilities to hold town-hall events by the end of September to improve communication with, and hear directly from, Veterans nationwide. "Caring for Veterans is a calling, and our first commitment is to provide Veterans and their families the timely, quality care and benefits they have earned and deserve through their service to our Nation," said Secretary McDonald. "As we seek continual

improvement and to rebuild trust among Veterans, it is critical that we continue to listen and learn directly from those who use our system." ([More](#))

VA Fights Against Veteran Identity Theft:

The Department of Veterans Affairs (VA) today announced that it has launched a new campaign to educate Veterans about identity theft prevention. The new campaign, titled More Than a Number, references the personally identifiable information that VA encourages Veterans to protect. "We recognize that for Veterans, as for all Americans in the digital age, identity theft is a growing concern," said Steph Warren, VA's Chief Information Officer. "Our goal is to help educate and protect those who have protected this great country." ([More](#))

Carpooling Announcements

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

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

Carpool:

- **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.

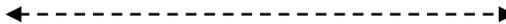
Around the Q.C.

Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8: [11th Annual Doggie Dip](#) (Fejervary Family Aquatic Center, Davenport)



Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Aug. 9-10: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 16: [Graduation Destination, Take the Journey, Finish It!](#) (River's Edge, 700 West River Drive, Davenport)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 23: [Trivia at St. Alban's Episcopal Church](#) (3510 W Central Park, Davenport)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Oct. 25-26: [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



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