

June 13, 2011



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the island intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>

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No Within-Grade Step Increases For Poor Performers:

The Office of Personnel Management told agency heads earlier this week to make sure that only good-performing employees are receiving within-grade step increases. "The payment of within-grade increases should never be viewed as automatic or routine," OPM Director John Berry said in a memo issued Wednesday. Federal Times first reported March 22 that only 737 out of more than 1.2 million

General Schedule employees - or one in every 1,698 - were denied a step increase and accompanying raise in 2009 because of poor performance, according to data provided by OPM. Each grade under the GS system has 10 steps, and every one, two or three years, employees are eligible for a step increase and accompanying pay raise until they reach their grade's top level. Raises vary between 2.6 percent and 3.3 percent. Berry called on agency

executives to review their performance management and pay policies and "take any corrective actions and improvements that may be needed." John Palguta, vice president for policy at the Partnership for Public Service, said the memo is a reminder to managers that their job, although unpleasant, is to hold poor performers accountable. "Employees tend to think



of [step increases] as pretty much automatic," Palguta said. "Hopefully some managers would take this as a reminder that they cannot let people float." ([More](#))

Celebrating the Strength of Our Nation – the Army's 236th Birthday:

The Continental Army was established 236 years ago on this day - established to defend fledgling colonies and secure our independence from oppression. Since that time - from Bunker Hill to Baghdad and from Cold Harbor to Kandahar - American Soldiers have been the safeguard of our Nation's freedom and a shield from oppression for our friends and allies. Throughout our history, our mission has remained constant - to preserve America's peace and security, and to provide for the defense of the United States. Today we continue to do this at home and abroad by fielding the most disciplined, competent and fit force in the world and maintaining the bonds of trust that unite us both as Soldiers and as Americans. ([More](#)) ([POTUS Army Birthday Message](#)) ([Main Site](#))



Father's Day

Quad-Cities Navy Week Among Navy's Top 2011 Outreach Events:

The 2011 Quad-Cities Navy Week, scheduled for **June 16-22**, is among the top events on the Navy's 2011 Calendar for America. Navy Weeks show Americans the investment they have made in their Navy by providing an opportunity to meet sailors face-to-face and learn about the Navy's mission and broad-ranging capabilities through community engagements and outreach events. Quad-Cities Navy Week will include sailors from the USS The Sullivans; Navy Band musical performances; admirals and other senior Navy leaders who will meet local corporate, civic, government and education leaders; Navy diver demonstrations in local aquariums; Navy simulators and other interactive displays; visits to area schools; community service projects and events with local sports franchises; and a performance by the Navy Flight Demonstration Squadron, the Blue Angels. ([More](#))



Upcoming Dates

- June 10-13:** Illinois Free Fishing Weekend [📅](#)
- June 12-16:** National History Day [📅](#)
- June 12-18:** Teen Driving Safety Week [📅](#)
- June 13-19:** National Men's Health Week [📅](#)
- June 14:** 236th U.S. Army Birthday [📅](#)
- June 14:** Flag Day [📅](#)
- June 14:** World Blood Donor Day [📅](#)
- June 16:** 236th U.S. Army Corps of Engineers Birthday [📅](#)
- June 16-22:** Quad City Navy Week [📅](#)
- June 16-23:** National Nursing Assistants Week [📅](#)
- June 17:** Bunker Hill Day, 236th Anniversary of the Battle of Bunker Hill [📅](#)
- June 19:** Father's Day [📅](#)
- June 19:** Juneteenth [📅](#)
- June 19:** 5th Anniversary of Army Civilian Corps [📅](#)
- June 19-25:** Lightning Safety Awareness Week [📅](#)
- June 19-25:** Preventing Slips, Trips and Falls Week [📅](#)
- June 21:** First Day of Summer (Summer Solstice) [📅](#)
- June 21:** National Daylight Appreciation Day [📅](#)
- June 21:** National Summer Learning Day [📅](#)
- June 23:** 72nd USCG Auxiliary Birthday [📅](#)
- June 23:** National Olympic Day [📅](#)
- June 25:** Great American Backyard Campout [📅](#)
- June 26:** 66th United Nations Birthday [📅](#)
- June 26-30:** On the Road, Off the Phone Week [📅](#)
- June 26-July 2:** National Mosquito Control Awareness Week [📅](#)
- July 1-7:** National Clean Beaches Week [📅](#)
- July 4:** Independence Day (*Federal Holiday*) [📅](#)
- July 11:** 149th Anniversary -- Rock Island Arsenal Established by Act of Congress [📅](#)
- July 17-23:** Captive Nations Week [📅](#)
- July 21:** MWR RIA Employee Appreciation Day [📅](#)
- July 23:** 64th AMVETS Birthday [📅](#)
- July 24:** 42nd National League of Families of American Prisoners and Missing in Southeast Asia Anniversary [📅](#)



Wreath Laying - Hero Street

Monument During Navy Week: The United States Navy cordially invites you to attend a wreath laying ceremony commemorating the service of our veterans from all military branches at the [Hero Street Monument](#) in Silvis, Ill., Sunday, **June 19**, at Noon. Quad Cities Navy Week celebration 2011 gives area residents an opportunity to meet some of the Navy's Sailors and learn about the Navy's mission and its broad-ranging capabilities. For more information on the 2011 Quad Cities Navy Week, you are invited to visit [our website](#).



CBWTU FRG Bake Sale:

The CBWTU FRG will hold a bake sale in order to support our Wounded Warriors. Stop by our tent located next to Bldg. 350 alongside Rodman Ave. and support our Wounded Warriors. POC: Capt. Tom Robideau, (309) 782-3085
Date: **June 14**
Time: **11 a.m. – 3 p.m.**



Feds Say Company Risked Arsenal

Workers' Safety: OSHA cited and fined a contractor for failing to take safety precautions to protect workers entering the telecommunications vault at the Rock Island Arsenal. Dell Services Federal Government Inc. was cited for four safety violations and faces a proposed \$140,000 in penalties. The citations followed a December 2010 inspection. ([More](#))



Agency Contributions to Federal Pension Plans Will Rise in October:

The government will contribute more to the pension plans of federal employees, including lawmakers, in fiscal 2012, according to new figures published in the Federal Register. For most federal employees, the amount agencies will contribute to their pensions under the Federal Employees Retirement System will increase from 11.7 percent to 11.9 percent, beginning in fiscal 2012. The amount the government contributes to congressional members' pension plans will increase from the current rate of 17.9 percent to 18.3 percent as of Oct. 1. Individual



facebook



Rock Island Arsenal

Government Organization · Rock Island, Illinois



Wall



Rock Island Arsenal

This weekend is Illinois Free Fishing Days June 10-13. Per the Illinois Department of Natural Resources, it shall be legal for any person to fish in waters part within the jurisdiction of the State without possessing a sport fish inland trout stamp or salmon stamp.



Wall

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About

Welcome to the official Facebook page of Rock Island Arsenal. The Arsenal i...

More

665

people like this

June 10 at 12:38pm · Like · Comment

Drew Ahlgren, Dennis Peoples and Teresa Frey like this.

Rock Island Arsenal For more information on fishing in Ill check out IDNR Fishing and 1 Fish Illinois websites at [www.dnr.illinois.gov/fishing](#) and [www.1fishillinois.org](#)
3 June 10 at 1:27:39pm

DO YOU



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US?

[Log into Facebook](#) and keep up to speed with your installation by clicking "Like" to add the Post to your newsfeed. Have a smartphone? Use the [QR Code](#) at right to quickly access the page.



contribution rates -- 0.8 percent of their wages for most of the federal workforce and 1.3 percent of wages for lawmakers -- will remain the same. ([More](#))

Army Sustainment Command Reserve Soldiers Welcomed Home:

Ten Citizen-Soldiers from the Army Sustainment Command Army Reserve Element received awards during a welcome home ceremony held here June 4. Maj.



Quincy Washington, an Illinois state employee, received a Bronze Star Medal for his selfless service while performing hazardous deployed duty. In addition, he was presented a framed proclamation, signed by Illinois Gov. Pat Quinn, declaring June 4 as Maj. Quincy Washington Day. ([More](#))

Federal Employees, Retirees Rattled By Move to Cut Health Benefits:

A federal employees' organization fears that "the next shoe to drop" in budget-cutting measures could be a revived proposal to shift more health care costs to feds and



retirees. The White House's deficit reduction commission, headed by former Sen. Alan Simpson and former White House chief of staff Erskine Bowles, last December proposed turning the Federal Employees Health Benefits Program into a premium support system. Under this plan, employees and retirees would receive a fixed subsidy to cover their health insurance premiums that would grow by no more than the gross domestic product, plus 1 percentage point, each year. Participants would cover the remaining premium cost if their plans cost more than the subsidies provide. ([More](#))

White House to Cut Access to Half of Federal Websites:

As the President points out in [this video](#), our government doesn't need a [website](#) dedicated to foresters who



play the fiddle. We also don't need multiple sites dealing with invasive plants ([here](#) and [here](#)). And I'm pretty sure the [website](#) dedicated to the Centennial of Flight can come down... particularly since the Centennial was in 2003. As President Obama has said, we can't win the future with a government of the past. How our government uses

the internet to communicate and deliver services is an obvious and critical part of this modernization effort. Today, there are nearly 2,000 top-level federal .gov domains (this means a top-level url, [WEBSITENAME].gov, that links to a distinct website). This includes [WhiteHouse.gov](#), as well as others like [USDA.gov](#), [USASpending.gov](#), [NOAA.gov](#) and [USA.gov](#). Under many of these domains are smaller sub-sites and microsites resulting in an estimated 24,000 websites of varying purpose, design, navigation, usability, and accessibility. ([More](#))

Power Outage: A power outage for Bldg. 110 will occur 7-9 p.m., **June 20**. Work is required to install new breakers and terminate new service for the 3rd floor renovation project.



FLTCIP Open Season: (FLTCIP)

Federal Long Term Care Insurance Program Open Season: **April 4 - June 24.**

To apply during FLTCIP Open Season please visit the Apply section of [FLTCIP's website](#) to download or complete online FLTCIP Open Season



application. 1 (800) LTC-FEDS (582-3337) TTY: 1 (800) 843-3557

BRAC -- On Time and On Target:

The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II. Between instituting the Army Force Generation model, reorganizing around modular brigades and the Base Realignment and Closure process, our Army looks very different than it did 10 years ago. The BRAC process is a large part of that reorganization. With its completion on time and on target in September, the Army will have reshaped its infrastructure to better support Soldiers, Civilians and Families. ([More](#))



Iowa Fallen Soldiers Traveling Wall:

The Iowa Fallen Soldiers Traveling Wall will be on display at the Davenport Main Library, **Aug. 16-23**, and an opening ceremony for the display will take place **Aug. 15**. POC: dollie.carpenter@us.army.mil, (309) 782-8253 ([More](#))

Supply Store Hours for Week of June 27:

The Arc Business Supply will be closed from **June 27-30** due to end of fiscal year inventory. Supply orders can still be placed online at arcbusinesssupply.org. Thank you for your support.



Supply Store Changes: Due to the recent AbilityOne certification, the supply store stock will be changing. All item requests will be filled with an AbilityOne product as well as with products w/ NSNs. Please do not be too alarmed by the store's appearance while we are making necessary changes. Thank you for your patience and support.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on

Friday, June 17, 10 a.m. – 12 p.m. If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3rd shift** blood drive will be held



Give Blood.

in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 8**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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 see:

www.cpol.army.mil/library/permis/5012b.html

Calling All Golfers – TACOM's Last Golf Playday:

Open to all Island Employees and their guests. Friday, **June 17**, 8 a.m. shot gun start, 7:30 a.m. arrival, at the Arsenal Island Golf Course. Cost is



\$60/person and includes 18 holes of golf, cart, and lunch at 1 p.m. in the Arsenal Island Golf Course clubhouse. \$10 Mulligans/team available at registration. The format is four-person preferred ball. Fun events will be mixed in with the golf — you don't have to be a good golfer to participate. Please join and help TACOM employees enjoy a day of fun in the sun. To register use one of the following contacts: [email](#) or (309) 782-0712/6023/1997. Deadline for sign up is **June 3**. ([Flyer](#) and registration)

CAC Renewal Appointment On-Line

Process: All appointments can be scheduled on the new "Online Appointment Scheduler." Click [HERE](#) to access the website. Select "make an appointment" and type in "IL" in the state and hit GO on the homepage and then follow the directions. Once completed, you will receive a confirmation number and email notification of your appointment. Two forms of ID are required for your appointment. Read the instructions on what documentations are needed for your appointment. All contractors must contact security prior to scheduling an appointment. Security



can be reached at (309) 782-1369 or 7850. CAC office (309) 782-0596/0597; Hours M-F, 6:30 a.m. - 3:30 p.m. (last appt. at 3 p.m.) closed for lunch 12-12:30 p.m.; Bldg. 23.

Save the Date: 10th Annual Women In Defense Golf Outing Friday, **Aug. 5**, at Glynn's Creek Golf Course. Shotgun Tee Time 8 a.m. For more information call Brenda Hanes at (309) 794-0115



Newcomers' Orientation Tour: Do you know...? The answers to these questions and others are answered on the Newcomers' Orientation Tour. (That's right, it is a tour again.) Plus you get to know more about Garrison programs and facilities that make your time here more enjoyable. Held monthly on the fourth Thursday, except November and December. You will be introduced to "The Rock" and take a walking tour of Kingsbury Manufacturing Center (also known as Joint Manufacturing and Technology Center). The orientation is open to all military, civilians,



contractors and military Family members. Duty time is not automatically authorized, so please check with your supervisor. Seating is limited so [register online](#). For questions, call (309) 782-0829.

Annual Red Cross Golf Outing at TPC Deere Run: Mark your calendars now for this premier golf fundraiser in the Quad Cities. For information & registration, go to www.qcredcross.org or contact Kasey at (309) 277-4027 (kellykas@usa.redcross.org)
Date: **Monday, Sept. 19**
Time: **1 p.m.**

Attic Thrift Shop: The Attic Thrift Shop is now currently closed. We will have our 2011-2012 Season Grand Opening on Tuesday, **July 12**, 9 a.m. - 3 p.m. Back by popular demand will be fresh popcorn. See you in July. POC: (309) 782-6977.

B-17 'Aluminum Overcast' Headed to Davenport During EAA's 2011 National 'Salute To Veterans' Tour: "Aluminum Overcast," the Experimental Aircraft Association's restored B-17 bomber, will descend upon Davenport Municipal Airport in Davenport on **July 8-10** for one of nearly 60 tour stops scheduled for its 2011 "Salute to



Veterans" national tour. At each stop, flight "missions" are available in the airplane, which allow people to fly in this spectacular aircraft. For more information regarding these flights, including rates for flights and ground tours, visit www.b17.org or contact EAA's B-17 Tour Office at (800) 359-6217.

5th Avenue Café Discount: The 5th Avenue Café is offering a 10 percent discount for all Arsenal Island military and government workers. The 5th Avenue Café is located at Heritage Place, Downtown Moline, at 1515 5th Ave. They're open Monday-Friday, 7 a.m. – 2 p.m. ([More](#))



Arsenal Traffic/Construction



One Lane Closure of R.I. Viaduct:

The R.I. Viaduct Bridge will have a one lane closure **June 13-17**, 6 p.m. – 3 a.m. The one lane closure is required to prepare the concrete surface of the bridge parapet and curb for repair.

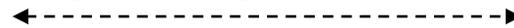
Bridge Closures for Washing: Bridge closures **June 25-29** are necessary for bridge washing as follows: Government Bridge: **June 25 & 26**, 6 a.m. - 6 p.m. (both days if necessary); and Rock

Island Viaduct and Pedestrian Bridge from **June 27-29**, 8:30 a.m. – 2 p.m. (off peak traffic hours).

Partial Closure of R.I. Viaduct: Since June 13, there has been a one lane closure of the R.I. Viaduct. The one lane closure is due to concrete repair to the curb and sidewalk surfaces of the bridge structure. Work will be from the hours of 8 a.m. – 2:30 p.m. The project will last from six to eight weeks, weather permitting. Flagmen and traffic control will be provided. POC: randall.l.brockhouse.civ@mail.mil, (309) 782-2440.

Partial Lane Closure of Fort Armstrong Ave and Rock Island Drive and Complete Closure of Bike Path:

Since May 2, the intersection at Ft. Armstrong Ave. and Rock Island Dr. began a one lane closure until further notice. The lane closure is 8 a.m. – 2:30 p.m. each day. Also since May 2, the bike path was temporarily closed.



Building/Space Closures



Bldg. 350 Restroom Closure: The women's restroom (350-6-2) located in Bldg. 350, is scheduled for closure during **June 14-17**. The closure is

necessary to perform painting of the room. POC: marsha.k.marcellus.civ@mail.mil, (309) 782-0361

Bldg. 56 Restroom Closure: The women's restroom (56-2-2) located in Bldg. 56, is scheduled for closure during **June 21-24**. The closure is necessary to perform painting of the room. POC: marsha.k.marcellus.civ@mail.mil, (309) 782-0361

Bldg. 390 Restroom Renovations: As part of the restroom renovation project in Bldg. 390, the 2nd floor restrooms closed May 17. The 3rd floor restrooms have been completed and opened simultaneously. It is anticipated the 2nd floor restrooms will be ready for use on or about **June 17**.

Bldg. 104 Exterior Stair Closure: On April 13, construction began on the replacement of the southeast exterior stairs of Bldg. 104. The exterior stairs closed entirely and use of alternative stairs for entry into the building is required. The construction will take approximately two months depending on the weather. The contractor is using heavy equipment, so please use caution when in the area. POC:



joseph.e.gumpert@us.army.mil, (309) 782-1389

Active Duty/Reserve Zone

◀-----▶
◉
ACU Changes Make Velcro Optional, Patrol Cap Default Headgear: The voice of the Soldier has been heard: the Army announced the patrol cap will replace the black wool beret as the default headgear for the Army combat uniform. Also changing are the options for how Soldiers can attach certain items to their ACU shirts. Army Chief of Staff Martin E. Dempsey said Soldiers will soon be able to sew on name tapes, service tapes, rank insignia and skill badges, instead of using Velcro. The changes were made after Dempsey received input from Sergeant Major of the Army Raymond F. Chandler III, who had been tasked to gather opinions from Soldiers in the field. ([More](#))

Mission Essential Fitness: Mission Essential Fitness uses circuit training with a variety of intense exercises to build the strength, power, speed and agility that Soldiers need to survive and succeed in today's intense combat environment. The program, developed by Dr. Doug Briggs, Fort Bliss director

of human performance, aims to turn Soldiers into "tactical athletes," and provides training similar to what an NCAA Division 1 college football player would receive. The program relies on bodyweight training, and low-cost/no-cost makeshift weights and equipment, such as sandbags, ammo boxes, sledge hammers or logs, which deployed Soldiers can easily obtain. ([More](#))

Safety Spotlight

◉
National Safety Month: Lasting through June, National Safety Month is a coordinated effort by military and civilian agencies to focus awareness on safety, especially during the high-risk critical days of summer. The Army's Safe Spring/Summer campaign is currently underway, providing leaders with multimedia tool boxes loaded with safety messages aimed at keeping our Soldiers, families and civilians safe. The 2011 campaign, themed "What have you done to save a life today?," is available online at the U.S. Army Combat Readiness/Safety Center website. Educational and motivational tools included in the campaign look at popular summer topics like long-distance driving, beach activities, camping,

starting the backyard grill, fireworks, driving under the influence and distracted driving, speeding and seat belt use among others. Each of the 18 campaign topics contains downloadable articles, posters and videos for use at the unit or post level and also are useful for pre-holiday safety briefs. ([More](#))

Motorcycle Class Registration Now On-Line: The [U.S. Army Installation Command Registration system \(AIRs\)](#) is a web-based scheduler and tracking tool for the Army Traffic Safety Training Program. [AIRs](#) allows military and civilian personnel to [electronically register](#) for traffic safety courses (Motorcycle Safety Classes and Intermediate Driver Training Classes) conducted at IMCOM garrisons. ⚡ The two-day Basic Rider Motorcycle Course is scheduled for **June 28 and 29**; the one-day Experienced Rider Motorcycle Course is scheduled for **June 30**, and **Aug. 10 or 11**; two sessions of the Intermediate Driver Training Course are scheduled for **Aug. 9**. ([More](#))

Equal Opportunity Focus

◉
Prevention of Sexual Harassment Training (POSH) for New Hires:



Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for new hires. The location will be the Blackhawk Conf. Room, Bldg. 108, 3rd Floor, new hires at 8:30 a.m. on the following days: **July 12, and Oct. 11**. To sign up for this mandatory training, please register through [TEDs](#); key word: "posh for new hires." POC for POSH training (or to receive special accommodations) is mary.gale@us.army.mil at (309) 782-5024.



Morale, Welfare & Recreation (MWR)



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 and stay up to date on all the great MWR offerings here at the Arsenal.

MWR Newsletters: Would you like more info on the Arsenal Island Golf Course or the Auto Skills Shop? Sign up to join our email mailing lists for these monthly newsletters. Click on the following links for the June editions of [The Swing](#) or [the Auto Skills](#) and reply

to the message if you'd like to be included on the mailing list.

Mark Your Calendars – Arsenal MWR Employee Appreciation Day:

Arsenal Island's Family and Morale, Welfare and Recreation

Employee Appreciation Day

is scheduled for **July 21**, 10:30 a.m.

- 4 p.m. (official ceremony will be held at 11 a.m. at the

main stage). This year's theme is "Working Together to Make a Difference." The [event](#) is open to all military personnel, civilians, contractors, retirees, and their family members. Please plan to attend and enjoy a variety of food, games, sporting events, adult tricycle races, and great entertainment; and best of all the camaraderie. Music will be performed by "The Spirit of the USO Band" from Chicago. Please plan to attend and enjoy a variety of food, games, and a variety of great entertainment; but best of all camaraderie. Any Arsenal Island organization wanting to set up a static display and have logistical requirements, please call (309) 782-1230 ([Registration Form](#)). Contractor personnel are reminded that it is their responsibility to



make arrangements with their contractor supervisor/employer for appropriate leave or other status which does not conflict with their employer's contract obligations. Federal personnel cannot grant or authorize leave for contractor employees. Also, contractors are reminded that attendance by their employees at the event is not time or performance which is compensable under the contract. ([More](#))

No Factory Tour at This Year's FMWR Employee Appreciation Day

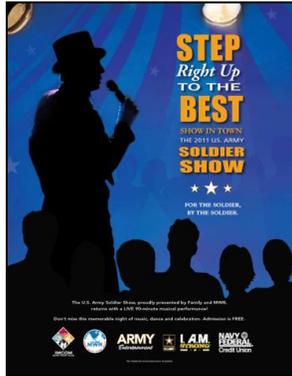
Picnic: Due to other opportunities to tour the factory the tours of the factory will not be offered this year at the annual Employee Appreciation Day Picnic on **July 21**. Tours will be offered at JMTC's Industry Day on **Aug. 4**. Please call (309) 782-5759 for more information.

Racquetball Court Locker Room

Renovation: The renovations to the racquetball court locker rooms are now complete. Stop into Bldg. 351 and see our newly remodeled locker rooms and pop in to see all the great offerings at the Auto Skills Shop while you're there (it's in the same building). Reservations for the racquetball courts can be made by calling the Fitness Center at (309) 782-5124.



2011 U.S. Army Soldier Show: The U.S. Army Soldier Show, presented by Family and MWR, returns with a 90 minute live musical performance. See talented Soldiers explore music genres and cultures from around the world. Don't miss this memorable night of music, dance and celebration on **June 28**, 7 p.m., Adler Theatre, Davenport. Admission to the show is free on a first-come, first-seated basis. Visit the [Army Entertainment website](#) for information; or call (309) 782-1230; linda.s.rice.naf@mail.mil.



2011 Army Arts & Crafts Contest: The 2011 Arts and Crafts contest began May 1. Calling all artists ... submit your original artwork in a variety of categories including: ceramics, drawings, wood, digital art (new category), fibers and textiles, water base painting, glass, oil base painting, metals and jewelry, mixed media - 2D and/or mixed media - 3D for a chance at Army-

wide fame. For information and guidelines visit the [Army MWR website on the Arts and Crafts page](#) or call (309) 782-1230.

Arsenal Island Golf Course Clubhouse B3 Deal: The B3 Deal at the Golf Course/Clubhouse Golf season is here and if you need to hit the driving range and find your swing again do we have a deal for you. Purchase the B3 deal at either the Golf Shop or the restaurant/bar and you'll get a basket of balls, a burger basket, and a beer for just \$10. That's a 20 percent savings. Call (309) 793-1604 for more info. ([Flyer](#))

Change to the Process for Submitting Messages to the Outdoor Electronic Marquees: Effective immediately, requests should now be made by visiting www.riamwr.com and clicking on the Electronic Marquee Info link on the right side of the page. Due to the loss of public folders we will not have access to the ROCK-SIGN e-mail address so any requests sent here will not be received. For more info please call (309) 782-1183.



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, anna.winters@us.army.mil, <http://riamwr.com/BusPgms/special.htm>

Outdoor Recreation RV Lot Storage: Outdoor Recreation has a few spaces available in the RV Storage Lots. It is outdoor storage in a locked fenced in area. The monthly user fees are \$15 or \$20. For more info contact Outdoor recreation at (309) 782-8630.

Taste of Chicago Bus Trip: The Taste of Chicago is the world's largest food festival, held annually. Every year, millions of Chicagoans and tourists from around the world flock to Grant Park to enjoy the variety of food prepared by Chicago's most popular restaurants. ([Flyer](#))
Date: **Saturday, June 25**
Time: **6:30 a.m.**

Leisure Travel Distribution List: Due to the recent email migration we have lost a lot of people who were on the list. If you would like to sign up again please send an email to anna.m.winters.naf@mail.mil or give the office a call at (309) 782-5890.



Outdoor Recreation Maquoketa River

Canoe Outing: Join Outdoor Recreation for a fun day of canoeing on the Maquoketa River. This year's trip will start at Canton, Iowa and end at the Royertown Bridge. Cost is \$40 per canoe or \$13 per inner tube. Sign up at the Leisure Travel Office or call (309) 782-8630 for more information. ([Flyer](#))
Date: **Saturday, June 18**
Time: **9 a.m. - 3 p.m.**

New Outdoor Recreation Checkout/In

Procedure: To better serve our patrons, customers may now drive directly onto the back dock to pick up or return items. During the summer months the front door will not be used. For further information please call (309) 782-8630.

Entrance to Outdoor Recreation Moved to the Back of the Building:

For your convenience and to expedite the check-out process, the entrance/check-out desk for Outdoor Recreation has moved to the back of the building on the loading dock. Please call (309) 782-8630 with any questions or to reserve items. A list of items available to check out can be found [HERE](#).

If You Give A Mouse A Cookie: When a boy shares his snack with a hungry,

demanding mouse, he learns a hilarious lesson about cause-and-effect. This adorable children's play is based on the popular children's book. Show-only, concessions will be available prior to show.

Date: **Saturday, July 16**
Time: **10 a.m.**

White Sox vs. Red Sox:

The Chicago White Sox take on the Boston Red Sox. One of this seasons popular game. Seats are \$91. Price includes transportation and ticket to game. On sale now.

Date: **Saturday, July 30**
Time: **6:10 p.m.**



Cardinals vs. Cubs:

Seats on sale for \$99 for the Cards vs. Cubs bus trip on Saturday, **Sept. 24.** This game will be at Busch Stadium. Departure time is 5:30 a.m. from Col Davenport pavilion area. Six seats per customer, no seats will be put on hold. No alcohol allowed on bus.



Cruises: Have you been dreaming of taking a well deserved vacation or Cruise? Not sure where to begin? Call

the Leisure Travel Office and set up an appointment and let's talk.

Mt. Olympus Water & Theme Park:

Lose yourself in an ancient world as you brave four thrilling lands. Thirty-seven steep and slippery slides. Six hair-raising roller coasters and eight curve-hugging go-kart tracks. Wrist bands available for the 2011 season (**May 28 – Sept. 5**) Discounted price is \$25. A savings of \$14.99.

Quad City Stallions:

The Quad City Stallions are in their third season this year. A member of the Midwest Football Alliance Games run from **May thru July.** The Quad City Stallions is a semi-pro football team in the Midland Football League. Season Pass is \$20 single game tickets \$5 and kids under 12 are free.

Danube Group Cruise:

From the splendor of Prague to the Gypsy violins of Budapest, you'll treasure every moment of this memorable Danube River cruise. Enjoy guided sightseeing. Experience the music, art, culture and historical sites. More than \$1,000 savings per person when booked through Leisure Travel Office. Contact LTO to schedule an appointment for this cruise offer.



Date: **Friday, Oct. 21**

OC River Bandits: Discounted box seat tickets available for all home games. All tickets are \$8. Enjoy Thirsty Thursdays and Firework Fridays.

Circa 21 Presents – Hairspray: Take a trip back to 1962 with Tracy Turnblad, a big girl with big dreams and even bigger hair. This Tony Award-winning musical is filled with laughter, romance, dancing, unforgettable tunes, and is a joyous tribute to the 60s Seats on sale until July 7 at a discounted \$43.50.

Date: **Saturday, July 16**

Time: **5:45 p.m.**

Hotels & Attraction Tickets: Check out Leisure Travel at www.riamwr.com to see what we have to offer for discounted attractions and hotels.

July Downtown/Loop Shopping Trip:

Join us for a day of shopping in downtown Chicago. Here you'll find department stores such as Bloomingdale's, Lord & Taylor and Nordstrom, Crate & Barrel and Pottery Barn, jewelers such as Tiffany and Van Cleef & Arpels, big name boutiques and indoor shopping malls, such as Water Tower Place. \$39 per person.

Date: **Saturday, July 16**

Time: **6:30 a.m.**

Six Flags Great America: Visit this amazing theme park with awesome rides, great shows, and incredible attractions, plus Hurricane Harbor. Discounted admission tickets available for the 2011 season. Tickets are \$36 for Adult/Child.

Pavilions: Planning a graduation party, family reunion or special event? Need an outside shelter? Leisure Travel can help. We rent Memorial Field, Sports Complex and Col. Davenport Pavilion. Stop by the office or give us a call for more information.



Child, Youth & School Services



Army 236th Birthday Celebration

CYSS Bike Parade: In honor of the Army's Birthday, Child, Youth & School Services will have a bike parade on Thursday, **June 16**, starting at 10 a.m., in front of bldgs. 15 & 16. Thanks to our sponsors, [Stoney Creek Inn & Conference Center](#), [Rock Island Arsenal Welcome Club](#), and [Allied American University](#) for helping to make this event possible. Call (309) 782-2165 for more information.

British Soccer Camp: Child, Youth & School Services is proud to once again host Challenger Sports' British Soccer Camp **July 11-15**. This camp is open to all children (not restricted to children of Arsenal employees) ages 4-16. All participants receive a free t-shirt and soccer ball with registration. Register online at www.challengersports.com or call (309) 782-7544 for more info. ([Flyer](#))

Lead the Way: SKIESUnlimited is offering Lead the Way summer sessions in June and July. All sessions are held for three days from 9 a.m. - 2:45 p.m. Extended afternoons are an option. Registered patrons may enroll at www.riamwr.com/cys or call (309) 782-0791 to schedule registration. Please call SKIESUnlimited at (309) 782-5969 with any questions.

Date: **Tuesday, June 14**



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

Adaptive, Inclusive Recreation: The Davenport Parks and Recreation Department has a recreational program designed for persons with special needs. The Adaptive and Inclusive Recreation program provides structured social settings that offer classes in several topics such as sports & fitness, life skills, art, and special events. Registration is required and class sizes are limited. You can find out more information about the programs offered by the Adaptive and Inclusive Recreation Department at <http://recpro.ci.davenport.ia.us>. ([More](#))



Employee Assistance Program

Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com or [Facebook](#).

Prescription Take Back Day: More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. The EAP is providing an opportunity to dispose of your unused and expired prescription drugs. On **June 28 & 29**, the EAP and Law Enforcement will be collecting unused and expired prescription drugs at the following places and times ... **June 28:** 5:30-8:30 a.m. & 2:30-4:45 p.m., at Memorial Field Parking lot; **June 29:** 5:30-8:30



a.m. & 2:30-4:45 p.m., in the Commissary Parking lot. Participants bringing in unused or expired prescription drugs for disposal will receive a free umbrella or car shade.

Anonymous Online Mental Health Screening -- June 2011: Man, what are you drinking? Or more importantly, how much? If you are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels -even occasionally- may put you at risk for serious health problems? ([More](#))

Smoking Cessation Group: Make this the summer you quit smoking. The Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE wing.

PTSD Support Groups: Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact



Rita Baugh, EAP counselor, at (309) 782-2552 for more details. (Additional resource: [Virtual PTSD Experience](#))

EAP Offers Grief Group: The RIA EAP is now offering a new service – Grief Group. This group discusses the latest research on bereavement and coping with loss. Topics include divorce, aging, deployment, retirement, and much more. The group meets every Wednesday from 3-4:30 p.m. at the EAP office, Bldg. 110, 1st Floor, SE Wing.

Education/Training Review

Army Continuing Education Services: The Army Continuing Education Services office, located in Bldg. 56, 1st floor, has a new Education Service Officer, Alison Hemmert. The Education Center has new hours of operation. The office is open Monday through Friday 7 a.m. – 3 p.m. If you have any questions, please feel free to contact this office at (309) 782-2065.

National Testing Center: Western Illinois University in Bldg. 56 operates the National Testing Center. The national testing center offers CLEP or DSST on-line test, with immediate

results. Hours of operation are Monday through Thursday 8:30 a.m. – 3 p.m. and every other Friday. Please call (309) 558-6444 to schedule a test. Tests are free for Soldiers the first time for each test. Tests are available to civilian for an additional fee.

Defense Commissary Agency / PX

The [Rock Island 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

Commissary Closing for Store 'Reset': The commissary will be closing at 5 p.m. on Saturday, **June 25**. We will be preparing for a total store reset complete with new shelving. We will reopen on Tuesday, **June 28**, at 8:30 a.m.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

This Week in Rock Island Arsenal History – June 13-19: On June 13, 1871, the stone construction began on Shop D (Bldg. 61). In June 1962, radio station WHBF sponsored a luncheon in the RIA Cafeteria to commemorate the RIA Centennial Anniversary. Arthur Godfrey was the guest of honor. On June 14, 1871, Congress cited Rock Island as a government reservation according to Maj. D. W. Flagler's "Ordnance Memoranda No. 20, A History of the Rock Island Arsenal." On June 15, 1871, Maj. Daniel Flagler assumed command of the RIA. He relinquished his command on April 30, 1886. In June 1917, Miss Nellie Cue became the RIA's first forelady. She was



forelady in the cloth department of the harness shop. On June 17, 1967, the Ramsey Test Track for combat vehicles was dedicated. The testing facility is 6,487 feet in length and laid out in figure 8 configuration. The track was designed to road test as many as four vehicles, weighing up to 6½ tons each, at one time. In June 1898, during the Spanish-American War, 85 men and boys cleaned and repaired 500 rifles a day in Shop D (Bldg. 62).

Healthbeat

Health Watch – Sitting vs. Smoking:

Smoking cigarettes is the cause of so much preventable, deadly disease. But now new research shows sitting for long stretches of time may be just as dangerous. “Smoking certainly is a major cardiovascular risk factor and sitting can be equivalent in many cases,” explained Dr. David Coven, cardiologist with St. Luke’s-Roosevelt Hospital Center in New York. Dr. Coven said several new studies show prolonged sitting is now being linked to increased risk of heart disease, obesity, diabetes, cancer, and even early death. ([More](#))

Would You Forget Your Baby in a Hot Car?: It's hard to imagine being

Mary Parks, who three years ago unwittingly left her 23-month-old son, Juan, in her car while she went to work. With temperatures in the 80s that day, the baby didn't stand a chance. But Parks' horror story isn't an anomaly. Last year, 49 U.S. children succumbed to heatstroke after being forgotten in hot cars. With much of the nation already simmering, a Detroit Free Press report on the dangers of leaving children unattended in cars is worth a read. Its eye-opening takeaway: parents often don't pay attention to information campaigns cautioning them about leaving their kids behind in the car because they think the nightmare scenario couldn't ever happen to them. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Lab closed **June 13**. Clinic closed **June 24** at 12 p.m. for staff meeting and training.

Notes for Veterans

VA to Expand Housing for Homeless Veterans and Their Families: The Department of Veterans Affairs (VA) continues to develop housing opportunities for homeless and at-risk Veterans by adding 34 VA locations

across the country. This strategy will increase the Department's available beds by over 5,000. VA currently has 15,000 transitional beds available to homeless Veterans. "This initiative will significantly support our efforts to eliminate Veteran homelessness and improve quality of life for Veterans," said Secretary of Veterans Affairs Eric K. Shinseki. "We have a moral obligation to ensure that Veterans and their families have access to affordable housing and medical services that will help them get back on their feet." ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Looking for someone to carpool with from the Sterling-Rock Falls area, 3rd shift, 10:15 p.m.-6:15 a.m., john.b.mitchell1@us.army.mil
- **Carpool/Ride:** Looking to carpool with someone from Fulton area along Rte. 84 to Bldg. 390. Contact



Carole.Mitchell@us.army.mil or (309) 782-1892.

- **Carpool/Ride:** Commuter living in downtown Davenport looking for a ride across the bridge to Bldg. 350. Employee works anytime between 6-8 a.m. Willing to pay for ample gas. POC is Tom: (563) 650-3540.
- **Carpool:** Looking to carpool with anyone from the Western Illinois University Macomb Campus for the 2010/2011 school year. Call Nicole Suthard at (815) 345-1360, nicole.suthard@us.army.mil.
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.



Around the Q.C.



June 14: [Flag Day Ceremony & Celebration](#) (Moline Memorial Cemetery)
June 15-18: [Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)
June 16-22: [Quad Cities Navy Week](#) (throughout the QC) 🏠
June 17: [Army 236th Birthday Ball](#) (Waterfront Convention Center)
June 17-18: [Rock The District](#) (The District, Rock Island)

June 17-18: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

June 18: [Juneteenth](#) (LeClaire Park, Davenport)

June 18: [12th Annual Quad Cities Triathlon](#) (West lake Park, Davenport)

June 18: [Healthy Living Fair](#) (Next to the downtown Davenport Freight House Farmer's Market)

June 18-19: [Quad City Air Show](#) (Davenport Municipal Airport)

June 19: [Ride the River](#)

June 21: [Midwest League All-Star Game](#) (Modern Woodman Park)

June 22-25: [Quad City Senior Olympics](#) (Augustana College, Rock Island)

June 26: [5th Annual Car Show & Hennepin Hustle 5K Fun Run/Walk](#) (Colona, Ill.)

June 26: [QC Jewish Feast-ival](#) (Tri-City Jewish Center, Rock Island)

June 26: [Blossoms at Butterworth](#) (Moline)

June 28: [Soldiers Show](#) (Adler Theatre, Davenport)

July 1-3: [IH Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 2: [Red, White, and Boom](#) (Rock Island & Davenport)

July 4: [28th Annual Genesis Firecracker Run](#) (East Moline)

July 4-10: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 6: [John Deere Classic Pro Exhibition](#) (Arsenal Island Golf Course)

July 9-10: [Village Summer Stroll](#) (Village of East Davenport)

July 11: [Rhythms Along The River](#) (Brady Street Stadium, Davenport)

July 17: [Classic Car Show](#) (Village of East Davenport)

July 19-24: [Rock Island County Fair](#) (East Moline)

July 21: [Family and MWR Employee Appreciation Day](#) (Memorial Park & Field)

July 21: [First Army "Uncasing of the Colors"](#) (Location TBD)

July 21-24: [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)

June 23: [Rock Island District, Corps of Engineers' Corps Day](#) (Memorial Field)

July 29-30: [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)

July 30: [RAGBRAI Ends in Davenport](#) (Downtown Davenport)

July 30: [37th Annual Quad-City Times Bix 7](#) (LeClaire Park, Davenport)

Aug. 2-7: [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)

Aug. 4: [RIA-JMTC Industry Day](#) (Rock Island Arsenal)

Aug. 4-7: [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)

Aug. 6: [Crime Stoppers 5K Run](#) (Moline)

Aug. 7: [Heartland British Auto Fest](#) (Village of East Davenport)

Aug. 11-13: [25th Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)

Aug. 12-13: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 14-20: [International Softball Congress World Fastball Tournament](#) (Greenvally Complex, Moline)

Aug. 19-20: [River Roots Live](#) (LeClaire Park, Davenport)

Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)

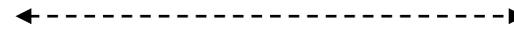
Aug. 25-28: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 26-28: [All Era Veterans Healing Field of the Quad Cities](#) (Davenport Memorial Park Cemetery)



Aug. 27: [Quad Cities Irish Festival](#) (Downtown Rock Island)
Aug. 27: [Silvis Family Run](#) (Silvis, Ill.)
Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 5: [Run with Carl](#) (Bettendorf)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)
Sept. 10: [¡Viva Quad Cities!](#) (Bass Street Landing)
Sept. 10: [Run for ¡VIVA!](#) (Bass Street Landing, Moline)
Sept. 10: [Quad-City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)
Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)
Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)
Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)
Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)
Sept. 25: [QC Marathon](#) (Downtown Moline)
Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Oct. 27: [Fright Night](#) (The District)

Oct. 29: [Witches Walk](#) (LeClaire, Iowa)
Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Sept. 7-16, 2012: [East West Riverfest](#)



Island Insight

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



The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations,

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THE 2011 U.S. ARMY
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SHOW



FOR THE SOLDIER,
BY THE SOLDIER.

June 28, 7 p.m.
Adler Theatre, Davenport

The U.S. Army Soldier Show, proudly presented by Family and MWR,
returns with a LIVE 90-minute musical performance!

Don't miss this memorable night of music, dance and celebration. Admission is FREE.



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The U.S. Army Soldier Show, presented by Family and MWR, returns with a 90 minute live musical performance. See talented Soldiers explore music genres and cultures from around the world. Don't miss this memorable night of music, dance and celebration on June 28, 7 p.m., Adler Theatre, Davenport. Admission to the show is free on a first-come, first-seated basis. Visit the Army Entertainment website for information; or call (309) 782-1230; linda.s.rice.naf@mail.mil .