

June 18, 2012



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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Arsenal Time Capsule Contributions

Needed: The Rock Island Arsenal is creating a time capsule as a part of the celebration of its 150th anniversary. The time capsule will be filled with durable items that tell the story of the Arsenal and its history. The contents will be displayed in the Rock Island Arsenal Museum for the rest of the year, then stored at the museum for future use. When choosing an object, consider longest-lasting items such as black and

- [MWR Leisure Travel Office](#)
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white photographs treated with gold, selenium or polysulfide toner on a fiber base; photographic slides printed on a polyester base, cotton and polyester textiles, acid-free permanent paper, pencil or archival-quality inks, wood, glass, pottery and ceramics, freeze-dried sealed foods, nonferrous metals (copper, brass, gold, stainless steel.) Items that will not last include color photographs; slides on an acetate base; textiles such as silk, wool and nylon; batteries in

- [Arsenal Archive](#)
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electronic equipment; newspaper; rubber; polyvinyl chloride and acetate; video, audio and computer tapes; pressure-sensitive adhesive such as masking tape; canned food; live ammunition; iron or leather. Businesses and organizations who would like to donate items are asked to contact Jodie Creen Wesemann at (309) 782-2843 or jodie.c.wesemann.civ@mail.mil by **June 22**. Items should be delivered to



the museum on Arsenal Island from **June 26-30**. The museum is open from noon to 4 p.m. Tuesdays through Saturdays. ([More](#))

Arsenal Firefighter Earns Educator of the Year Award:

FF EMT/Paramedic Brian Hansen, RIA Fire Department, earned the Educator of the Year Award from Trinity Health Care Systems. Hansen is the EMS coordinator for RIAFD. He was nominated by his peers from RIAFD. Jim Mitchell, Assistant Fire Chief, RIA Fire Department, said Hansen has a very strong commitment to the emergency medical service and the education that goes with it. Hansen is an instructor of CPR, ALS and BLS protocols. He has educated more than 200 people in CPR over the last year teaching doctors, nurses, EMT's and individuals on RIA as well. Hansen assures that all firefighters at RIAFD stay current with all trainings and certifications.



House Armed Services Chairman Pledges to Protect Arsenal: The chairman of the U.S. House Armed Services Committee vowed Saturday to protect the Rock Island Arsenal against

cutbacks. "I think this is a national treasure, and we better not lose it," said U.S. Rep. Buck McKeon, R-Calif., after touring the island Saturday with U.S. Rep. Bobby Schilling, R-Colona. Rep. McKeon's position as chairman of the HASC is one of the most powerful in Congress, and Rep. Schilling said it was important for him to be able to see the Arsenal firsthand, especially given the difficult choices on defense spending that could be coming soon. ([More](#))

Pay Freeze May Go Third Year:

Democrats in the Senate last week surprisingly made no attempt to include a pay raise in a key 2013 spending bill, dimming hopes that an end is in sight for the current two-year federal pay freeze. Senate Democrats are pinning their hopes on a rare scenario in which President Obama could unilaterally impose a pay raise for next year. Obama has proposed a 0.5 percent raise for federal employees. Congress usually proposes a pay raise in the annual financial services and general government spending bill. But both the House and Senate versions of the bill advanced in recent weeks have been



Upcoming Dates

- June 18:** National Summer Learning Day
- June 18:** Autistic Pride Day
- June 18-24:** National Men's Health Week
- June 19:** Juneteenth
- June 19:** 6th Anniversary of Army Civilian Corps
- June 20:** First Day of Summer
- June 20:** National Daylight Appreciation Day
- June 20:** Ride Your Motorcycle to Work Day
- June 23:** 68th Anniversary of President Roosevelt's Signing of the Original GI Bill
- June 23:** US Coast Guard Auxiliary 73rd Birthday
- June 23:** Great American Backyard Campout
- June 26:** U.N. 67th Birthday
- June 27:** PTSD Awareness Day
- June 27:** National HIV Testing Day
- July 1-7:** National Clean Beaches Week
- July 2:** 224th Anniversary of the US Constitution Taking Effect
- July 3:** National Stay Out of the Sun Day
- July 4:** Independence Day (*Federal Holiday*)
- July 4:** Earth at Aphelion
- July 7:** **RIA 150th Celebration** 
- July 8-13:** National Fraud Awareness Week
- July 11:** 150th Anniversary - Rock Island Arsenal Established by Act of Congress
- July 11:** World Population Day
- July 15:** National Ice Cream Day
- July 16:** National Hug Your Kids Day
- July 20:** 43rd Anniversary of the Moon Landing
- July 21:** 68th Anniversary of Guam Liberation From Japanese Occupation
- July 21:** 82nd Veterans Administration Birthday
- July 22:** National Parents Day
- July 23:** 65th AMVETS Birthday
- July 24:** National Tell An Old Joke Day
- July 26:** 22nd Anniversary of Americans With Disabilities Act
- July 26:** 68th Anniversary of U.S. Army Desegregation



uncharacteristically silent on the issue of pay raises. Lawmakers have not even mentioned federal pay — let alone proposed amendments raising pay — during markup sessions in both the House and Senate Appropriations committees. ([More](#))

Senate Armed Services Chair Thinks Sequestration Won't Happen:

The Senate Armed Services Committee chairman predicted Thursday that Congress will find a way to avoid automatic budget cuts in January that could hurt national security, but he added that any ultimate budget agreement won't leave the Defense Department unscathed. Pressure is building, particularly within the defense industry, to head off the automatic across-the-board budget cuts scheduled to take effect in January under terms of last year's Budget Control Act. ([More](#))



DoD Releases Mobility Device

Strategy: The Department of Defense announced the release of a mobile device strategy that identifies information technology goals to capitalize on the full potential of mobile

devices. The strategy focuses on improving three areas critical to mobility: wireless infrastructure, mobile devices, and mobile applications, and works to ensure these areas remain reliable, secure and flexible enough to keep up with fast-changing technology, according to a DoD news release. ([More](#))

OPM Reminds Agencies of Election Year Hiring Practices:

Agency heads must be especially wary of improper hiring practices during the 2012 presidential election period, according to a June 8 memo (.pdf) from Office of Personnel Management Director John Berry. "Any appointments of political appointees, Schedule C employees, and Noncareer [Senior Executive Service] members to competitive or non-political excepted service positions or to career SES positions require careful attention to ensure they comply with merit principles regarding fair and open competition," writes Berry. ([More](#))



RIA 150 T-Shirts: Rock Island Arsenal Sesquicentennial (150th)

Commemorative T-Shirts may be special ordered in the Rock Island Arsenal Museum gift shop. If you wish to have your shirt before **July 7**, the day of the Rock Island Arsenal 150th Anniversary Celebration, order by **June 15** for pickup on **June 29 or 30**. The gift shop is open during museum operating hours of Tuesday – Saturday, 12-4 p.m. All orders must be paid for when placed.

Safety Awareness Day: To better promote Safety Awareness among our soldiers, civilians and families, the Rock Island



Arsenal Garrison is hosting a "Safety Awareness Day" on Thursday, **June 28**, 10:30 a.m. - 1 p.m., Bldg. 60 cafeteria. Please join us for safety information dealing with motorcycles, boats, automobiles, holiday celebrations, house fires and various other summer safety activities. All are welcome. For more information call (309) 782-1380.

RIA 150th Anniversary Golf

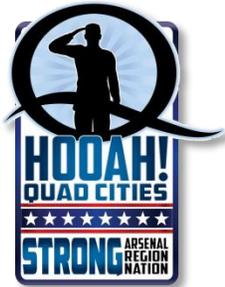
Tournament, Friday, July 6: Get your foursome together and see if your game is good enough to be crowned Arsenal champs. This four person, best-ball style tournament is \$65/player (\$50 for annual pass holders) and includes golf,



cart, a lunch buffet, and lots of prizes and giveaways. Call (309) 793-1604 for more info and to sign-up. ([Flyer](#))

East Moline Fourth of July Parade

Theme 'Hooah! Quad-Cities': The Quad-Cities Chamber of Commerce and the City of East Moline are partnering to present the 54th annual AMVETS Fourth of July parade at 1 p.m. Wednesday, July 4, in downtown East Moline. This year's theme is "Hooah! Quad-Cities." The parade theme reflects the chamber's recently launched military appreciation and awareness campaign, Hooah! Quad-Cities. DHCU Community Credit Union is the title sponsor. RIA Federal Credit Union is the major sponsor. Maj. Gen. Patricia McQuiston, commander of the U.S. Army Sustainment Command at the Rock Island Arsenal, will serve as military grand marshal. ([More](#))



RIA 150th Anniversary Celebration

Car Show: Saturday, **July 7**, 10 a.m. - 5 p.m., there will be no judging or awards for the car show. Just a chance for you to come out and show off your creation and chat with other like-minded

individuals. If you're proud of it, come and show it off. Please [fill out car show entry form](#) and email/fax to: Namon Howell, 1 Rock Island Arsenal, Bldg 390, 3 FL/NE, Rock Island, IL 61299-6500; namon.l.howell.civ@mail.mil, fax: (309) 782-8305 (**no later than June 21**)

CHRA Award Ceremony Invitation:

CHRA's North Central Region has been honored with consecutive year Kushnick Award winners. Ed Kall won this prestigious honor in 2011 and Nancy Lane was this year's award recipient. The William H. Kushnick award was established in 1968 by a group of prominent citizens who had served on the staff of the Secretary of War during World War II. This annual award recognizes the most outstanding singular achievement of an Army employee in Civilian Human Resources. Please join us in congratulating Ed and Nancy on **June 28**, 2-3 p.m., in the North Central Regional Conference Room, Bldg. 104, first floor, where cake and punch will be served.



Newcomers Level I Antiterrorism

Training: The USAG-DPTMS will be offering the mandatory Antiterrorism Level I training on **June 28**. 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, Basement - Room 14 (under stairway), 8-9 a.m. For more information, contact the USAG-ATO (309) 782-4577.

2012 American Society of Military

Comptrollers Golf Outing: Preferred ball format (8 a.m. shotgun start) held at Glynn's Creek Golf Course in Park View, Iowa. The cost is only \$55 for ASMC members, \$60 for non-members and includes golf, ½ cart, prizes and lunch. We are limited to the first 36 teams. If interested, please contact Jennifer Baden, (309) 782-6651.

Date: **Friday, July 20**

Time: **8 a.m.**

Cpl. Joshua D. Palmer Tribute &

Remembrance Ride: AUSA is sponsoring the Cpl. Joshua D. Palmer Tribute & Remembrance Ride on Saturday, **June 23**, at The Annex, 710 E. Main St., LaHarpe, Ill. Sign-



up/donations will be 8-9 a.m.; ride kick-off at 10 a.m. A donation dinner and auction will take place at 5 p.m. POC: Doug & Carol Palmer (309) 652-3383 or (309) 313-3771. Proceeds to benefit the Rock Island Arsenal Chapter of AUSA supporting Wounded Warriors, Veterans, and active duty.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, July 13, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 24**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 13**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Donation Has It's Rewards!
With Memorial Day, 4th of July and Labor Day holidays, summer can be an especially challenging time in terms of

keeping our blood supply stable. To create awareness of this need, and to thank donors who take the time to donate during the summer season, the Mississippi Valley Regional Blood Center will be holding a daily drawing for a \$50 gas card starting Monday, May 21 and running through Saturday, Sept. 8. Any donor who gives at Arsenal Island Blood Drives May 25 - Aug. 31 will automatically be entered into the daily drawing..

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.

Free Tours of Locks and Dam 15: The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering free tours of Locks and Dam 15 starting Memorial Day weekend and running each weekend through Labor Day. Corps of Engineers Park Rangers will offer free lock and dam tours each Saturday and Sunday at



11 a.m. and 2 p.m. (weather permitting). Participants must wear shoes with enclosed toes and backs, tennis shoes are preferred. Cameras and pictures are not allowed on the tour but they are allowed in the Visitor Center. Walking is required. Pre-registration is also required and the group size is limited.

Thomson Causeway Photo Contest Returns: The Annual Mississippi River Project Photo Contest is returning for its 21st year. Effective May 25 amateur photographers were eligible to submit photos in three separate categories: Wildlife, Recreation, or Landscape. Photos must be taken on pools 11-16 of the Mississippi River. Participants have until Friday, **Aug. 24**, to submit photos to the Thomson Ranger Office. If you would like more information regarding the contest, contact the Thomson Ranger Office at (815) 259-3628.

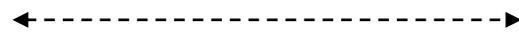
Wolfpack Semi-Pro Football: Davenport's 5th rated semi-pro football team will have a second home game on **June 23**, at Brady Street Stadium, Davenport. A portion of each ticket will be donated to Kings Harvest Capital campaign. King Harvest provides food and shelter to the homeless in the Quad City area. Come and cheer them on.



Time: 5 p.m.

Arsenal Attic Thrift Shop &

Boutique: Thrift Shop is closed **June 8 until July 17** for Summer Break. One exception, the shop will open to celebrate the Arsenal 150th Anniversary on **July 7**. After that, we reopen for our new season at 9 a.m. on **July 17**. Add these dates to your calendar. See you then. POC: (309) 782-6977.



Arsenal Traffic/Construction



Various Weekend Closures -

Government Bridge: June 1 – July 1:

The Government Bridge will be closed on the weekends listed below for touchup painting and maintenance. Commuters should also expect Intermittent Lane Closures during "non-peak" traffic hours (8:30 a.m. - 2:15 p.m.) occasionally throughout the workweek over the course of the closure period. Flagmen will be present at all times to direct traffic. Entry/exit to and from the Rock Island Arsenal will remain available 24/7 via the Moline and Rock Island gates. The Davenport Gate will be closed Friday afternoons during the designed Weekend Closure period(s). Traffic control devices will be placed along Rodman Avenue to direct

those traveling West to turn onto Sylvan Drive to exit the Island via the Rock Island Gate. Signs and barricades will also be positioned at the ends of the bridge during Intermittent Lane Closures to direct bicyclists and pedestrians transiting between Iowa and Illinois to the "designated walkway". These entry points will be completely barricaded during the designated Weekend Closures when the Swing Span is placed in the "Open to Navigation" position to allow painting and maintenance work to be preformed. **Weekend Bridge Closure Schedule:** • Friday, **June 22**, beginning at Noon thru Sunday, **June 24**, at Midnight • Friday, **June 29**, beginning at Noon thru Sunday, **July 1**, at Midnight. **"Backup" (Inclement Weather and/or optional) Weekend Closure(s):** • Friday, **July 20**, beginning at Noon thru Sunday, **July 22**, at Midnight • Friday, **Aug. 3**, beginning at Noon thru Sunday, **Aug. 5**, at Midnight

Power Outage - Government Bridge:

RIA-DPW has scheduled an electrical outage for the Government Bridge beginning at noon Friday, **June 22**, through midnight Sunday, **June 24**. Measures have been arranged and coordinated so that electricity to the USACE, Reserve Center, and Locks and Dam 15 should not be affected. The

Government Bridge will be closed to vehicular and rail traffic during this time as per previous announcements and scheduling. The electrical outage is necessary as workmen (painting crews) continue the project to clean, prep, and paint components on the Government Bridge. DPW POC: [Dana Johnson](#), (309) 782-2446.

Davenport River Drive Closure:

On Tuesday, May 29, Davenport Public Works closed River Drive from Iowa Street to Oneida Ave to begin underground utility improvements and re-surfacing. This is Phase I of a three Phase project. Phase I will close River Drive until **mid to late July**. Phase II and III are not expected to close the road completely. We expect to have one lane open in each direction. Those phases will not start until Phase I is complete. Overall, River Drive is not going to be a commute of choice for several months and detours will be in place.

Repairs to Lot OG, Bldg. 67, Fitness Center, Parking Lot, Are Underway:

The IJO includes storm drain work, sidewalk work, new concrete curb and gutter, asphalt repaving and landscaping. The project is scheduled to be completed by **July 1**. The proposed schedule is weather dependent. When completed,



spaces in this lot will be designated handicapped parking to better satisfy accessibility requirements. POC: [Joe Gumpert](#), (309) 782-1389.

Building/Space Closures

☪
There are no building/space closure announcements at this time.

Active Duty/Reserve Zone

☪ **Proposed Changes to GI Bill Focus on Preparing Veterans For College:**

Another year, another major overhaul for veterans' GI Bill benefits. Lawmakers and veterans groups are again pushing for improvements to the post-9/11 GI Bill, a 3-year-old benefit that was itself a dramatic update to the traditional post-military education offerings. The benefit allows any veteran with at least three years' service since late 2001 to complete a four-year degree program at state public colleges free of charge. It also includes a monthly living stipend and provisions to transfer unused education funds to veterans' spouses or children. ([More](#))

Mail Scam Targets Tricare

Participants: Tricare warned beneficiaries about a sweepstakes scam that may be targeting program participants' bank accounts and personal information. According to a notice on the Tricare website, beneficiaries targeted in the scheme are notified by mail that they are winners in a lottery sweepstakes and sent a fraudulent check bearing the Tricare name. The check is purportedly for a portion of the winnings used to cover taxes and other expenses, and the so-called winners are asked to return part of the funds from the cashed check. ([More](#))

Integrated Personnel and Pay System-

Army: The Integrated Personnel and Pay System-Army (IPPS-A) is a web-based system that will provide integrated personnel and pay capabilities for the active Army, Army Reserve and Army National Guard. IPPS-A will create a comprehensive personnel and pay record for all Soldiers by consolidating redundant and antiquated personnel and pay systems. Through IPPS-A, personnel actions will automatically trigger associated pay changes which will reduce inefficiencies to better serve Soldiers personnel and pay needs. ([More](#))

Military's New R&R Plan Doesn't

Include Leaving Afghanistan: The U.S. military is rolling out a new rest and recuperation program for troops fighting in Afghanistan. But don't pack your bags for a nice long break on a sunny beach or a visit home — you won't be leaving Afghanistan under the "rest-in-place" program. R&R sites are being established within brigade or regional areas of operation, with a range of amenities provided by Morale, Welfare and Recreation. A four-day Special Liberty Pass is the ticket in. ([More](#))

New Military Recruiting Standards

Signal the End of an Era: The military has long been the job of choice for thousands of young men and women graduating from high school without any specific plan other than a desire to see the world, serve their country and maybe earn a bit of money for college in the process. That option is becoming less available as the military begins to scale down in earnest, especially the Army, where recruiting requirements are increasingly more stringent and more soldiers are finding themselves unable to reenlist. Also, with the poor job market for many college graduates, more recruits with at least some college under their belts are seeking job experience



through the military. In short, it is becoming more competitive than ever to secure a spot in our nation's Armed Forces. ([More](#))

Senate Bill Aims to Help Homeless

Female Vets: The Senate Veterans' Affairs Committee chairwoman unveiled a bill Monday aimed at helping homeless female veterans. The Veterans Affairs Department and Obama administration have been making progress toward a goal of eliminating veterans' homelessness within five years, with a 12 percent reduction in homeless veterans between 2010 and 2011. Sen. Patty Murray, D-Wash., the veterans' committee chairwoman, said she is pleased by the progress, which has come largely through interagency efforts, but "the number of homeless women veterans has continued to increase." ([More](#))

Armed Forces Voters Week June 27 -

July 1: Voters Week is designed to create voting awareness and to motivate absentee voters to participate in the general election. Voter Assistance activities will be held at Heritage Hall, 10:30 a.m. - 12:30 p.m. by Voting Assistance Officers from First Army, Army Sustainment Command and RIA Garrison. The goal is to publicize the

importance of early action and planning well in advance of election deadlines by the absentee voter to obtain a ballot for the general election. For further information contact: [Lafayette Ausborn](#), (309) 782-4799 or [Sgt. Maj. Karen Kelly](#), (309) 782-9261.

Safety Spotlight



Safety Awareness Day: To better promote Safety Awareness among our soldiers, civilians and families, the Rock Island Arsenal Garrison is hosting a "Safety Awareness Day" on Thursday, **June 28**, 10:30 a.m. - 1 p.m., Bldg. 60 cafeteria. Please join us for safety information dealing with motorcycles, boats, automobiles, holiday celebrations, house fires and various other summer safety activities. All are welcome. For more information call (309) 782-1380.

ARMY SAFE
IS ARMY STRONG

National Safety Month: Our Army observes National Safety Month each June in conjunction with public and private organizations across the United States. This year, we are expanding our efforts to promote the observance by dedicating a campaign to safety's

significance in four key areas: Civilian injury prevention, ground operations, aviation operations and off-duty driving. New campaign materials, including informational feature articles and public service announcements, along with links to some of the U.S. Army Combat Readiness/Safety Center's most popular risk management tools, will be made available on this site at the beginning of each week through June. Preliminary materials are available now for download, so feel free to reproduce and distribute throughout your formations as needed. Be sure to check back weekly for the latest safety information, and remember that risk does not keep a calendar - use National Safety Month to strengthen your safety programs now and into the future. Army Safe is Army Strong! ([More](#))

Motorcycle Safety Course: The USAG Safety Office will be sponsoring upcoming Motorcycle Rider Courses. This cycle rider safety training program will be certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DoD Traffic Safety Program, military personnel who operate motorcycles must be appropriately



licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any Soldier operating a motorcycle on the Rock Island Arsenal must be in possession of an MSF card when they ride to verify completion of required training. The next one-day Experienced Rider Courses are scheduled to be conducted on **July 17, 18 or 19**. Registration for all courses is through the web-based AIRS system at <https://apps.imcom.army.mil/AIRS>. For further information, please contact [Michael Chaplin](#), IMRI-SO, at (309) 782-2314/1380, or [Nancy Carlson](#), IMRI-SO, at (309) 782-2309.

Equal Opportunity Focus

National Caribbean-American Heritage Month: ☞ "As we reflect on the myriad ways Caribbean Americans have shaped our country, we join in commemorating the 50th anniversaries of independence in Jamaica and Trinidad



and Tobago, and we reaffirm the bonds of friendship we share with our Caribbean neighbors. This month, let us celebrate the essence of the Nation we all love -- an America where so many of our ancestors have come from somewhere else; a society that has been enriched by cultures from around the world." - *President Barack Obama* ([More](#))

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.

Friday, July 6, Rock Island Arsenal 150th Anniversary Golf Tournament:

Get your foursome together and see if your game is good enough to be crowned Arsenal Champs. This four person, best-ball style tournament is \$65/player (\$50 for annual pass holders) and includes golf, cart, a lunch buffet, and lots of prizes and giveaways. Call (309) 793-1604 for more info and to sign-up. ([Flyer](#))

Time for Bootcamp: The Fitness Center will be offering an exciting new class called bootcamp every Monday, Wednesday, and Friday, 6-7 a.m. This military inspired strength and conditioning class focuses on total body fitness. Exercises and conditioning drills used by the U.S. Army and the National Academy of Sports Medicine are the basis of this program as well as short distance running, sprints, free weights, kettle bells, resistance bands, TRX, ropes and other exercise equipment. Not only will this class get you into shape, it will reinforce teamwork, camaraderie and communication amongst class members. This class is led by a retired U.S. Army Master Sergeant who is a NASM Certified Personal Trainer. Call (309) 782-6787 for more info.

Outdoor Grill 350: The Grill in front of Bldg. 350 will be open on Mondays and Wednesdays, 10:30 a.m. to 12:30 p.m., effective Wednesday, June 6, weather permitting.

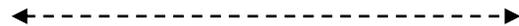
Weekend Bar Operations in the Mixed Grill Have Resumed: Weekend golf warriors have no fear, the bar in the mixed grill at the Arsenal Island Golf Course clubhouse have resumed weekend operations effective May 19.



Stop in for a refreshing beverage and a light snack (hot dogs, brats, chips, popcorn, etc.) after a hot round of golf. The bar will be open from 11 a.m. - 5 p.m. on Saturdays and Sundays throughout the summer golf season.

MWR Army Wide Arts and Crafts

Contest: Calling all artists. Get your artistic works ready for this year's Arts and Crafts Contest. The submission period is **May 1 - June 30**. There are new and exciting categories for this year's contest including: ceramics, drawings, fibers and textiles, glass, metals and jewelry, paintings, mixed media, wood, and digital art. Full contest rules and descriptions can be found [HERE](#) or call the local point of contact at (309) 782-1230 for more info.



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

RIA 150th Anniversary Golf

Tournament, Friday, July 6: Get your foursome together and see if your game is good enough to be crowned Arsenal champs. This four person, best-ball style

tournament is \$65/player (\$50 for annual pass holders) and includes golf, cart, a lunch buffet, and lots of prizes and giveaways. Call (309) 793-1604 for more info and to sign-up. ([Flyer](#))

Ringling Bros and Barnum & Bailey

Circus: The circus is coming to the iWireless Center Labor Day weekend. Leisure Travel has discounted tickets on sale now. Adults tickets are \$16 and children under 12 are \$12. We have different times and dates of shows. Date: **Saturday, Sept. 1.**

Ghost Hunters' Dinners at Historic

Quarters One: The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **June 21, July 13, Aug. 17, Oct. 1, Oct. 13, and Oct. 31.** Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call



(309) 793-1601 for more info and to reserve your spots. ([Flyer](#))

Noah's Ark Waterpark: Wisconsin Dells America's largest water park, with 49 water slides and dozens of other various attractions. Leisure Travel has discounted one-day admission tickets for \$30.

Change in Outdoor Recreation

Entrance: Effective May 9, patrons may enter Outdoor Recreation through the warehouse door on the Southside of Bldg. 333. The North door will be closed. This is to speed up the process of customers picking up and returning equipment during the summer months. For more info please call (309) 782-8630.

Free Camping for Active Duty

Military: The Corps of Engineers are offering free camping for active duty military at Fisherman's Corner, Grant River, Thompson Causeway, Shady Creek and Clark's Ferry Campgrounds. Complete information is listed in the "Along the River" brochure. You may pick up a copy at Outdoor Recreation or the Mississippi River Visitor Center at Locks and Dam 15.



Taste of Chicago Bus Trip: Join the Leisure Travel Office on their bus trip to the Taste of Chicago to enjoy the sights, sounds, and food of the Windy City. Cost is \$39/person (transportation only). For more information, please call 309-782-5890.

Date: **Saturday, July 14**

Cubs vs. Cardinals: The Chicago Cubs will be taking on the defending World Series Champion St. Louis Cardinals at Busch Stadium. The bus will **depart at 8 a.m.** from the COL Davenport Pavilion area. Seats on sale now for \$104 per person.

Date: **Saturday, July 21**
Time: **3:05 p.m. (game time)**



Downtown Chicago Shopping Bus Trip: Join MWR for a fun day of shopping on Michigan Ave. and the magnificent mile in beautiful downtown Chicago. Price is \$39/person and includes transportation only. Call (309) 782-5890 for more info and to sign up. Date: **Saturday, July 28**

Warrens Wisconsin Cranberry Festival: This festival features more than three miles of shopping and more than 1,300 booths. Arts & crafts, flea market, antiques and the farmers market. Seats are \$72 (includes Marsh tour) on sale until **Sept. 1**.

Date: **Saturday, Sept. 29**

Six Flags Great America: Leisure Travel has 2012 Six Flags Great America one-day general admission tickets now in stock. Two big parks for one low price; all the thrills your nerves can handle with 14 roller coasters ... 20 acres with 30 waterslides. Discounted tickets are \$48, children under two are free.

LA Angels vs. Chicago White Sox: Let us provide the transportation to and from the game at Chicago's U.S. Cellular Field on a charter bus. This will be an evening game. Cost per person is \$86. For more information please contact LTO at (309) 782-5890. Date: **Saturday, Aug. 4**
Time: **6:10 p.m.**



Heartland Jam: More than half of the national acts are in place for the first

Heartland Jam country music festival, **July 20-21**. We have discounted ticket available for 1 day at \$34 and two days for \$49. Limited amount of tickets.

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

Child, Youth & School Services

Missoula Children's Theater to Bring Theater to Arsenal Island: The Missoula Children's Theater will be coordinating the play "A Secret Garden" at Rock Island Arsenal **June 25-30**. Local military and military connected children who have completed K-age 18 are eligible to audition to be in the play or be an assistant director. Although not all parts will rehearse all day, in order to be in the play the children must be available for rehearsals at various times between 10 a.m. and 3 p.m., Monday through Friday, and all day Saturday that week (they cannot miss a rehearsal). For questions about this opportunity you may contact Child, Youth & School Services at (309) 782-2165 or [email](#).



Sign up ends soon and spaces are limited.

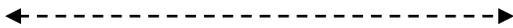
Illinois Operation: Military Kids July Camp: Camp & Canoe the Current River Adventure, **July 15-20**, for teens 14-18 years. This adventure begins and ends at Camp Wartburg in Waterloo, Ill. ([Register Online](#)) ([POC: Lorna Wilson](#))



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



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.

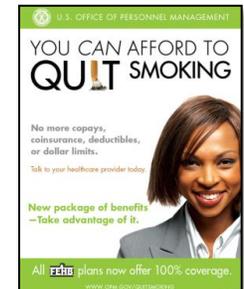
Anonymous Online Mental Health Screening – June 2012: If you are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels - even occasionally- may put you at risk for serious health problems? Although alcohol affects everyone differently, excessive drinking can negatively affect a man's health regardless of age, race, marital status, income level, profession, or lifestyle. Common medical problems that can be caused by excessive drinking include heart disease, arthritis, liver cirrhosis, high blood pressure and various cancers. In support of National Men's Health Week®, June 11-17, the Rock Island Arsenal Employee Assistance Program (EAP) invites you to take advantage of free, anonymous online mental health self-assessments for alcohol problems, depression, and anxiety disorders. Please [click here](#) and enter keyword ASAP to complete a simple online questionnaire. You will receive immediate, customized feedback

as well as the opportunity to schedule an appointment for further evaluation if necessary.

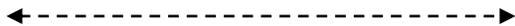
Relocation of EAP, ASAP: The Employee Assistance Program/Army Substance Abuse Program relocated to Bldg. 56, 1st floor, East. The EAP/ASAP office provides short-term counseling and referral services for individuals, families, and couples. Master's level counselors provide free, confidential assistance. Services can be accessed by calling (309) 782-4357. To learn more about the EAP/ASAP [visit our website](#), or visit the program on [Facebook](#).



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.



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.



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.

RIA AUSA Scholarship Application: The Rock Island Arsenal Chapter of the Association of the United States Army thanks you for your scholarship application to further your education. This scholarship is open to applicants meeting the eligibility criteria stated in the instructions. Previous recipients of any of our scholarships are not eligible for consideration. Please ensure your application is complete before mailing.

The application may be disqualified if any required item is not included. The envelope must be postmarked no later than **June 30.** ([Application](#))

Explore Education Options at GradCenter Night: The QC Graduate Studies Center is hosting GradCenter Night at the iWireless Center. Ten member institutions will be available to discuss graduate degrees and certificates offered locally. For more information, contact the Army Education Center POC stephanie.e.allers.civ@mail.mil or visit gradcenter.org.

Date: **Tuesday, June 26**

Time: **4-6 p.m.**



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 ([Facebook](#))

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

Project Healing Waters, May 31-July 25: S & K Sales Company and its participating manufacturers will sponsor this promotion to help raise money for Project Healing Waters, an all-volunteer, nonprofit organization that helps wounded veterans and active-duty military recover physically and emotionally by introducing them to the skills of fly fishing. A six-page flyer containing high-value coupons will be distributed in stores during the sale. S & K has provided more than \$350,000 in support of this organization.

Soldiers' Angels Foundation, June 14-27: Bayer Consumer Care, Glaxo/Smith/Kline Consumer Healthcare, Bausch & Lomb and Merck Consumer Care, along with their broker, Overseas Service Corporation, will sponsor this commissary sales event to help the Soldiers' Angels Foundation. For every dollar spent on participating products from **June 14-27**, the manufacturers mentioned will donate 5¢ to the "Soldiers' Angels Adopt a Soldier" program. As of May 17, there were 298 heroes waiting for adoption on



the [Soldiers' Angel website](#). Soldiers' Angels is a volunteer-led, nonprofit that provides aid and comfort to all military service members and their families. Founded in 2003 by the mother of two American soldiers, its hundreds of thousands of Angel volunteers assist veterans, wounded and deployed personnel and their families. "May No Soldier Go Unloved," encapsulates the motivation behind Soldiers' Angels.

Celebrate Summer with Family, Friends and Food Event, June 14-July 11: Commissaries worldwide will offer extra savings on a variety of ConAgra Foods' summer seasonal products. ConAgra Foods will provide store shoppers with more than 60,000 specialty coupons, each for an additional \$3 off 10 of its participating summer products. Each redeemed coupon will result in a 25¢ donation to the USO - up to \$5,000. A nonprofit, congressionally chartered, private organization, the USO relies on donations from individuals, organizations and corporations to support its activities.

Celebrate Your Pet Sale: Continuing through **June 30**, Nestle Purina Pet Care is offering discounts on pet food and litter items. Details for commissary

shopping sprees will also be available on in-store displays.

Savings Spectacular: From **June 28-July 25**, Del Monte Foods will offer savings of up to 50 percent on a variety of dog snacks, and dog and cat food from 12 leading brands.

Your Pet, Your Family Picture Post Contest! During July, Mars Pet Care will run a photo contest and present 100 winners with a \$50 Commissary Gift Card. Contest details will be available through in-store display material. To enter, patrons can email a picture of their pet and any Mars Pet product to petphoto@marmilitary.com. In support of this event, Mars will offer savings on a variety of Whiskas, Cesar and Pedigree products.

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 pm. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

RIA 150 T-Shirts: Rock Island Arsenal Sesquicentennial (150th) Commemorative T-Shirts may be special ordered in the Rock Island Arsenal Museum gift shop. If you wish to have your shirt before **July 7**, the day of the Rock Island Arsenal 150th Anniversary Celebration, order by **June 15** for pickup on **June 29 or 30**. The gift shop is open during museum operating hours of Tuesday – Saturday, 12-4 p.m. All orders must be paid for when placed.

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **July 12**, 12-1 p.m., George Eaton, ASC Historian, will present a "History of Rock Island Arsenal." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development



opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: On **Aug. 9**, Benny Wild, will present "Historical Modernization of Rock Island Arsenal Buildings."

This Week in Rock Island Arsenal

History – June 18-24: In June 1898, during the Spanish-American War, 85 men and boys cleaned and repaired 500 rifles a day in Shop D (Bldg. 62). In June 1942, Maj. Gen. L. H. Campbell, a former officer in charge of manufacturing at the RIA (1931-1935), was appointed the Army's Chief of Ordnance.

U.S. regulars and state volunteer troops, including the local Rock River Rangers, engaged in a supposedly surprise attack on Black Hawk's village on the Rock River on June 21, 1831. However, Black Hawk and his followers had fled, so they torched the village. In June 1873, construction of Shop C (Bldg. 104) was completed. In June 1942, the first water-cooled machine gun .30 cal., M1917A1 of new manufacture was delivered to Storehouse W1.

Healthbeat

GIS Maps Soldier Health: Within U.S. Army Public Health Command's G-6 Directorate of Information Management/Information Technology is a small team of geographers who use maps to tell some very detailed stories. The team takes data with a spatial component and puts them in a format that often reveals relationships, patterns and trends. The Geographic Information Systems Branch is the only group of its kind within the Army Medical Command. The GIS Branch provides planning information for tracking troops, environmental sample mapping, injury patterns and other two- and three-dimensional representations of events. It provides support to all AIPH and USAPHC regions, as well as the Office of the Army Surgeon General/U.S. Army Medical Command and various Department of Defense entities. ([More](#))

Health Clinic Announcement: Health Sick Call hours 7-8 a.m. Clinic closed June 15 for mandatory training. Clinic closed Staff Meeting/Training June 29 at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Retirement May Unleash PTSD Symptoms in Vietnam Veterans: It took Sam Luna more than 35 years to get treatment for his post-traumatic stress disorder. "I didn't realize anything was wrong," the combat-wounded Vietnam veteran said. "I thought I had adjusted well after I came back. I had a job, I had a family, everything looked great from the outside." But shortly after he retired in 2004, his anxiety attacks and stress levels increased. A trip to his local Veterans Affairs hospital triggered war memories. The former soldier started to notice the hair-trigger temper his wife had complained about for years. ([More](#))

Mission: Veterans 2 Entrepreneurs -- Procurement for Veteran-Owned

Businesses: The Illinois Department of Veterans' Affairs would like to invite you to Mission: Veterans 2 Entrepreneurs, **June 22**, 9 a.m. - 1 p.m., Teamsters Local 705 Auditorium, 300 South Ashland Ave., Chicago. This event will focus on helping Veteran-owned businesses maximize opportunities in the state/federal marketplace by providing support, exposure, information and ideas from



entrepreneurs, local, state, and federal agencies, as well as private and public organizations. ([More](#))

VA to Increase Mental Health Care Access through 200,000 Telemental Health Consultations in 2012: In a continuing effort to increase Veterans' access to mental health care, the Department of Veterans Affairs has set a goal to conduct more than 200,000 clinic-based, telemental health consultations for all mental health specialties in fiscal year 2012. This follows VA's announcement last month that it would no longer charge Veterans a copayment when they receive care in their homes from VA health professionals using video conferencing. "Telemental health provides Veterans quicker and more efficient access to the types of care they seek," said Secretary of Veterans Affairs Eric K. Shinseki. "We are leveraging technology to reduce the distance they have to travel, increase the flexibility of the system they use, and improve their overall quality of life. We are expanding the reach of our mental health services beyond our major medical centers and treating Veterans closer to their homes." ([More](#))

Processing of Retroactive Agent Orange Claims Nearly Complete: The Department of Veterans Affairs announced that nearly 230,000 claims have already been processed for the three newest Agent-Orange related conditions through June 2012, including over 150,000 claims required to be adjudicated under the order of the U.S. District Court for the Northern District of California in *Nehmer v. U.S. Department of Veterans Affairs*. The near completion of these complex *Nehmer* claims enables VA to redirect 1,200 employees who were dedicated to reviewing the Agent Orange cases toward addressing the current backlog of disability claims. "I am proud of our VA employees who worked hard to complete these Agent Orange claims, putting over \$3.6 billion into the hands of our Vietnam Veterans and their survivors," said Secretary of Veterans Affairs Eric K. Shinseki. "We completed all of the Agent Orange *Nehmer* claims for living Veterans, and are now focusing on the fewer than 500 remaining that will benefit survivors." ([More](#))



Car Pooling Announcements



Submit car pooling 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.

Car Pool:

- **Ride Wanted:** Looking for ride to/from Bettendorf and Island starting immediately. Work day shift and hours are flexible. I am unable to drive due to medical condition. Willing to pay for gas. Email or call (309) 782-7256 or cell (815) 757-4477.
- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2nd shift 2:15-10:30 p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period. [Email](#) or call (309) 782-5472.



Around the Q.C.



June 20-23: [21st Annual Quad-Cities Senior Olympics](#) (Rock Island)
June 22: [Countryside Community Theater](#) (North Scott HS, Eldridge, Iowa)
June 22-24: [Midwest Mountain Bike Festival](#) (Scott County Park, Parkview, Iowa)
June 23: [Run for the Hills XC](#) (Crow Creek Park, Bettendorf)
June 23: [Royal Ball Run for Autism 5K](#) (Milan HyVee)
June 23: [Flick and Float](#) (Annie Wittenmyer Aquatic Center, Davenport)
June 23-24: [Quad Cities Football Club Semi-Pro Soccer Triple-header](#) (Augustana College, Lucken Field, Rock Island)
June 24: [QC Jewish Feast-ival](#) (Tri City Jewish Center, Rock Island)
June 24: [6th Annual Hennepin Hustle 5K Fun Run/Walk](#) (Colona, Ill.)
June 24: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 29-July 1: [Mississippi Valley Blues Festival](#) (LeClaire Park)
June 30: [Daiquiri Factory's Dodgeball Showdown](#) (The District)
July 3: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [30th Annual Genesis Firecracker Run](#) (East Moline)
July 4: [Recycled Float Race](#) (Rock Island)
July 7: [Rock Island Arsenal 150th Celebration](#) (Rock Island Arsenal)
July 9-15: [John Deere Classic PGA Tour](#) (TPC Deere Run)
July 11: [21st Annual YouthFest](#) (Centennial Park, Davenport)
July 13: [Countryside Community Theater](#) (North Scott HS, Eldridge, Iowa)
July 14: [28th Annual Moonlight Chase](#) (Eldridge)

July 16-21: [Rock Island County Fair](#) (East Moline Fairgrounds)
July 20-21: [Heartland Jam](#) (LeClaire Park)
July 27-28: [41st Annual MVRBC Downtown Street Fest](#) (Downtown Davenport)
July 27: [Cardiology at the Bix](#) (Radisson Quad City Plaza, Davenport)
July 28: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 31-Aug. 5: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 2-5: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park & Hotel Blackhawk)
Aug. 3: [Flamingo Fling Art Auction & Party](#) (Quad City Botanical Center)
Aug. 9-11: [Great River Tug Fest](#) (LeClaire, Iowa / Port Byron, Ill.)
Aug. 10-11: [Ya Maka My Weekend](#) (The District)
Aug. 11: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Aug. 11-12: [11th Annual Illinois Renewable Energy & Sustainable Lifestyle Fair](#) (Oregon, Ill.)
Aug. 15: [Quad Cities Pink Heals Tour](#) (Faye's Field, Bettendorf)
Aug. 17-18: [River Roots Live](#) (Downtown Davenport)
Aug. 18: [River Action's 3rd Annual Floatzilla](#) (Lake Potter)
Aug. 23-26: [World Series of Drag Racing](#) (Cordova Dragway)
Aug. 24-26: [Tribute to Our Fallen](#) [formerly known as 'All Era Veterans Healing Field Of The Quad Cities'] (Davenport Memorial Park Cemetery)
Aug. 25: [Quad Cities Irish Festival](#) (Rock Island)
Aug. 25: [RIBCO's 3rd Annual River City Beer Festiv-ale](#) (The District)

Aug. 28-Sept. 5: [ASA Girls 12U Fastpitch Tournament](#) (Greenvalley Sports Complex, Moline)
Aug. 30-Sept. 2: [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds)
Sept. 1: [8th Annual Labor Day Ride For Non-Hodgkin's Lymphoma](#) (The District)
Sept. 1-2: [Quad City Air Show](#) (Davenport Municipal Airport)
Sept. 1-2: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 3: [Bettendorf Rotary 18th Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)
Sept. 6: [13th Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)
Sept. 7-16: [East West Riverfest](#) (Quad Cities)
Sept. 8: [Quad City Symphony Riverfront Pops](#) (LeClaire Park)
Sept. 8-9: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 15: [Taming of the Slough](#) (Sylvan Island)
Sept. 15: [Brew Ha Ha](#) (LeClaire Park)
Sept. 15: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 15: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Sept. 15-16: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 19-21: [Upper Mississippi River Conference](#) (TBD)
Sept. 21-22: [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)
Sept. 22-23: [Quad Cities Kite Festival](#) (Centennial Park, Davenport)
Sept. 23: [Quad Cities Marathon](#) (Downtown Moline)



Sept. 27-29: [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)

Sept. 28-30: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Sept. 29: [17th Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)

Oct. 5-6: [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)

Oct. 6: [Hilltop Campus Village 3rd Annual Fall Music Festival](#) (Hilltop Park, Davenport)

Oct. 7: [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)

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

Oct. 13-14: [Gun Show](#) (Mississippi Valley Fairgrounds)

Oct. 23-28: [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)

Oct. 25: [Fright Night](#) (The District)

Oct. 26: [Bucktown's Deadstock](#) (Bucktown)

Oct. 27: [Witches Walk](#) (Downtown LeClaire)

Oct. 27: [Daiquiri Factory's Boneyard Boogie](#) (The District)

Oct. 27-28: [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)

Nov. 11: [Doll Show](#) (Mississippi Valley Fairgrounds)

Nov. 16-25: [Quad City Arts Festival of Trees](#) (RiverCenter)

Nov. 17: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 17: [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)

Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 7: [Gallery Hop!](#) (The District)

Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)

Island Insight



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

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

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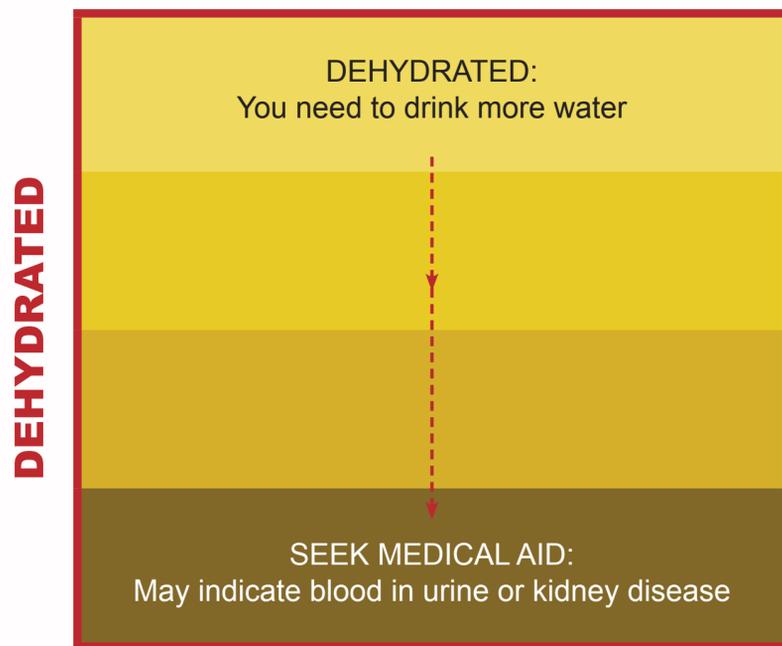
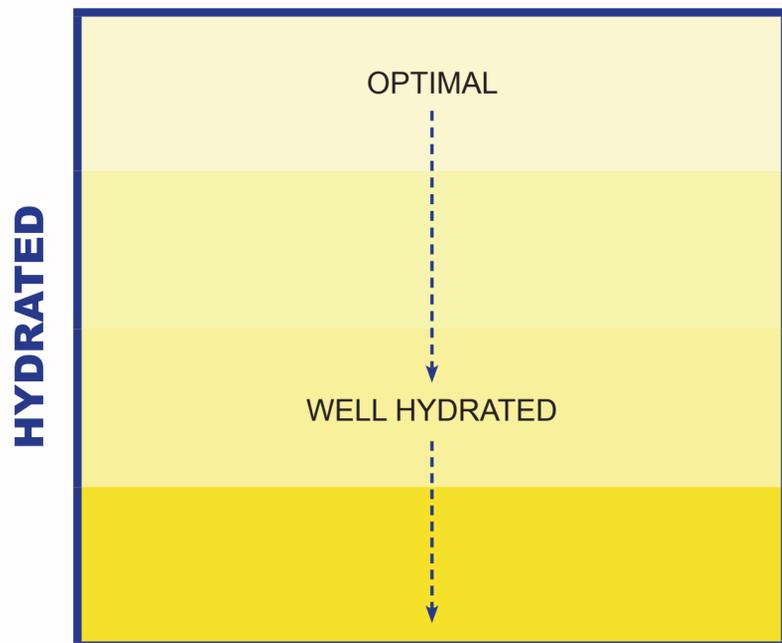
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Are You Hydrated?

Take the Urine Color Test

Urine Color Chart*



*This color chart is not for clinical use.

Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work	Moderate Work	Hard Work
		Water Intake (Quart/Hour)	Water Intake (Quart/Hour)	Water Intake (Quart/Hour)
1	78° - 81.9°	½	¾	¾
2	82° - 84.9°	½	¾	1
3	85° - 87.9°	¾	¾	1
4	88° - 89.9°	¾	¾	1
5	> 90°	1	1	1
Body Armor = +5°		Easy Work – walking on a hard surface at less than 2 mph with less than a 30 pound load, weapon maintenance, marksmanship training; drill and ceremony	Moderate Work – patrolling, walking in the sand at 2.5 mph with no load, calisthenics; patrolling; individual movement techniques (i.e., high/low crawl)	Hard Work – walking in the sand at 2.5 MPH with a load, field assaults
MOPP 4 = +10°				
Rest - sitting or standing in the shade if possible				

The fluid replacement volumes will sustain performance and hydration for at least **4 HOURS** of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.

CAUTION: Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.

Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.