

June 25, 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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Reducing Costs of Contract Services

at JMC: Cindy Medinger, Process Improvement Specialist at Joint Munitions Command, recently completed a Lean Six Sigma Black Belt project designed to reduce the total costs of contract services at JMC headquarters. "The members of my group and I felt this was one area where we needed to make better and smarter decisions, especially in this era of current and expected future budget

cuts," said Medinger. JMC, like other government agencies, periodically hires contracted employees to complete projects when its own employees do not possess the specific skill sets required. In the past, contracted employees have been hired for such projects as the implementation of the Logistics Modernization Program, the Army's most comprehensive business transformation and technological modernization effort ever. Also, JMC

has hired contracted employees for information technology services. In order to ask hard-hitting questions on the proposed need for hiring contracted employees, Medinger and her group formulated a service contract justification worksheet. ([More](#))



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

Odierno Addresses Army's Future,

Budget Cuts: The Army's chief of staff said the force will focus more in the future on supporting combatant commanders around the world, especially in the Pacific. Chief of Staff of the Army Gen. Ray Odierno answered questions about the future of the Army, June 20, 2012, at the Council on Foreign Relations in Washington, D.C. ([More](#))



Westphal Looks Ahead to Army of

2020: Change, or rather, adaptation, is coming. Much of it is forced by budget

cuts: The Army's fiscal year 2013 budget request calls for about \$18 billion less than fiscal year 2012, with additional cuts coming over the next several years, but the Army has embraced the resulting need to adapt, seeing it as an opportunity to become a stronger, better, more modern and agile force, one that will always be committed to keeping America safe. ([More](#))

Insiders Say Defense Sequester **'Somewhat Likely' to Take Effect:**

With no sign of compromise on Capitol Hill for a deal on the budget deficit and debt, National Journal's National Security Insiders are hedging on whether the across-the-board defense cuts that Pentagon officials have warned would be devastating to the military's capabilities will actually happen. Amid talk that members might punt a budget deal into next year, 49 percent of Insiders said the so-called sequester mandating \$600 billion in cuts over the next decade is "somewhat likely" to take effect. ([More](#))



Defense Civilians See June 25 TSP

Roth Option Start Date: The Thrift

Upcoming Dates

- 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 15-21:** Captive Nations Week
- 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 24:** 43rd Anniversary of National League of Families of American Prisoners and Missing in Southeast Asia
- July 26:** 22nd Anniversary of Americans With Disabilities Act
- July 26:** 68th Anniversary of U.S. Army Desegregation
- July 26:** National Aunt and Uncle Day
- July 27:** National Korean War Veterans Armistice Day
- July 28:** World Hepatitis Day
- July 29:** Army Chaplain Corps 237th Birthday
- July 30:** 47th Anniversary of Medicare and Medicaid
- Aug. 3-4:** Iowa Tax Free Weekend



Savings Plan's new Roth option opened up to civilian Defense Department employees June 25, the Air Force said. Defense civilians can now elect to contribute all or parts of their TSP savings to the Roth option on an after-tax basis. The Air Force said that elections made on or before June 30 will be effective July 1, and will be reflected on employees' July 20 leave and earnings statement. ([More](#))

Thrift Savings Plan Expects Budget to Grow as More Feds Retire:

The Federal Retirement Thrift Investment Board anticipates managing an additional 4.4 percent in Thrift Savings Plan assets by fiscal 2017 and growing the size of its budget by 25 percent. The board also expects more federal retirees, more options -- such as the new Roth offering -- and more participants withdrawing partial amounts from their accounts in the next five years, said Kim Weaver, TSP's director of external affairs. ([More](#))



Want To Use Your Own Smartphone For Work? Think Again:

Agencies are slowly giving feds the green light to use their personal smartphones and tablet

computers to get work done. But that freedom may come at a cost in terms of less control over the device, no reimbursement for phone charges, and restrictions on apps that can be installed. ([More](#))

DoD's Cost-Cutting Strategy Faces

First Big Test: The Pentagon is putting its new weapons cost-cutting strategy to its first big test as it negotiates with Lockheed



Martin over the price of the next batch of Joint Strike Fighters. Contract negotiations for the production of 32 JSFs began earlier this year. This will be the first opportunity for Pentagon officials to see how well their so-called "should cost" approach to setting weapons prices works. ([More](#))

How to Avoid Negative Headlines and Stay Out of Trouble:

As a federal leader, seeing your name on the front page of The Washington Post can be good news or bad news. If you've saved a life or millions of dollars for the taxpayers, you'll be hailed as a hero. Unfortunately, many headlines are reserved for some sort of waste, fraud, abuse or mismanagement of federal



RIA 150th Anniversary Celebration



July 7th

- ★ 10 am - Parade on Rodman Ave
- ★ 11 am - Opening Ceremonies
- ★ 11:15 am - 4:45 pm - USO Carnival & Entertainment
- ★ 11:30 am - 4:30 pm - Tours
- ★ Noon/2 pm/4 pm - "Midnight Circus" Performs
- ★ 5 pm - Closing & Flag Retreat Ceremonies

For More Information call: (309) 782-0212
Parade information: (309) 782-9473
Static Displays: (309) 782-3921

Event for the Whole Community

Those 16 years and above must show Photo ID at the Arsenal Gate

No animals allowed at event (except for service animals)

Fun Activities for all Ages

ALL WELCOME





funds. No one sets out to get in trouble, but they end up there nonetheless. If you're interested in avoiding negative public attention and keeping your neck off the chopping block, here are some rules for federal leaders to live by. ([More](#))

The Federal Pathways Programs Are A-Comin'

Low-cost ways to prepare your agency: For the first time in decades, our government is launching a new set of programs to improve the recruiting and hiring of college students and recent graduates. Established by a presidential executive order, the Pathways Programs are designed to help agencies provide students and recent graduates with clear paths to internships and full-time employment, as well as meaningful training, mentoring and career-development opportunities. ([More](#))



Audit: DoD Computer Network Upgrades \$7 Billion Over Budget:

Nine computer network upgrade projects across the Defense Department were collectively 30 years behind schedule and more than \$7 billion over budget, government auditors have told

Congress. The problems first identified in 2010 persist, the auditors told lawmakers in a report this month. The delayed programs include Army, Air Force, Navy and Marine Corps projects, some of which were begun a decade ago. ([More](#))

DHS to Give Agencies Free Computer Threat-Detection Packages:

The Homeland Security Department in 2013 expects to present each agency with what amounts to security-in-a-box for computers. The free, three-piece package will include near real-time threat sensors, a control panel for prioritizing fixes and consulting services to make all the pieces work together, DHS officials said. Under the department's proposal, \$202 million in DHS funding would subsidize what Homeland Security calls "continuous monitoring as a service" at all federal offices. ([More](#))



Supreme Court Says Men Denied Federal Jobs for Failing to Register for the Draft Can't Use Courts to Charge Sex Discrimination: Four men sued the federal government in 2011

claiming they were unfairly terminated from their government positions for not registering for the draft. Their case was founded on the argument that the Selective Service System was sexist since women are not required to register after they turn 18. Under current law, male citizens—but not females—must register with the Selective Service System within 30 days of their eighteenth birthday. Failure to do so is considered a crime punishable by fine and/or prison. Men may register belatedly up to the age of 26. ([More](#))

Arc Business Supply BSC: The Arc Business Supply BSC will be closed on **June 29** for our fiscal physical inventory. We will be open Monday, **July 2**, for business. POC: poppm@arcqca.org

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](#))



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.**

VIOS Schedule for July: Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal, **July 10, 11 and 12**. Appointments may be scheduled online by submitting a DA3903 Work Request using the [Visual Information Ordering Site](#) for these available times: • Tuesday, **July 10**, 7:20 a.m. – 3:40 p.m.; Wednesday, **July 11**, 7:20 a.m. – 3:40 p.m.; Thursday, **July 12**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-In Appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, Basement, by elevator). Priority is: 1. Active Duty Soldier's DA Photos 2. Official Government Passport Photos 3. Official Command Photos 4. DA Photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: • Schedule a passport photo appointment at the RIA VIOS website. • Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual. • Information Work Order, signed by the passport agent in Block 14. • Present that DA3903 form to the photographer before the passport



photo is taken. You will receive two 2"x2" passport photos. • Scheduled dates for July will be announced in the Island Insight and on the RIA VIOS website FAQ.

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.

Colonel's Croquet Party: Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at

Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#))

www.davenporthouse.org

Date: **Saturday, Aug. 18**

Time: **3-7 p.m.**



Thomson Causeway Photo Contest

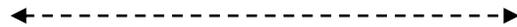
Returns: The Annual Mississippi River Project Photo Contest is returning for its 21st year. Effective May 25 amateur photographers were eligible to submit photos in three separate categories: Wildlife, Recreation, or Landscape. Photos must be taken on pools 11-16 of the Mississippi River. Participants 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.

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 performed. Weekend Bridge Closure Schedule: • 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

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



SMA Urges NCOS to Promote Culture of Professionalism: Taking



questions from Soldiers throughout the day, the Army's most senior non-commissioned officer touted a familiar theme on June 20, 2012, as he toured his previous duty station: a culture of professionalism. Sgt. Maj. of the Army Raymond Chandler, the 14th sergeant major of the army, previously served as the commandant of the United States Army Sergeants Major Academy, or USASMA, at Fort Bliss, before being selected for his current position. Chandler spoke at this year's USASMA graduation ceremony. ([More](#))

New Financial Guidance May Help Troops as They Move: Homeowners with military transfer orders will be immediately eligible for short sales under new guidance to mortgage servicers that may help tens of thousands of military homeowners moving to a new duty station, Consumer Finance Protection Bureau officials said today. Military homeowners will be eligible for short sales, even if they are current in their mortgages, Edward J. DiMarco, director of the Federal Housing Finance Agency, said at a news briefing. They also will be exempt from deficiency judgments from Fannie Mae and Freddie Mac when receiving permission for a short sale and relieved of any request for cash, contribution or

promissory note so long as the property was purchased on or before June 30, 2012, according to the guidance. ([More](#))

Quadrennial Review Takes Close Look at Military Compensation: Military pay compares favorably against private-sector pay, according to just released recommendations concerning military compensation. The 11th Quadrennial Review of Military Compensation—a research study conducted every four years to inform the president, Congress and the Defense Department—concludes that current military pay rates are about right, but recommends changes to combat pay and special and incentive pays. The review also recommends further study of compensation of wounded service members and their caregivers and survivors. ([More](#))

Review Panel Urges Changes in Combat, Incentive Pays: The 11th Quadrennial Review of Military Compensation recommends changes to combat pay and changes to special and incentive pays while saying current military pay rates are about right. Tom Bush, the study's director, said the review also recommended further study of compensation of wounded warriors and their caregivers, for survivors, and

making compensation for reserve-component service members consistent. ([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

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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.

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](#))



Women, Minorities Inch Up Federal

Ranks: The federal workforce looked pretty much the same in fiscal 2011 and fiscal 2010, according to a new report

from the Office of Personnel Management. Women and minorities continued to make small gains in senior-level federal jobs, and there are still more minorities overall working in government than in the national labor force. Minorities overall constituted 34.1 percent of the federal workforce in fiscal 2011 and 30 percent of the national workforce. Hiring Hispanics continues to be a challenge for the government, however. The group made up 8.1 percent of the federal government in fiscal 2011 compared to 13.6 percent of the national workforce that year. Hispanics were 8.0 percent of the government workforce in fiscal 2009 and fiscal 2010, and 13.6 percent of the private labor force in those years.

([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.



Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

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](#))

Outdoor Recreation 4th of July

Special: In celebration of Independence Day all equipment checked out from Outdoor recreation on Tuesday, July 3, and returned on July 9 will be charged only the weekend rate.

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: **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.

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.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East wing.



Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-

7901. Please visit our [website](#) to learn more.

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.

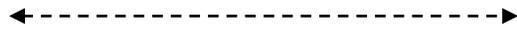
Celebrate Your Pet Sale: Continuing through **June 30**, Nestle Purina Pet Care is offering discounts on pet food and litter items. Details for commissary shopping sprees will also be available on in-store displays.

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



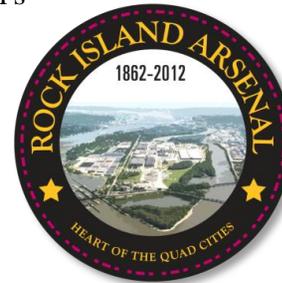
Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open to the public, Tuesday through Saturday, 12-4 pm. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

Arsenal's Creation Stretches Back to Louisiana Purchase: George Eaton, command historian for the U.S. Army Sustainment Command at the Rock Island Arsenal, spoke to the Port Byron Historical Society on June 13 giving an overall view of the Arsenal history. He covered an amazing amount of material beginning in 1804 before the Arsenal was officially founded and ending with 2012. The Arsenal was officially founded in July, 1862, 150 years ago. ([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.

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 25-July 1: On June 25, 1911, Col. George W. Burr assumed command of the RIA. He relinquished his command on Feb. 15, 1918. On June 26, 1882, stone construction on Shop E (Bldg. 106) began. At the end of June 1876, RIA workers had completed a mission of cleaning, repairing, and packing 3,700 rifles at a cost of \$4,140.16. Of this sum \$427.32 was for tools and fixtures, making the cost per rifle about \$1.12. In June 1903, the RIA Commanding Officer was directed to expedite final preparations of Armory Row at RIA and to manufacture Springfield 1903 rifles at a rate of 125 daily. Construction of Shop K (Bldg. 68) was completed by the close of June 1882. On June 31, 1942, the RIA began to employ women for shop work. The first women hired for the shops were 52 females assigned to inspect metallic belt links. On June 31, 1831, Black Hawk arrived at Rock Island with 27 other chiefs and warriors for a peace conference held outside Fort Armstrong. Black Hawk signed a treaty in which he



pledged to leave Illinois and not recross the Mississippi River without government permission. RIA workers started assembling Mark VIII Tanks on July 1, 1919. The order was for 100. Assembly of the last tank was completed on June 5, 1920. The mission was completed in 286 days.

Healthbeat

Army Research Looks at New PTSD Treatment: While there are no simple cures for post-traumatic stress disorder, a leading military researcher said progress is being made with a new treatment method and a number of recent studies. Col. Carl Castro, director of the Military Operational Medicine Research Program, has been funding studies into post-traumatic stress disorder, known as PTSD, over the past five years, and he said the results are beginning to come in. ([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

VA, DOT Team On Vets Hiring

Portal: The Department of Transportation and the Department of Veterans Affairs are teaming up on a new web portal to help veterans find transportation jobs in the private sector. “Our veterans have the skills and experience to help rebuild America, and we want to put them to work in the skies, on the roads, and throughout our transit systems,” said Secretary of Transportation Ray LaHood. Called the Veterans Transportation Career Center, the portal allows former members of the armed forces to enter their specific military work experience and see how it translates into jobs in the civilian work force. Job seekers can learn what training and certifications are needed for civilian jobs, determine what career fits best with their background and search for available jobs in their field. ([More](#))

Employers Seek Talented Veterans to Fill Administration, Business and Management Jobs Nationwide During

Detroit VA for Vets Hiring Fair: The Department of Veterans Affairs continues to register public and private sector employers with open positions for its upcoming Veteran Hiring Fair, June

26-28 at Detroit’s Cobo Center. The event is free for Veterans and employers due to a sponsorship from VA for Vet (<http://vaforvets.va.gov>), VA’s flagship program setting new standards in Veteran employment for the public and private sectors. “VA is pleased to be partnering with these employers to provide thousands of jobs to Veterans in Michigan and across the country. We encourage Veterans to sign up today,” said Secretary of Veterans Affairs Eric K. Shinseki. Veterans with experience or interest in general administration and management careers are encouraged to review the positions listed by Hertz Corp., Prudential Financial, Service Express Inc (SEI), and Target. ([More](#))

VA Continues PTSD Outreach with AboutFace Campaign:

In observance of June as PTSD Awareness Month, the Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder (PTSD) has begun a new online initiative, AboutFace, focused on helping Veterans recognize PTSD symptoms and motivating them to seek treatment. “We must do all we can to help Veterans identify possible indicators that they may be suffering from PTSD,” said Secretary of Veterans Affairs Eric K. Shinseki. “It requires a comprehensive, multi-faceted approach



to be effective. We hope that this initiative, while just one aspect of our program, will play an important role in that effort.” The AboutFace campaign introduces viewers to Veterans from all eras who have experienced PTSD and turned their lives around with treatment. Through personal videos, viewers will meet Veterans and hear how PTSD has affected them and their loved ones. Visitors will also learn the steps to take to gain control of their lives. ([More](#))

Brain Stimulation for Parkinson’s Offers Improvements in Symptoms Over Three Years:

Patients with Parkinson’s disease who undergo deep brain stimulation (DBS)—a treatment in which a pacemaker-like device sends pulses to electrodes implanted in the brain—can expect stable improvement in muscle symptoms for at least three years, according to a Department of Veterans Affairs study appearing in the most recent issue of the journal Neurology. “VA was proud to partner with the National Institutes of Health in this research,” said Secretary of Veterans Affairs Eric K. Shinseki. “Our research on Parkinson’s helps ensure we continue to provide the best care possible for Veterans with this debilitating disease.” VA cares for some

40,000 Veterans with the condition. ([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 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: [Inaugural Colonel's Croquet Party](#) (COL Davenport House, RIA)

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 Cemetary)

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 publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5 for Heat Injury Prevention

- Take it easy with outdoor activities in the heat.
- Many heat injuries are preventable.
- Stay hydrated and use sunscreen.
- Proper clothing is important.
- Monitor the wet bulb globe temperature, and your daily workload/heat exposure.
- Recognize symptoms of heat injury and know what to do.

Take 5 ... then take action.

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SOLDIERS

LEADERS

CIVILIANS

FAMILIES

Take 5

for Boating Safety

- Take a boating safety course.
- Know your boat and the rules of the water.
- Check your boat for all required safety equipment.
- Wear a life jacket and have one on hand for all passengers.
- Don't consume alcohol.
- Check the weather forecast.
- File a float plan with a family member or friend.
- Operate your boat at a safe speed.

Take 5 ... then take action.



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