

July 18, 2011



Island Insight



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

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

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Arsenal MWR Employee

Appreciation Day: Arsenal Island's Family and Morale, Welfare and Recreation [Employee Appreciation Day](#) is scheduled for **July 21**, 10:30 a.m. - 4 p.m. (official ceremony will be held at 11 a.m. at the main stage). This year's theme is "Working Together to Make a Difference." The [event](#) is open to all military personnel, civilians, contractors, retirees, and their family members. Please plan to attend and enjoy a variety

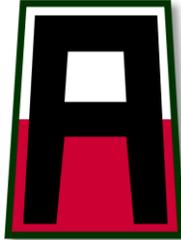
of food, games, sporting events, adult tricycle races, and great entertainment; and best of all the camaraderie. Music will be performed by "The Spirit of the USO Band" from Chicago. Contractor personnel are reminded that it is their responsibility to make arrangements with their contractor supervisor/employer for appropriate leave or other status which does not conflict with their employer's contract obligations. Federal personnel cannot

grant or authorize leave for contractor employees. Also, contractors are reminded that attendance by their employees at the event is not time or performance which is compensable under the contract. ([More](#))



First Army Celebrates New "Firsts" as Arsenal and Quad City Neighbors:

First Army will uncase its organizational colors Thursday, **July 21** at 9 a.m. at First Army headquarters (Bldg. 68) signifying the official arrival of the unit here. First Army Commanding General, Lt. Gen. Mick Bednarek and Command Sgt. Maj. Jesse L. Andrews Jr., will uncase the unit's colors in a time-honored ceremony attended by invited VIPs and guests from the Arsenal and the Quad-Cities community. First Army's long-line of "firsts" includes the first Americans into Paris, the first to cross the Siegfried Line and first to reach the Rhine River in Germany during World War II.



Federal Pay, Federal Retirement, the Debt Ceiling:

Several days ago, President Obama made headlines and, no doubt, scared a lot of America's senior citizens with his statement there is no guarantee that Social Security checks (or many other government checks) will be sent out if the debt ceiling is not raised. Presumably, those not getting government payments would also include federal employee retirement payments and, possibly, many current

federal employees. To put this into perspective, here are two comments from the president: "So are we really going to start paying interest to Chinese who hold Treasuries and we're not going to pay folks their Social Security checks?" — President Obama, June 30, 2011 ([More](#))

Federal Employees Report Being in the Dark on Debt Ceiling:

Federal employees would be in uncharted territory if Washington fails to raise the debt ceiling and the government goes into default, observers said. There is no clear roadmap for agencies or federal employees to follow if Uncle Sam cannot pay his bills, making the situation much less predictable than a government shutdown. "A lapse [in appropriations] is an easier thing in a sense because the law is pretty clear," said John Palguta, vice president for policy at the nonprofit Partnership for Public Service. "We know how to do that, and agencies were deep into the planning when we came to the brink of the last shutdown." ([More](#))



A-76 Set for Possible DoD Revival:

Amendments to a \$649 billion defense

Upcoming Dates

- July 17-23:** Captive Nations Week [📅](#)
- July 18:** National Hug Your Kids Day [📅](#)
- July 21:** First Army "Uncasing of the Colors," Bldg. 68 [📅](#)
- July 21:** MWR RIA Employee Appreciation Day [📅](#)
- July 21:** 81st Veterans Administration Birthday [📅](#)
- July 21:** 67th Anniversary of Guam Liberation from Japanese Occupation [📅](#)
- July 23:** 64th AMVETS Birthday [📅](#)
- July 24:** Parents' Day [📅](#)
- July 24:** 42nd National League of Families of American Prisoners and Missing in Southeast Asia Anniversary [📅](#)
- July 26:** 67th Anniversary of Desegregation of the US Army
- July 26:** 63rd Anniversary of the Integration of the United States Armed Forces [📅](#)
- July 26:** International Day Against Drug Abuse and Illicit Trafficking [📅](#)
- July 26:** 21st Anniversary of the Americans with Disabilities Act [📅](#)
- July 26:** National Aunt and Uncle Day
- July 27:** National Korean War Veterans Armistice Day [📅](#)
- July 28-29:** Southern Delta Aquarids Meteor Shower [📅](#)
- July 28:** World Hepatitis Day [📅](#)
- July 29:** 236th Army Chaplain Corps Birthday [📅](#)
- Aug. 1-7:** National Famers Market Week [📅](#)
- Aug. 2:** National Night Out [📅](#)
- Aug. 4:** 221st U.S. Coast Guard Birthday [📅](#)
- Aug. 5:** 6th Patriot Guard Riders Birthday [📅](#)
- Aug. 5-6:** Iowa Sales Tax Holiday Weekend [📅](#)
- Aug. 6-15:** Illinois Sales Tax Holiday (*on hold*) [📅](#)
- Aug. 6:** 66th Anniversary of the Bombing of Hiroshima [📅](#)
- Aug. 6:** 46th Anniversary of Voting Rights Act of 1965 [📅](#)
- Aug. 7:** National KidsDay [📅](#)



appropriations bill approved by the House of Representatives July 8 would make it easier for the Defense Department to hold public-private competitions for functions currently performed by civil servants. [One amendment](#) (.pdf), proposed by Rep. Pete Sessions (R-Texas), would strike a provision approved by the House Appropriations Committee that would prevent the DoD from expending funds for "A-76" competitions, or what commonly is known as "outsourcing," despite the fact that civil servants typically won such competitions when A-76 enjoyed a Bush administration-era resurgence. ([More](#))

Pay Raises in 2012? Possible, But Only Under 'Extraordinary Circumstances': According to a memo released by OPM Director John Berry to chief human capital officers, the Office of Personnel Management may approve pay increases for certain General Schedule employees in 2012, but only in select cases. As readers know, the President instituted a two year pay freeze on the pay of federal employees back in November. Berry's



memo notes this, however it also says, "an exception to the freeze on special rate schedules will be considered only in extraordinary circumstances." ([More](#))

GSA Extends Federal Air Travel Program: The General Services Administration said it has expanded its Airline City Pairs program by 7 percent for fiscal 2012 to cover 4,374 domestic and 1,783 international city pairs. The program, which has awarded its contracts for 2012, sets average federal airline ticket rates at about 70 percent below commercial rates. All major U.S. air carriers participate in the program. ([More](#))



OPM Chief Says Praise Employees Early and Often: Federal managers should provide positive feedback to employees at least once a week, the government's human resources chief said on Monday. Office of Personnel Management Director John Berry said employees should receive frequent recognition and praise for good work from their bosses to keep them motivated and to ensure lines of communication remain open. "This doesn't mean managers should give

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Rock Island Arsenal
The Associated Press reports 'Towa, Illinois Stand Together for Arsenal' <http://apne.ws/owjnrG> -- the Aledo Times reports similar 'Any Proposal to Relocate JMTC Would Face Bipartisan Resistance in Congress' (see below)

Any Proposal to Relocate JMTC Would Face Bipartisan Resistance in Congress
www.aledotimesrecord.com
Members question cost savings as Army awaits its recommendations.

July 14 at 2:10pm · Like · Comment



Rock Island Arsenal via Department of Defense (DoD)
Today, the Department of Defense (DoD) released DoD's first ever Strategic Operating in Cyberspace. The strategy is a roadmap for DoD to operate effectively in cyberspace, defend national interests, and achieve national objectives. The strategy provides a framework for DoD to promote our values in this vital civilian space while carrying out our duty to protect
More: <http://goo.gl/448>

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praise to people just for showing up on time, but it does mean that written evaluations once or twice a year aren't enough," Berry said in prepared remarks for the Excellence In Government conference sponsored by Government Executive in Washington. ([More](#))

White House Launches SAVE Award

Competition: The White House's third annual SAVE Award competition launched today as part of the Obama administration's ongoing effort to modernize government. Through the Saving Americans Value and Efficiency award program, federal employees have submitted more than 56,000 cost-cutting ideas over the past two years to the Office of Management and Budget for review. Beth McGrath, the Defense Department's deputy chief management officer, encouraged the department's military and civilian workforce to take advantage of the opportunity to submit their ideas. "We are relying on our military members and civilian employees around the world to rise to the president's challenge again



this year and submit innovative ideas for how we can operate the department more efficiently and effectively," she said. "This is an excellent opportunity to be heard at the highest levels." The goal this year is to give every federal employee a chance to submit suggestions through the SAVE Award website about how their agency can save money and perform better, officials said. The winner will be invited to the White House to present his or her idea to President Barack Obama, officials added, and dozens of other ideas will be included in the president's next budget submission. Federal agencies will solicit submissions until **July 29**, and finalists will be chosen in September. ([More](#))

Senators Ask Panetta to Rescind DoD

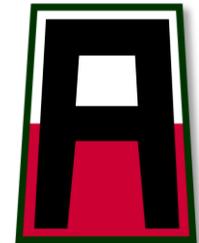
Workforce Freeze: A group of senators is urging Defense Secretary Leon Panetta to back off of current plans to freeze the number of civilian employees at the Defense Department at fiscal 2010 levels, and instead to proceed based on cost and workload. The request came in a letter from Sens. Barbara Mikulski (D-Md.), Tom Harkin (D-Iowa), Claire McCaskill (D-Mo.),



Patty Murray (D-Wash.) and Sherrod Brown (D-Ohio). ([More](#))

Arsenal Island Air Conditioning: The extreme temperatures and humidity of the next several days will tax every AC system on RIA with many performing at their peak levels given the current weather conditions. In these cases, technical troubleshooting will offer little assistance. If a work order is needed to evaluate the system, please understand the contractor has a backlog of calls and will respond in the order and priority received. POC: Directorate of Public Works, (309) 782.4617, jason.p.wiese.civ@mail.mil

First Army Unit Run on July 22: First Army plans a Unit Run through the JMTC on Friday, **July 22**, at 6:45 a.m. 60+ Soldiers will jog through the factory. The Soldiers will run in 60+ formation down Rodman Ave. from their headquarters building in Bldg. 68 at the corner of Rodman and East Street to the JMTC, jog through the JMTC, and then run in formation back down Rodman to Bldg. 68. Employees should be aware that traffic along Rodman may be slowed or



delayed due to the military formation running along Rodman at this time and are encouraged to use Beck Avenue, Davenport Drive, and King Drive, East Street and Gillespie to bypass Rodman during this timeframe, or to plan on an earlier or later arrival time to reduce possible delays. As a reminder, there is no passing allowed along Rodman Avenue and the military formation should not be bypassed if approached from behind, and, all traffic must slow to 10 mph when approaching from the opposite direction the formation is traveling for the safety of both the unit and the motorist.

RIA National Night Out: National Night Out is a unique crime/drug prevention event designed to heighten crime and drug prevention, generate support for anticrime programs, strengthen neighborhood spirit and send a message to criminals letting them know that neighbors are organized and fighting back. This year the USAG-RIA will be supporting this program on **Aug. 2**. Join us at Memorial Field between 5:30-7:30 p.m. for various kids' activities, free ice cream, meet Sparky and McGruff, and



touch a truck (emergency vehicle). ([Flyer](#))

Analysis of a Threat: Identifying OPSEC Vulnerabilities: The adversary is often portrayed as a sinister individual secretly photographing classified documents. This type of activity constitutes only a very small part of the current approach to intelligence collection. Collection of information concerning technology and its application to a weapons system, and the employment of the system, can be compared to putting together the pieces of a puzzle. The collection methods that could be facing RIA include Human Intelligence and Signal Intelligence, which is collection by electronic interception. These various collection methods can provide an accurate portrayal of the Arsenal's overall mission, functions, intentions and operations. ([More](#))

CHRA Employees, Kall, Gindl, Earn Kushnick, Hoge Awards: Edward Kall and Michael Gindl, Civilian Human Resources Agency, North Central Regional Director's Office, Information Systems Division, earned and were



awarded two of the highest human resources awards in government this year on May 13. At a ceremony at the Pentagon, Kall was awarded the 2010 William H. Kushnick Award and Michael Gindl the 2010 Nick Hoge Award. ([More](#))

SES Ceremony, Patricia Huber, July 25: The Commanding General, United States Army Joint Munitions Command, requests the honor of your presence at the Appointment Ceremony of Patricia Huber to Senior Executive Service on Monday, **July 25**, at 9 a.m., at Heritage Hall, Bldg. 60.



Volunteers Needed - One Day Engineering Kids Camps for 4-6th Graders at Putnam (July 26, 27, or 28): The non-profit Quad City Engineering and Science Council (QCESC) is seeking volunteers to support the 3rd annual Engineering Kids Camp. The event is being held on **July 26, 27, and 28** at the Putnam Museum in Davenport with total capacity for 270 students. No pre-work or pre-knowledge on the hand-on



activities is required which include Lego robotics (NXT), parachutes, and electricity/circuits. Volunteers will be assisting the Iowa State University College of Engineering staff that will be leading the camp. Volunteers will need to be present from 8:30 a.m. - 3 p.m. for one of the three days. Volunteers will be provided a camp t-shirt, lunch, IMAX movie, and a rewarding experience by helping to create and/or support our local youth's STEM (Science, Technology, Engineering, and Math) interest. ([Registration](#))

Blood Drives at the Arsenal: Our blood drives scheduled during the months of July and August are particularly critical times. Summer vacations and activities mean fewer donors coming in the doors to give blood. "But the need for blood by patients in our area hospitals never takes a vacation!" In the Caisson Room/Bldg. 60, 10 a.m. – 12 p.m.: Fridays, **Aug. 12 & 19**. To sign up for these drives, donors may email Sharee Hoegerl at shoegerl@mvrbc.org or call (563) 359-5401 ext. 119. Donors may also log on to www.bloodcenter.org and click on "IMPACT" to schedule a donation time for these drives. 3rd Shift to be held in



the Cafeteria, Bldg. 210 – Friday nights: **July 22**. To sign up for these drives, donor should sign up with their supervisors. The drives will begin at 2:15 am. Goal is 20 donors each night. 2nd Shift – to be held in the Cafeteria, Bldg. 210 – Friday nights: **Aug. 19 & 26**. To sign up for these drives, donor should sign up with their supervisors. The drives will begin at 2:15 am. Goal is 18 donors each night. **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.**

Rock Island Arsenal Welcome Club Charity Golf Outing: The [RIAWC](#) Charity Golf Outing & Dinner is at the Arsenal Island Golf Course held in conjunction with RIA-JMTC Industry Day. Interested Golfers or for dinner contact: LUCKYL78@hotmail.com or suzhimsl@aol.com. Money raised helps support scholarship program and community grants to military, national and local charities. Please come and join the fun.
Date: **Wednesday, Aug. 3**
Time: **11 a.m. - 9 p.m.**

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

10th Annual WID Golf Tournament: Women in Defense 10th annual Golf Tournament, Friday, **Aug. 5**, at Glynn's Creek Golf Course. Shotgun tee times, Continental breakfast and lunch included. For more info contact Brenda Hanes at (309) 794-0115 or see [WID website for registration form](#).
Time: **8 a.m.**

Thomson Photo Contest: The Corps of Engineers Mississippi River Project's [Thomson Park Rangers](#) are sponsoring the 20th Annual Thomson Causeway Photo Contest. Categories for the photo contest include Wildlife, Recreation and Landscape with both an amateur and advanced division. Photo contest entries are accepted through **Friday, Aug. 26**. The contest is free and open to the public, but registration is required. Entry forms are available at the fee booth or



Thomson Ranger office. POC: (815) 259-3628 or [email](#).

Rock Island CPAC Relocation: The Rock Island Civilian Personnel Advisory Center is relocating on **July 18-21** from Bldg. 102 and moving to Bldg. 104, first floor, west wing. POC is angelina.b.watkins.civ@mail.mil, (309) 782-7304.

Annual Corps of Engineers' Fishing Clinic:

Start planning to participate in the annual Mississippi River Project's Fishing Clinic scheduled for **Saturday, Aug. 6**. This is a free event that will be held at the Locks and Dam 14's Day Use Recreation Area located close to Pleasant Valley, Iowa. The clinic will start at 9 a.m. and end at 3 p.m. Educational programs on water safety, fishing and fish ID will be held in the morning. A free lunch consisting of hot dogs, frog legs and catfish fillets will be served. The afternoon will consist of a fishing derby. Please bring your equipment; the Corps will have a limited number of rods and reels for families to use. Bait (worms) will also be provided. Trophies and other prizes will be awarded to the youth. Pre-



registration is required, do so by calling (309) 794-4301.

Trivia Night at St. Alban's: Time for another summer of trivia at St. Alban's Episcopal Church, 3510 W. Central Park in Davenport, **July 23**, and **Aug. 20**. Teams of eight or less. \$10 per person. Cash prizes for winners, door prizes, 50-50 raffle. Contact George Eaton at eatongeo@msn.com for reservation. Only 10 tables.
Time: **7-10 p.m.**

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

Arsenal Attic Thrift Shop & Boutique: The Attic is seeking new volunteers and consignors. If you are new to the Arsenal, this is a great opportunity to get involved, meet new people, recycle some of your gently used items or shop for things you need when setting up a new household. We're open Tuesdays and Thursdays, 9 a.m. - 3 p.m., POC: (309) 782-6977

Bowlers Needed: Individuals or 5-man teams, Thursday nights at Bowlmor. Ask your family members, friends and co-workers. If your interested contact Jed Ruhberg at (309) 235-4855
Date: **Monday, Aug. 1**

Benefit for Peyton White: Peyton was diagnosed with Metachromatic Leukodystrophy, (MLD) and requires a bone marrow transplant. This will require an extended stay at the U of I Hospital. Please come help us ease the burden of traveling, missed work, and medical expenses at Uptown Neighborhood Bar & Grill, Bettendorf, **Sunday, July 24**. Peyton is the grandson of Cyndi Emler.
Time: **1-6 p.m.**

2011 Cards for the Troops: Please join the [Rock Island Arsenal Welcome Club](#) at the Arsenal Island Golf Course clubhouse for a fun evening of stamping cards for our deployed troops. Must RSVP to: mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-sided tape; all other materials supplied. Optional dinner at 5 p.m. RSVP: (309) 782-4372.
Date: Tuesday, **Sept. 27**
Time: **6:30-9 p.m.**



Travel Warning – Republic of South Sudan

Sudan: The U.S. Department of State warns U.S. citizens of the risks of travel to the republic of South Sudan and continues to recommend U.S. citizens to avoid all but essential travel to various areas within the country. Skirmishes have broken out between forces loyal to the Government of Sudan and forces loyal to the Sudan People's Liberation Army (SPLA) in this region, and there has been a build-up of military forces along both sides of the border. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

Arsenal Traffic/Construction

Moline Arsenal Bridge: The Moline Arsenal Bridge will be closed from 6

a.m., Saturday, **July 23**, through 6 p.m., Sunday, **July 24**. The closure is necessary to facilitate replacing bearing supports at designated piers. No traffic can traverse the roadway while it rests on jacks to allow for the installation of the new bearings.

Parking for the Fitness Center: Due to the arrival of personnel from the First Army, effective June 20, some parking areas will no longer be available to the Fitness Center customers. The Garrison has converted nine spaces in lot OG in front of Bldg. 67 to accommodate the First Army's handicapped employees. These nine Fitness Center spaces have been transferred to Lot OQ on 3rd Street next to B66 and marked as reserved for the Fitness Center. In addition, 11 Fitness Center spaces in front of Bldg. 110 have been removed from the Fitness Center designated parking and marked reserved for First Army. It is the intent of the Garrison to gradually transfer 11 spaces in this parking lot back to the Fitness Center by the end of summer as TACOM-RI employees leave. If you have any questions or concerns, please contact Marilyn Miller, (309) 782-2715, marilyn.w.miller.civ@mail.mil, if you have any questions.

Building/Space Closures

☐
There are no Building/Space Closure announcements at this time.

Active Duty/Reserve Zone

☐
The Army Modernization Plan 2012: The Army's modernization plan establishes a blueprint to develop and field a versatile and affordable mix of equipment to allow Soldiers and units to succeed in full-spectrum operations today and to maintain our decisive advantage over any enemy we face. The Army will continue to collect and incorporate lessons learned from Iraq and Afghanistan to inform future acquisition and prepare and equip our Soldiers and units for current operations as well as maintaining full spectrum capability for an unpredictable future. Also, the Army will continue to improve its processes to more effectively manage the resources provided develop and employ innovative ways to equip – saving resources in some areas to allow investments in others while positioning our forces for success. ([More](#))



Army Power and Energy: Army Power and Energy focuses on three lines of effort: Soldier Power, Basing Power (installation and contingency bases), and Vehicle Power (tactical, non-tactical, air and ground). Operational Energy, a key enabler across all three lines of effort, is the energy required for the Army to train, move, and sustain military forces and weapons platforms for military operations. Net Zero, the cornerstone of Army Power and Energy, is a holistic approach to addressing energy, water, and waste. ([More](#))

Safety Spotlight

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

Training Course are scheduled for **Aug. 9**. ([More](#))

Equal Opportunity Focus

Prevention of Sexual Harassment Training (POSH) for New Hires: The Garrison EEO Office will offer POSH training for new hires on **Oct. 11** in the Baylor Conf. Room, Bldg. 102, 3rd Floor, at 8:30 a.m. To sign up for this training, register through [TEDs](#); key word: "posh for new hires." POC for special accommodations is Mary Gale, (309) 782-5024

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation (MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

No Factory Tour at This Year's FMWR Employee Appreciation Day Picnic: Due to other opportunities to tour the factory the tours of the factory

will not be offered this year at the annual Employee Appreciation Day Picnic on **July 21**. Tours will be offered at [JMTC's Industry Day](#) on **Aug. 4**. Please call (309) 782-5759 for more information.

Arsenal MWR Employee

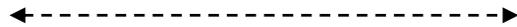
Appreciation Day: Arsenal Island's Family and Morale, Welfare and Recreation

[Employee Appreciation Day](#) is scheduled for **July 21**, 10:30 a.m. - 4 p.m. (official ceremony will be held at 11

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



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



MWR Leisure Travel Office



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

anna.winters@us.army.mil.

<http://riamwr.com/BusPgms/special.htm>

Disney LIVE! Phineas and Ferb:

Phineas and Ferb are going on a live tour and coming to the iWireless Center. Phineas, Ferb, and the whole tri-state area gang embark on a bold escape from television to a live action adventure. Seats on sale until **Oct. 1**. Discounted seat price \$14.75 & \$19.75.

Date: **Friday, Oct. 21**

Time: **4 & 7 p.m.**

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



Walt Disney Military Salute: Active and retired U.S. military, including members of the U.S. Coast Guard and active members of the National Guard or reservists, may purchase (six) 4-day Disney military promotion tickets with the park hopper option or water park for \$138. This offer has been extended until October 2012.

Mt. Olympus Water & Theme Park:

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

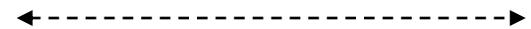
Danube Group Cruise: From the splendor of Prague to the Gypsy violins of Budapest, you'll treasure every

moment of this memorable Danube River cruise. Enjoy guided sightseeing. Experience the music, art, culture and historical sites. More than \$1,000 savings per person when booked through Leisure Travel Office. Contact LTO to schedule an appointment for this cruise offer. ([Flyer](#))

Date: **Friday, Oct. 21**

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

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



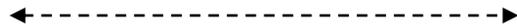
Child, Youth & School Services



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



0791 to schedule registration. Please call SKIESUnlimited at (309) 782-5969 with any questions.



Army Community Service (ACS)

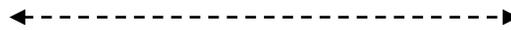


ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Special Needs Military Summer Camp: The 4-H Military Partnership Program and Camp Ronald McDonald at Eagle Lake are offering camping opportunities for up to 92 special needs military youth. Enjoy Some Summer Fun! When: **Aug. 7-12**. Where: Camp Ronald McDonald, Eagle Lake, near Susanville, Calif. Who: Special needs military youth ages 8-18. This camp is a military youth-only camp and is free of charge. Registration begins soon. For more information, visit: <http://www.campronald.org/home.php> or contact Crystal O'Hara, 4-H Military Partnership Program Representative, at

(530) 757-8968 or crohara@ucdavis.edu.



Employee Assistance Program



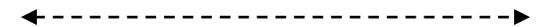
Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com or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

Anonymous Online Mental Health Screening – July 2011: Summer is here and your commute to work is filled with sites of pretty gardens, sunny sidewalks and children playing. You cannot help but smile, but after a few seconds you start thinking about the risk that the kids will become dehydrated, sunburned or get hit by a car. Do you go through the day filled with exaggerated worry and tension? Do you anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work? A little dose of daily worrying is merely human, but if your worry becomes uncontrollable or disproportionate to the problem, you

may be suffering from an anxiety disorder. ([More](#))

Smoking Cessation Group: There has never been a better time to quit smoking. Federal Employees Health Benefits Program enrollees have 100 percent coverage and full access to treatments that are proven to help them quit smoking. The EAP offers a Smoking Cessation educational support group that meets each Wednesday from 3-4 p.m. at the EAP office.

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



Education/Training Review



Army Continuing Education Services: The Army Continuing Education Services office, located in Bldg. 56, 1st floor, has a new Education Service Officer, Alison Hemmert. The Education Center has new hours of



operation. The office is open Monday through Friday 7 a.m. – 3 p.m. If you have any questions, please feel free to contact this office at (309) 782-2065.

DoD Voluntary Education

Partnership MOU: To protect the interests of service members and to facilitate the achievement of their educational goals, DoD has established a new policy, effective Jan. 1, 2012, under which all schools participating in the Tuition Assistance Program must have a signed memorandum of understanding with the Department. Schools will begin the process of signing the MOU this month. ([More](#))

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

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

Arsenal Archive

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

This Week in Rock Island Arsenal History – July 18-24: Army Chief of Ordnance ordered manufacturing of Infantry and Cavalry Equipment at the RIA to begin on July 19, 1875. The RIA War Service Band was formed on July 20, 1918, with the approval of the RIA Commander. The band was organized to assist in Liberty Loan Campaigns. Probably at that time the largest band formed in the Tri-Cities. On July 23, 1865, the Rock Island Prison Barracks officially closed. On July 23, 1918, Civil War veterans visited the RIA Shops.

Healthbeat

☺
Adult Vaccines Can Prevent Future Health Costs: Looking to hold down your health care costs? Vaccines are a cost-effective way to reduce health risks, but they are often overlooked by adults. Many family doctors don't routinely check adults' immunization history and urge them to get recommended shots, said Dr. William Schaffner, head of preventive medicine at Vanderbilt University School of Medicine and a spokesman for the Infectious Diseases Society of America. The cost can also be a deterrent. Unlike vaccines for infants and children, most adult vaccines generally aren't stocked by primary care doctors. The exceptions are influenza and pneumonia shots, which usually are covered under preventive care. For other shots, patients often must pay out of pocket until they meet a health plan's deductible, or pay upfront and seek reimbursement, Schaffner said. ([More](#))

Pediatricians' 'Nature Prescriptions' Get Kids Outside and Playing: In addition to prescribing the usual cold medications and antibiotics, Dr. Charles Owyang, a pediatrician at Kaiser Permanente Santa Clara, gives his young patients "nature prescriptions" — a recommendation to spend more time



outdoors. He even has a special prescription pad that reads, "Go Outside and: Play!" These "nature prescriptions" are themselves prescribed by the Children and Nature Initiative, a program of the National Environmental Education Foundation. Since it launched in 2008, the initiative has enlisted hundreds of pediatric health care providers nationwide. Owyang, a self-proclaimed "lover of nature" and the father of two young children, says he has given 307 nature prescriptions since joining the program in February — one for every patient 12 and younger. And when he does, he says, parents "love it." "The power of it is that they leave with a little prescription," said Owyang, who noted that as an added incentive, kids can win rewards for visiting parks. "Just like when you leave a doctor and have a prescription to get antibiotics, you're more likely to do it." The nation's youth don't spend enough time playing outside, and the health consequences are severe. Approximately one-third of adolescents ages 2 to 17 are overweight or obese. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. TRICARE office closed **July 18-22** for training. Call 1-800-TRICARE for assistance. Clinic Closed July 21, 10 a.m. – 4 p.m. for

Employee Appreciation Day. Clinic closed July 29 at 11:30 a.m. for staff meeting and training.



Notes for Veterans



Veterans Have Long Wait Times for Mental Health Services, Studies Find:

Some veterans attempted suicide, were hospitalized, or went to emergency departments while on long waiting lists for Veterans Affairs mental health clinics, according to new reports from the VA Office of Inspector General. An evaluation of the electronic waiting lists used at several mental health clinics in the Atlanta area found a "significantly high number" of patients waited for more than a month during 2010. Though facility managers were aware of the long wait times, they were still slow in getting help to veterans, the Washington Post reports. ([More](#))

In Purple Heart Medal, Researchers Seek Clues to Combat Stress

Resilience & Longer Life: A study led by Department of Veterans Affairs (VA) researchers found that aging Veterans who earned the Purple Heart show decreased mortality compared with those who had not earned the medal. Additionally, those war-wounded

Veterans who survive into later life—especially those who do not develop posttraumatic stress disorder (PTSD)—may provide valuable clues as to the factors that lead to resilience to combat stress. A team of VA researchers who studied more than 10,000 Veterans of World War II and the Korean War produced these findings, which appear online in the journal *Depression and Anxiety*. "Among the older Veterans we studied, those with Purple Heart citations had half the mortality rate of those without Purple Heart citations," said lead author Tim Kimbrell, MD, a physician-researcher with the Center for Mental Health and Outcomes Research, based at the Central Arkansas Veterans Healthcare System. ([More](#))

VA Launches Childcare Pilot:

Secretary of Veterans Affairs Eric Shinseki announced the launch of free, drop-in childcare service centers at three VA medical centers to an audience of more than 700 participants attending the Fifth National Summit on Women Veterans' Issues July 15-17 at the Hyatt Regency Washington on Capitol Hill. "We know that many Veterans, particularly women Veterans, are the primary care takers of young children," said Secretary of Veterans Affairs Eric K. Shinseki. "We want these Veterans to



have the opportunity to access the high-quality health care that VA offers, and we believe that these childcare centers will make it easier for Veteran caregivers to visit VA." ([More](#))

VA Expands Outreach to Women

Veterans: More than 700 participants plan to attend the Fifth National Summit on Women Veterans' Issues scheduled July 16-17 at the Hyatt Regency Washington on Capitol Hill. Secretary of Veterans Affairs Eric K. Shinseki will give remarks to open the summit this Saturday, which will focus on expanding outreach to women Veterans and increasing awareness of the enhanced VA benefits and services available to them. "With more women serving in our armed forces than ever before, this summit is an opportunity to exchange ideas and focus attention on the issues and concerns unique to women Veterans," Shinseki said. "Today, there are over 1.8 million women Veterans of all eras and one of VA's highest priorities is to continue to expand our services and outreach to ensure they receive the care and benefits they have earned." ([More](#))



Car Pooling Announcements

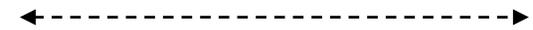


Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Looking for someone to carpool with from the Sterling-Rock Falls area, 3rd shift, 10:15 p.m.-6:15 a.m., john.b.mitchell1@us.army.mil
- **Carpool/Ride:** Looking to carpool with someone from Fulton area along Rte. 84 to Bldg. 390. Contact Carole.Mitchell@us.army.mil or (309) 782-1892.
- **Carpool/Ride:** Commuter living in downtown Davenport looking for a ride across the bridge to Bldg. 350. Employee works anytime between 6-8 a.m. Willing to pay for ample gas. POC is Tom: (563) 650-3540.
- **Carpool:** Looking to carpool with anyone from the Western Illinois University Macomb Campus for the 2010/2011 school year. Call Nicole Suthard at (815) 345-1360, nicole.suthard@us.army.mil.
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along

Interstate 74 to RIA. Contact (309) 782-5688 for details.



Around the Q.C.



- July 19-24:** [Rock Island County Fair](#) (East Moline)
- July 21:** [Family and MWR Employee Appreciation Day](#) (Memorial Park & Field)
- July 21:** [First Army "Uncasing of the Colors"](#) (Bldg. 68, Rock Island Arsenal)
- July 21-24:** [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)
- June 23:** [Rock Island District, Corps of Engineers' Corps Day](#) (Memorial Field)
- July 29-30:** [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)
- July 30:** [RAGBRAI Ends in Davenport](#) (Downtown Davenport)
- July 30:** [37th Annual Quad-City Times Bix 7](#) (LeClaire Park, Davenport)
- Aug. 2-7:** [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
- Aug. 4:** [RIA-JMTC Industry Day](#) (iWireless Center, Moline)
- Aug. 4-7:** [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)
- Aug. 6:** [Crime Stoppers 5K Run](#) (Moline)
- Aug. 6:** [Christian Care Walk the Walk](#) (Sunset Park, Rock Island)
- Aug. 7:** [Heartland British Auto Fest](#) (Village of East Davenport)
- Aug. 11-13:** [25th Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)
- Aug. 12-13:** [Ya Maka My Weekend](#) (The District, Rock Island)
- Aug. 14-20:** [International Softball Congress World Fastball Tournament](#) (Greenville Complex, Moline)



Aug. 19-20: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 25-28: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 26-28: [All Era Veterans Healing Field of the Quad Cities](#) (Davenport Memorial Park Cemetery)
Aug. 27: [Quad Cities Irish Festival](#) (Downtown Rock Island)
Aug. 27: [Silvis Family Run](#) (Silvis, Ill.)
Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 5: [Run with Carl](#) (Bettendorf)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)
Sept. 9-10: [¡Viva Quad Cities!](#) (Lot West of Isle® Casino Hotel Bettendorf)
Sept. 10: [Run for ¡VIVA!](#) (Lot West of Isle® Casino Hotel Bettendorf)
Sept. 10: [Quad-City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)
Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)
Sept. 17: [Golf FORE Homes](#) (Byron Hills Golf Course, in Port Byron, Ill.)
Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)
Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)
Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)

Sept. 25: [QC Marathon](#) (Downtown Moline)
Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 8: [Killer Bee](#) (St. Ambrose Campus, Davenport)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)
Oct. 23: [CBRC Pumpkin Dash](#) (Credit Island, Davenport)
Oct. 27: [Fright Night](#) (The District)
Oct. 29: [Witches Walk](#) (LeClaire, Iowa)
Nov. 12: [Hawk Hustle](#) (BlackHawk College, Moline)
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Sept. 7-16, 2012: [East West Riverfest](#)

Island Insight

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

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



policies, operations, 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](#); ROCK-RIA-PA@conus.army.mil, Phone: (309) 782-1121. The Island Insight is [available online](#).



Rock Island Arsenal National Night Out

Tuesday August 2nd 5:30-7:30 pm, Memorial Park



National Night Out promotes police and community partnerships, crime and drug prevention awareness, safety and neighborhood unity.

Activities will include

- **Free Ice Cream**
- **Inflatable Bouncer**
- **Appearance by Sparky and McGruff the Fire and Crime Dogs**
- **Police and fire vehicles**
- **and more...**

Join us!!!

FOR MORE INFORMATION CALL
(309) 782-0116/4577



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