

August 20, 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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Lean Six Sigma Project Helps Foreign Military Sales Billing Requirements:

The Joint Munitions Command headquarters has recently completed a Green Belt Lean Six Sigma project designed to improve the Below-the-line (BTL) billing efficiencies of the Foreign Military Sales (Special Assignment Airlift Mission) transportation process. Jamaal Bibles, a budget analyst with JMC's Security Assistance office, led the one-year, two-month project. The

project's goal was to properly assign the BTL percentage rates, reduce the frequency of errors, and minimize the cost of inaccurate obligations. The process implementation goal was to attain 90 percent accuracy. The project's scope was to capture the fiscal year 2009 Shipped and Billed Case & Pseudo SAAM Flight billing rates. During case development U. S. Army Security Assistance Command issues the Delivery Term Code to JMC which

initiates the process. The final step occurs when Army Sustainment Command submits the financial bill to the customer. The project and process was enhanced by implementing the Billing Notification Spreadsheet to track, analyze, and maintain records of all transportation activity that required billing adjustment. ([More](#))



Army Strives to Improve Civilian Leader Development Awareness, Access, Participation: How can the Army improve awareness of and access to, and project requirements for Army civilian functional and leader development training programs and opportunities? In a nutshell, that was the primary focus of this past week's annual Army Civilian Training and Leader Development, or CTLD, Symposium sponsored by the Army G-3/5/7 Training Directorate CTLD team. ([More](#))



Not All Feds Will Have the Option of Phased Retirement: The Office of Personnel Management has released new information on implementing a phased retirement option for federal employees, noting among other details that participation is “entirely voluntary” and not all workers are eligible. The Moving Ahead for Progress in the 21st Century Act, which President Obama signed on July 6, includes language that allows federal employees to ease into



retirement by working part time and collecting a partial annuity. The plan received widespread support from lawmakers on both sides of the aisle, labor unions and the White House as a way for retirement-eligible employees to stick around and mentor younger workers and to cut costs. ([More](#))

GSA: Per Diem Rates to Be Frozen

For 2013: The General Services Administration will freeze per diem rates at current levels for 2013, with only a few exceptions. Freezing the reimbursement rates for lodging, meals and incidentals will avoid an estimated \$20 million in costs in 2013 and help agencies meet the Obama administration's directives to reduce travel costs government-wide, GSA said in a news release last week. ([More](#))



Projections on Sequester Ahead: The Obama administration is due to issue a report on the potential impact of automatic budget cutting just before Congress returns to work Sept. 10. Under the bill, which passed overwhelmingly in both chambers and which Obama signed (P.L. 112-155), OMB is to issue a "detailed" report by Sept. 6 on the impact of cutting some

Upcoming Dates

- Aug. 20:** Stay at Home with Your Kids Day
- Aug. 26:** National Women's Equality Day
- Aug. 28:** Read Comics In Public Day
- Aug. 29:** Marine Forces Reserve 96th Birthday
- Sept. 1:** 73rd Anniversary of the start of WW II
- Sept. 2:** V-J Day
- Sept. 2:** 67th Anniversary of the Signing of the Japanese Instrument of Surrender
- Sept. 2-8:** National Suicide Prevention Week
- Sept. 3:** Labor Day (Federal Holiday)
- Sept. 8:** Federal Lands Cleanup Day
- Sept. 8-14:** National Seat Check Saturday and Child Passenger Safety Week
- Sept. 9:** National Grandparents Day
- Sept. 9-15:** National Employer Support of the Guard and Reserve Week
- Sept. 9-15:** National Assisted Living Week
- Sept. 10-14:** National No Bully Week
- Sept. 10:** World Suicide Prevention Day
- Sept. 11:** Patriot Day
- Sept. 14:** National Anthem's 198th Anniversary
- Sept. 15:** Woodsy Owl's 41st Birthday
- Sept. 16:** Mexico's Independence Day
- Sept. 16-22:** National Adult Immunization Awareness Week
- Sept. 16-22:** National Clean Hands Week
- Sept. 16-22:** National Unmarried and Single Americans Week
- Sept. 17:** Citizenship & Constitution Day
- Sept. 18:** U.S. Air Force, Air National Guard 65th Birthday
- Sept. 18:** World Water Monitoring Day
- Sept. 19:** National Talk Like a Pirate Day
- Sept. 21:** POW/MIA Recognition Day
- Sept. 22:** First Day of Autumn (Autumnal Equinox)
- Sept. 22:** National Hunting and Fishing Day
- Sept. 22:** National Public Lands Day
- Sept. 23:** Gold Star Mother's Day
- Sept. 30:** Gold Star Family Remembrance Sunday



\$110 billion, about equally split between defense and domestic spending, set to occur in January under last year's debt ceiling deal unless other legislation is enacted to find savings elsewhere and/or raise revenues. ([More](#))

Stepped-Up Computer Monitoring Of Federal Workers Worries Privacy Advocates:

Government workers have long known their bosses can look over their shoulder to monitor their computer activity. But now, prompted by the WikiLeaks scandal and concerns over unauthorized disclosures, the government is secretly capturing a far richer, more granular picture of their communications, in real time. ([More](#))

Feds Feed Families: The "Feds Feed Families" campaign will be **Aug. 7-28**. All items collected will be donated locally to the River Bend Food



Bank in Moline, which services all of the Quad-Cities. The timing of this campaign is especially important during the summer months when food banks typically face shortages. This is due to an increase in demand that is compounded by decreased community donations. Items will be collected every

Tuesday until the end of the campaign. Collection boxes on Arsenal Island are located in buildings 60, 68, 90, 102, 104, 110, 210, 299, 350, 390, the Clock Tower Building, Commissary, PX, Child Development & School Age Centers and all cafeterias. The donations will go a long way to assist the local food bank and the people they serve. The 2012 Feds Feed Families co-chairs are [Louise Paradis](#), USAG-RIA, (309) 782-4797; and [Sgt. Major Keith Jones](#), ASC, (309) 782-2963.

National POW/MIA Recognition Day

Ceremony: On Friday, **Sept. 21**, the Rock Island Arsenal will host a [POW/MIA Recognition Day Observance](#). "Until They Are Home" is the theme for this year's Recognition Day. The ceremony will be held at the POW/MIA Marker on Rodman Avenue, across from the War Remnants display, in Memorial Field, beginning at 10 a.m. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is



traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([Defense Prisoner of War * Missing Personnel Office Site](#))

Arsenal Island 9/11 Remembrance

Ceremony: The Executive Director of ASC requests the honor of your presence at the 9/11 Remembrance Ceremony on Tuesday, **Sept. 11**, at 1 p.m., at the Rock Island Arsenal 9/11 Memorial Site on Rodman Avenue. Inquiries: (309) 782-2410 Dress: Military – ASU/Class A; Civilian – Business.

CFC Essay Contest -- Tell Us Your

Story: After numerous requests the CFC committee has decided to bring back the

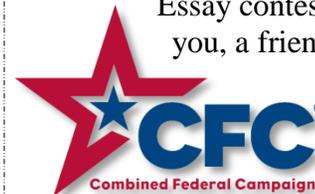
Essay contest. If you feel that you, a friend, or a family

member has been helped by

one of the

thousands of

agencies involved in the CFC, then this is a great opportunity to tell how one of these agencies has touched you, a friend



or a family member. We will even assist you with putting your thoughts together. Please have your entries in by **Sept. 15**. I would encourage you to [see the attached flyer](#). Topic: "How CFC Has Helped Me" The essay should describe how a CFC sponsored charity such as Boy or Girl Scouts, American Cancer Society, Diabetes Foundation, Humane Society, etc., has benefitted you or your family. ([More](#)) ([Illowa CFC](#)) ([Facebook](#))

DLA On-line Tools: Defense Logistics Agency is promoting the availability of on-line tools. In FY13, the primary medium for distributing the Customer Handbook and the Conversion Schedule (Julian calendar) [will be via the DLA website](#). For more info, contact DLA representatives at (309) 782-2232/3089.

Open Season Dates Announced: The annual federal benefits open season will run **Nov. 12 – Dec. 10** this year. During that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures this year will have a separate section on deductibles, copayments, coinsurance, out-of-pocket limits and other costs; covered services, examples of covered services, and excluded services; and rights to continue coverage and

grievance and appeal rights. OPM also is revamping its own brochure to make it more concise and easier to understand. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program.

Volunteers Needed: Rock Island Arsenal will be conducting a full scale emergency exercise to test the Arsenal's ability to respond to an emergency situation. To make this event meaningful, the Garrison Manager is asking for 50 volunteers who wish to participate as role players. Volunteers will need approval from their Chain of Command. Anyone interested in volunteering please contact Edmund Peterson, RIA-JMTC Security Specialist, (309) 782-1756 or by email at Edmund.r.peterson.civ@mail.mil. Volunteer safety/in-brief, Tuesday, **Aug. 28**, 10-11 a.m.; Exercise, Thursday, **Aug. 30**, 7 a.m. - 2 p.m.



Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Sept. 14, 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 Sept. 21**. 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](#).

Tribute to Our Fallen (formerly Healing Fields): To honor our brave military men and women who have paid the price for our freedom, and all veterans who have worn the uniforms of this Great Nation. Tribute to Our Fallen (formerly Healing Fields) will take place **Aug. 24-26** at Davenport Memorial Park Cemetery (behind Runge Funeral Home/Crematory).

Opening ceremonies begin at 7 p.m. on Friday, **Aug. 24**, with closing ceremonies beginning at 4 p.m. on Sunday, **Aug. 26**. As the Tribute to Our Fallen field is open continuously around the clock from Friday afternoon through Sunday afternoon, there is ample time for visitors to tour the site

and talk with veterans and others on hand or just quietly reflect. ([More](#))

Quad City Phoenix Festival: Free Family Music & Arts Festival at Schweibert Park, downtown Rock Island, Sunday, **Aug. 26**,

to raise awareness/funds for domestic violence victims in the Quad Cities. Includes food & merchandise vendors, music concerts, silent auction, 50/50 raffle, bounce house, kid's activities, prizes, Zumba, martial arts & self defense demonstrations, face painting, caricature, and much more. ([More](#))
Time: **12-6 p.m.**



Volunteers Needed - Make a Difference: Quad City Phoenix Festival in Schweibert Park, downtown Rock Island, is seeking volunteers to assist with festival activities (set-up, tear-down, distributing beverages, silent auction, etc. by donating minimum of one hour of time or all day to help raise awareness & funding in support of QC domestic violence shelters. Contact Christy at (309) 737-7599
Date: **Sunday, Aug. 26**
Time: **12-6 p.m.**

King's Harvest Golf Tournament: King's Harvest, a non-profit, is looking for golfers to play in a tournament supporting our work with homeless and needy in the Quad Cities. Email golf-tournament@mediccombb.net for a registration form. Former Hawkeye great and NFL player Tim Dwight will be a guest golfer, his foursome to be raffled.

Date: **Friday, Sept. 14**
Time: **7:45 a.m.**

Red Cross of the Quad Cities Annual Golf Outing at TPC Deere Run: Hit the greens on one of the Quad Cities' premier golf courses on **Sept. 17**. Enjoy lunch and 18 holes of golf at TPC Deere Run while supporting Red Cross services in our community. Space is limited - sign up is required by Sept. 10. Contact Allison at (309) 277-4005 for more information.

Time: **11:30 a.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.

2012 Cards for the Troops: 5th Annual Cards for the Troops, Arsenal Island Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP- mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP. Date: **Tuesday, Sept. 25**
Time: **6:30 p.m. - 9 p.m.**

Veterans' Transition Workshop
Hosted by General Electric: The American Legion is hosting a Veterans' Transition Workshop as part of its 94th Annual National Convention in Indianapolis, Ind., on **Aug. 24**, 10 a.m. - 3 p.m., at the Indianapolis Marriott, in the Indiana Ballroom (section F). This workshop will prepare military members and veterans for the job fair on the following day held across the street at the Indiana Convention Center.
[Jobseekers, seeking to attend the GE Workshop, are asked to register online.](#)

Hiring Our Heroes Transition and Benefits Career Fair: The American Legion is hosting a career fair for veterans at its 94th Annual National Convention, in Indianapolis, Ind., **Aug. 25**, 11 a.m. - 4 p.m., at the Indiana Convention Center, in rooms 107-110. Admission is free. ([More](#))

National Veterans TEE Tournament, Sept. 9-14, Iowa City, Iowa: This national event provides legally blind and eligible disabled Veterans an opportunity to develop new skills and strengthen their self-esteem through adaptive golf and bowling events. Each year, the TEE Tournament uses a therapeutic format to promote rehabilitation, fellowship and camaraderie among participants. The event provides eligible Veterans with an opportunity to participate in therapeutic adaptive sporting activities which demonstrate that having a visual or physical disability need not be an obstacle to an active, rewarding life. Volunteers needed, **Sept. 9-14**, for the following positions: • Golf Buddies (no knowledge of golf needed) – help Veterans get meals, get on buses, and



assure buses are loaded with equipment and supplies. • Shuttle Drivers – to transport Veterans from QC Airport to Iowa City and back as needed. • Runners and other Miscellaneous Assistance – Volunteers are needed in all areas of the event, and any days or times that can be volunteered will be greatly appreciated. If you would like to be a Golf Buddy, contact [Kirt Sickels](#), (319) 358-5963. If you would like to help shuttle or serve in any other capacity, assuring Vets are well cared for, contact [Todd Wendling](#), (319) 621-5957. ([More](#))

"Bridging The Gap" – Stand Down for Homeless Veterans: Bridging The Gap-QCA will be holding a Stand Down for Homeless Veterans **Sept. 13, 14, & 15**, at the QCCA Expo Center in Rock Island. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. 30+ Quad-Cities area agencies are expected to attend the event to offer services to homeless veterans. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of



volunteers and participants brought together in the spirit of caring and respect. They hope to inspire the hope, strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Registration is required for the event and will take place **Sept. 13**, 4-6 p.m., and **Sept. 14**, 7 a.m. – 12 p.m. Leading up to the event Iowa WORKS Eastern Iowa Veterans Unit is collecting new winter weather boots, new men's and women's shoes in all sizes and monetary donations for their [17th annual "Shoes for Veterans" drive](#) thru **Sept. 7**. Donations can be dropped off at Iowa WORKS Eastern Iowa, 902 W. Kimberly Road Suite 51, Davenport (Village Shopping Mall) from 8:30-4:30 Monday-Friday. Donations will be distributed to homeless veterans at the Stand Down. In addition, [Dr. Stacey Willey, a local Chiropractor from Rock Island](#), is collecting men's socks and undergarments during the month of August, for the Stand Down. Every donator will receive a consultation, exam and X-rays for only \$39 with a donation. If the appointment is scheduled on a Wednesday during the month of August, the visit will be free with a donation. Dr. Willey's office is located at 3832 14th Ave., Rock Island.

Quad-Cities Stand Down will also accept donations of socks, gloves, coats and other cold-weather items for distribution to area homeless veterans at the Veterans Appreciation Day Football Game at St. Ambrose University at Brady Street Stadium, **Sept. 15**, at 1 p.m.

Pet Vaccine Clinic: The Great Lakes Veterinary Treatment Facility will be hosting a pet vaccination clinic on Thursday, **Sept. 6**, 1-6:30 p.m.; and Friday, **Sept. 7**, 8-11:30 a.m., at the Rock Island Arsenal Fire Station Fire Station. For more information [click here](#). POC: corinn.hardy@us.army.mil, (515) 450-2447



Arsenal Traffic/Construction



Bridge Closure(s) - Annual Roadway Sealing - Aug. 25 & 26: The Directorate of Public Works is scheduling vehicular closure of Arsenal Bridges on the following dates/times for Annual "Roadway Sealing." Signs and barricades will be placed during the closure. Government Bridge / Rock Island Viaduct: Closed for Sealing - Saturday, **Aug. 25**, 6 a.m. - 6 p.m.; Moline Arsenal Bridge: Closed for Sealing - Sunday, **Aug. 26**, 6 a.m. - 6

p.m. Rain Dates: Saturday/Sunday, **Sept. 1 & 2**, 6 a.m. - 6 p.m. (both days).

Moline Road Closure – 19th Street at 5th Avenue Street Closure, Detour

Route: 5th Avenue at 19th Street will be closed on **Monday, Aug. 20**, for approximately five weeks to complete utility work, pavement replacement and streetscaping. The detour route will be as follows: • Southbound 19th Street traffic will be detoured west on 4th Avenue (IL-92), south on 17th street, east on 6th Avenue and then south on 19th Street. • Northbound 19th Street traffic will be detoured east on 6th Avenue (IL-92), north on 23rd Street, west on 4th Avenue (IL-92), north on 19th Street. ([More](#))

Notice to Workforce Regarding Temp Closures of Hillman Street:

For the safety of workers and drivers alike, we will be implementing intermittent road closures along Hillman Street in the V-Area (vicinity of buildings 332, 333, 336, 337, 340, 341, 343, 345 and 355) when workers are loading or unloading trucks. These closures will occur as necessary and the section of road that is closed will be dependent on where work is being performed. The closures will use large barricades with "Road Closed" signs attached. There will also be



warning signs posted in advance of the closure area to ensure that drivers have an opportunity to take a different route. The use of barricades to close the roads will begin in the near future. Another notice will be sent to remind employees prior to implementation. At this time, we would also like to remind everyone that road closures are in place for good reason and that driving around or moving barricades to go through the road closure is not only unsafe, it is illegal and you can be issued a \$140 ticket for failure to obey a traffic control device.

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 August**. 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.

Building/Space Closures

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

Active Duty/Reserve Zone

☉
St. Ambrose University Military Appreciation Day: Please help St. Ambrose University celebrate the American military and its veterans on **Sept. 15**. First, we welcome you and your family to join us for a pancake breakfast with current SAU students at 9:30 a.m. in the Cosgrove Hall Cafeteria, 518 W. Locust St, Davenport. Parking will be available in our Gaines Street lots. Please RSVP for yourself and guests for the breakfast by **Sept. 1** at GatesAndrewA@sau.edu. Then attend the 1 p.m. Fighting Bees football game at Brady Street Stadium in Davenport. Active military and veterans admitted free with Department of Defense or Department of Veterans Affairs ID. Thank you for your service. The family of U.S. Army Staff Sgt. Nathan Cox will conduct the pre-game coin flip in recognition of Quad Cities area Gold Star families. Sgt. Cox was a St.



Ambrose student prior to being killed in action in 2008. Maj. Gen. Yves Fontaine (ret.) and Command Sgt. Maj. Stephen Blake (ret.), former leaders of the U.S. Army Sustainment Command at the Rock Island Arsenal, will receive Fighting Bee Awards at halftime, presented by Sr. Joan Lescinski, President, and Andrew Gates, Coordinator of Veterans Recruitment and Services. Quad-Cities Stand Down will accept donations of socks, gloves, coats and other cold-weather items for distribution to area homeless veterans.

Nutritional Programs Target Service Members' Waistlines: We know we can depend on our troops to defend our country on the frontlines, but are they working just as hard to protect their waistlines? In fact, military services and other organizations are working to make sure the answer is "yes" by fielding nutritional programs that target service members, veterans, retired Tricare beneficiaries and even their family members to help them maintain a healthy weight and promote proper nutrition. The Air Force, for example, has instituted a color-coding system called "Go for Green" in its dining halls to make balancing diets easier. Menu items on the dining menu labeled in green mean they should be eaten often;



yellow means eat occasionally and red means, well...”Are you sure you wanna do this?” ([More](#))

ROTC Seeks Qualified Enlisted Soldiers Who Want to Become Officers:

Enlisted Soldiers who may have an interest in furthering their Army careers by becoming commissioned officers can learn more by exploring Cadet Command's Green-to-Gold option, an in-service recruitment program to attract junior soldiers with leadership potential. Cadet Command is accepting applications now as part of "Operation Officership," a campaign designed to attract talented enlisted and noncommissioned officers who want to complete a college degree and compete to become second lieutenants. ([More](#))

Army CID Wants More Soldiers As Special Agents:

The Army's Criminal Investigation Command, commonly known as CID, is looking for qualified applicants to become highly-trained criminal investigators. Special agents within Criminal Investigation Command, commonly known as CID, are responsible for investigating numerous types of felony-level crimes, conducting protective-service operations, and working with other federal, state and local law enforcement

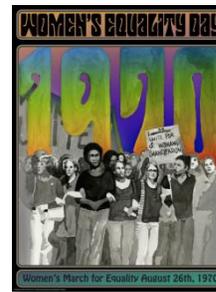
agencies to solve crimes and combat terrorism. ([More](#))

Safety Spotlight

☉ **First Impressions:** Coming into any new job is an adventure, and in our Army, you'd better be prepared to hit the ground running. In my short time as the new director of Army Safety and commanding general of the USACR/Safety Center, I've been sprinting! ([More](#))

Equal Opportunity Focus

☉ **Women's Equality Day Observance:** There will be a Women's Equality Day Observance on **Aug. 24**, 11 a.m. – 12 p.m., in the Arsenal Island Golf Course Clubhouse. Michèle LaRue of the East Lynne Theater will perform "Someone Must Wash the Dishes." Please come out and help us celebrate the 92nd anniversary of the Constitutional



amendment that granted women the right to vote. Stay after the event and enjoy cake, coffee, and punch compliments of the Arsenal Island EEO offices. For more information on LaRue and her performance [CLICK HERE](#). To sign up for this event in [TEDs](#) use keyword "Womens Equal" in the search. If special accommodations are needed, please contact Sgt. First Class Raymond Gonzalez at (309) 782-3021 or Sgt. First Class Evadne Benson at (309) 782-9060.

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.

Flag Football & Kickball Leagues

Now Forming: Coed kickball and flag football leagues will start on **Aug. 29**, at the East and West Fields of the Sports Complex. Both leagues are to be held on Wednesday nights and will run six weeks with a single elimination tournament to follow. Rosters are due Monday, **Aug. 20**. Cost is \$100 per



kickball team and \$200 per football team. Kickball is a coed league and each team will need at least four female participants. Adult females may play flag football, but there is no required number of females per team. Call the Fitness Center at (309) 782-5124 for more info. ([Kickball Flyer](#)) ([Football Flyer](#))

Pay the Week Day Rate on Labor Day Weekend at the Arsenal Island Golf Course: In celebration of Labor Day, all of you working stiffs who can't get the week day rate will get it all weekend. That's right, pay the week day rate on Saturday, Sunday and Monday. (**Sept. 1-3**). Call (309) 793-1604 for more info and to reserve your tee time.

Arsenal Island Golf Course Is Celebrating 2 Years of Public Play: September marks the 2nd anniversary of the Arsenal Island Golf Course becoming a public course. Come help the most historic golf course in the Quad Cities celebrate with some of the great deals we have going on. Head over to www.facebook.com/ArsenalIslandGolf or call (309) 793-1604 for more information.

Now Booking Holiday Parties at the Golf Clubhouse: Although it's probably

tough to think about holiday season with all this hot weather, it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

Want a Free Bucket of Range Balls?: All you have to do is 'like' the [Arsenal Island Golf Course Facebook page](#) between now and Labor Day (**Sept. 3**) and we'll give you a free bucket of range balls! ([Flyer](#))

New MWR Website: Come check out our new and improved MWR website at www.riamwr.com for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the MWR marketing office for assistance at (309) 782-4420.

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.

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., weather permitting.



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](#))

Six Flags Fright Fest: Fright Fest at Six Flags Great America is one of the most terrifying Halloween events in the world! With numerous horrifyingly delightful haunted mazes, shows and rides, you and your friends will have the fright of your life. Fright Fest is every



weekend in October. Tickets are on sale for \$38 at the LTO.

Northern Iowa vs. Iowa Football:

Leisure Travel has 20 seats to the Northern Iowa Panthers vs. the Iowa Hawkeyes



football game at Kinnick Stadium in Iowa City. Cost is \$65 per person. Special Promotions at the stadium on gameday include "Varsity Club Day" and "Be Bold, Wear Gold"

Date: **Saturday, Sept. 15**

Time: **2:30 p.m.**

Central Michigan vs. Iowa Football:

Leisure Travel Office has 20 seats to the Central Michigan Chippewas vs. the Iowa Hawkeyes



football game at Kinnick Stadium in Iowa City. Seats are \$65 each.

Date: **Saturday, Sept. 22**

Time: **TBA**

Adventureland Tickets Sold-Out at

Leisure Travel: The Leisure Travel Office has sold the last of their supply of discount tickets for 2012. We still have plenty of Six Flags Great America and Six Flags St. Louis tickets though, so

stop on by Bldg. 60 for your discount tickets today or call (309) 782-5890 for more info.

WDW and Universal Tickets: Leisure Travel cannot order tickets to Walt Disney World or Universal Studios starting Wednesday, **Sept. 12** until Wednesday, **Sept. 26**.

Historical Quarters One: Did you know you can rent Historical Quarters One for all of your special events? Give Anna or Eric a call at Leisure Travel for more details (309) 782-5890.

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: **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](#))

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 \$38, children under two are free.

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.

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.**

Circa 21 Presents: Smokey Joes Café:

The timeless songs of the golden age of rock 'n' roll come alive in this electrifying production. You will laugh, shout and sing along to more than 40 of



the greatest songs ever recorded. Revisit the neighborhoods of the 1950s, 60s and 70s. Seats on sale until **Oct. 1** for \$43.50.

Date: **Saturday, Oct. 13**

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

Child, Youth & School Services

☉ **Covenant Cottage Child Development Home:** [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

☉ ACS is located in Bldg. 110, 1st



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

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.

Summer Depression – August 2012:

You have probably heard of seasonal affective disorder affecting people as the seasons shift towards fall and winter. Did you know some people experience symptoms of depression in response to the longer, warmer days of spring and summer? This reverse seasonal affective disorder (also known as summer depression) has physical symptoms that are the opposite of the winter version such as poor appetite, insomnia,

agitation and anxiety. You may be surprised to learn about summer depression as everyone seems so happy this time of year. Vacations are in full swing, workloads are often lighter, and kids are spending their days playing outside. Do you feel like you are the only one who is not caught up in the fun? Whether it is due to the weather change or the expectations of the season many times people feel depressed, anxious, or restless during the summer months. For this reason the counselors at the Rock Island Arsenal Employee Assistance Program invite you to take advantage of your free and confidential benefit. EAP services include brief, solution-focused counseling and referral assistance to community providers if indicated. The EAP office is located in Bldg. 56, 1st floor, East wing. You may schedule an appointment by calling (309) 782-4357. Office hours are from 7:30 a.m. until 5 p.m. Monday through Friday. The staff at Rock Island Arsenal EAP wants you to enjoy this last month of summer. If you aren't feeling your best making an appointment to talk to an EAP counselor is the first step to feeling better.

PTSD Support Groups: Are you or a loved one experiencing symptoms of 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: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., at the new EAP office located in Bldg. 56, 1st floor, East wing.



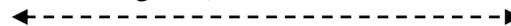
Education/Training Review



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.

CCME Announces 2012 Scholarship Application: The Council of College and Military Educators offers \$1,000 scholarships each year to Service members (active duty and veterans) and

their spouses working towards higher education degrees. Applicants must submit the [on-line CCME Scholarship Application](#) by **Oct. 1**. The three scholarships are: • CCME Joe King Scholarship (5 awards) applicant must be a uniformed service member (active, reserves, guard). • CCME Spouse Scholarship (5 awards) applicant must be the spouse of a uniformed service member (active, reserves, guard, veteran). • CCME Veteran Scholarship (5 awards) applicant must be a prior uniformed service member (active, reserves, guard).



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](#))

Save on School Lunches, Snacks at Your Commissary: Before their children return to the classroom, military parents can check their commissary for sales events offering contests, coupon booklets, giveaways, shopping sprees and overall discounts on all their "Back to School" meals, said the Defense Commissary Agency's director of sales. "Your commissary is the place to be for all your back-to-school essentials!" said Chris Burns, the agency's sales director. "There are specials on everything you need for hearty family breakfasts, healthy 'pack-a-lunch' and snacks for school, and easy-to-fix, 'good-for-you' snacks for after school with friends." Now through September, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings.

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](#) and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.



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 to the public, Tuesday through Saturday, 12-4 pm. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **Sept. 13**, Ron Deiss, Archeologist, Rock Island District, U.S. Army Corps of Engineers, will talk about "[Landscape Photography of the Upper Mississippi River Taken by Henry Bosse](#)." Content: One of the Mississippi River's greatest photographers, [Henry P. Bosse](#), created blue or cyanotype photographs that documented the U.S. Army Corps of



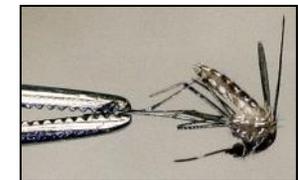
Engineers' early work on the Upper Mississippi River, the working boats on the river, railroad and wagon bridges, and cities and town. Together, these images comprise a rich essay on the evolution of one of the world's greatest rivers --The Mississippi. Sponsored by the Rock Island Arsenal Historical 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 **Oct. 11**, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." On **Nov. 8**, John Punkiewicz or Lou Ann McCracken, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The](#)

[Rock Island Civil War Prison: Andersonville of the North?"](#)

This Week in Rock Island Arsenal History – Aug. 20-26: During World War I in the month of August 1918 the Rev. M. E. Krotzer, Presbyterian from LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop O, a patriotic measure.

Healthbeat

West Nile Virus on the Rise: Hot, dry weather in the Midwest has created the perfect conditions in still-damp ditches and underground storm water basins where the Culex mosquito breeds. Illinois, Indiana, Ohio and Texas are reporting higher rates of infected mosquitoes compared with past years. Minnesota, Illinois, Oklahoma and Texas are reporting earlier-than-usual cases of human infection. In Illinois the rate of infected mosquitoes is the highest in a decade and higher than in 2002 when 67 people died. *Here's What Can You Do to Protect Yourself:* The risk of WNV infection is best reduced by



avoiding the outdoors at dawn and dusk when mosquitoes are most active, wearing long-sleeved shirts and long pants, and applying insect repellants containing greater than 20 percent (DEET) to exposed skin. Clothing may also be treated with Permethrin liquid or spray to deter biting mosquitoes. **Facts:**

- WNV is a virus transmitted by mosquitoes and first identified in the United States in 1999. Initially the virus was present in a small geographical area of the U.S. but is now found in mosquito populations in most states during warmer times of the year.
- Transmission process: This virus naturally exists in birds, and mosquitoes may contract WNV after feeding on the infected birds. Those infected mosquitoes may then transmit the virus to people through bites. No evidence indicates people are infected through contact with animals, birds, or other biting insects.
- WNV infection does not equal illness. As little as 1 percent of infections result in significant symptoms and the risk of serious illness is low. In fact, 80 percent of infections result in no clinical symptoms at all.
- WNV symptoms are similar to mild influenza: fever, body aches, nausea, vomiting, and swollen lymph nodes and may be present for a few days or more. However, according to the Centers for Disease

Control and Prevention (CDC), approximately one of every 150 people infected with WNV will develop severe symptoms such as disorientation, tremors, convulsions, vision loss, paralysis, or other neurological effects that may last weeks or even permanently. People over 50, and those with other chronic medical conditions that weaken the immune system, are at highest risk of experiencing serious infections.

National Immunization & Influenza Vaccination Awareness Month: The month of August has been designated as National Immunization & Influenza Vaccination Awareness Month. It is critically important that every Soldier, family member, Department of the Army civilian and health beneficiary receive all required immunizations and obtain their influenza vaccinations to ensure the Army is a healthy and mission ready force. ([More](#))

Health Clinic Announcement: Health Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **Aug. 31** 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

Vets Facing Unexpectedly Difficult Transition to Civilian Jobs, Survey Finds:

Nearly two-thirds of new veterans say they faced a difficult transition to civilian life, partly because of the bleak economic environment but also because they seem to be speaking a different language than the business leaders who might hire them, according to a survey on post-military employment released this week. Servicemembers leave with unrealistic visions, said Tom Tarantino, chief policy officer for Iraq and Afghanistan Veterans of America. ([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:

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound



Fulton/ Albany/ Cordova area.
Interested text me at (563) 650-8791.

- **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.



- Aug. 23-26:** [World Series of Drag Racing](#) (Cordova Dragway)
- Aug. 24-26:** [Tribute to Our Fallen](#) [formerly known as 'All Era Veterans Healing Field Of The Quad Cities'] (Davenport Memorial Park Cemetery)
- Aug. 25:** [Quad Cities Irish Festival](#) (Rock Island)
- Aug. 25:** [RIBCO's 3rd Annual River City Beer Festiv-ale](#) (The District)
- Aug. 26:** [Quad City Phoenix Festival](#) (Schwiebert Park, Downtown Rock Island)
- 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. 13-15:** ["Bridging The Gap" – Stand Down for Homeless Veterans](#) (QCCA, Rock Island)
- 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:** POW/MIA Recognition Day Observance (Rock Island Arsenal POW/MIA Marker)
- 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. 6:** [Light the Night Walk](#) (Modern Woodmen 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)



Island Insight

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)

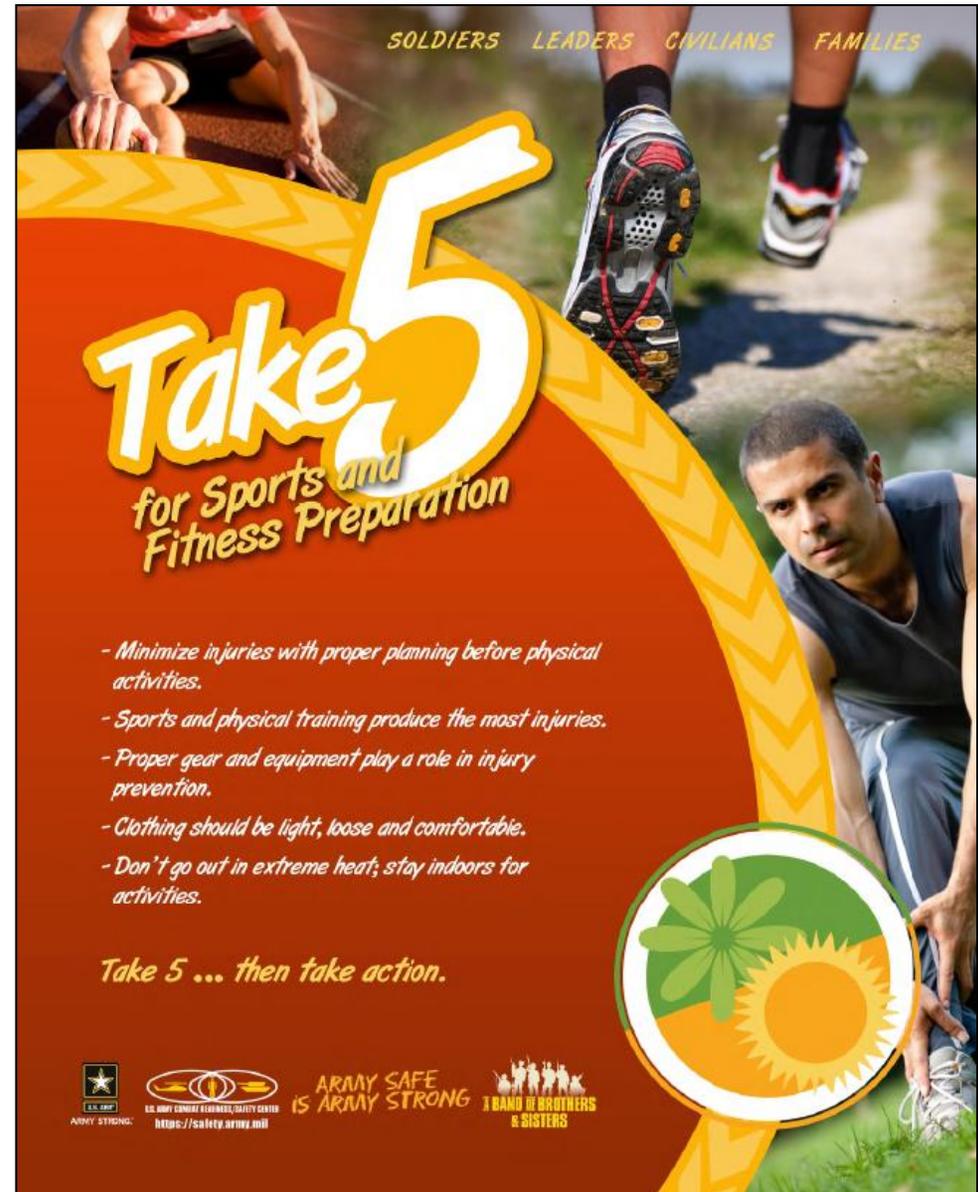
Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)

Island Insight

© **Joel Himsel**, 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](#).



Take 5
for Sports and Fitness Preparation

SOLDIERS LEADERS CIVILIANS FAMILIES

- Minimize injuries with proper planning before physical activities.
- Sports and physical training produce the most injuries.
- Proper gear and equipment play a role in injury prevention.
- Clothing should be light, loose and comfortable.
- Don't go out in extreme heat; stay indoors for activities.

Take 5 ... then take action.

ARMY STRONG: <https://safety.army.mil>

ARMY SAFE IS ARMY STRONG

A BAND OF BROTHERS & SISTERS





CFC Essay Contest!

Please tell us **your** story

Illowa Bi-State CFC 2012 Essay Contest

Many federal employees and their families have received assistance from CFC-supported charities. If you or your family have benefitted from a CFC charity, this is a great opportunity to share your story.

TOPIC: “How CFC Has Helped Me” The essay should describe how a CFC sponsored charity such as Boy or Girl Scouts, American Cancer Society, Diabetes Foundation, Humane Society, etc., has benefitted you or your family.

JUDGING: Each essay will be judged on sincerity and how well it describes how CFC helped you.

RULES:

- One entry per federal government employee.
- Entry must include a cover sheet including your name, agency and contact information. Entrant’s information should not be included on the essay itself, only on the cover sheet.
- Essays will be judged by the Illowa Bi-State CFC essay committee.
- Essays must be no longer than 500 words and must be typewritten and double-spaced.
- Entry must be received by close of business September 15.
- Entry must be submitted by e-mail to linda.k.loebach.civ@mail.mil
- Entries must be original, non-published works that do not infringe on any third party rights. Submitted essays will become property of Illowa Bi-State CFC and may be published.
- See example of previous years’ winning essays at <http://illowacfc.org/>

PRIZES: All entrants will receive certificates of participation. First, second and third place winners be announced Sept. 20 and contest results will be posted on the Illowa Bi-State CFC website <http://illowacfc.org/>

Winners may be invited to read their essays at the CFC Kick-Off October 3, 2012.

**“Give a little,
help a lot”**

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