

June 9, 2014



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 Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Army Kicks Off First-Of-Many 239th Birthday Events: Senior Army leaders held the first-of-many ceremonies scheduled around the world commemorating the Army's 239th birthday, which is June 14, and celebrated this year's theme--"America's Army: Our Profession." Under Secretary of the Army Brad Carson delivered the keynote address during an event held Friday, sponsored by the National

Defense University, and conducted in the historic Roosevelt Hall Rotunda at the National War College on Fort Lesley J. McNair. Carson commented how Soldiers today continue the service to our nation at the same level of selfless dedication once provided by those Soldiers from the "Greatest Generation," during World War II. Throughout the ceremony, Carson spoke on the idea of looking forward, while also reflecting on

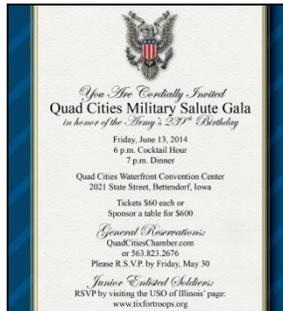
the past and the sacrifices made in the last 239 years. "Our beginnings in 1775 may have been humble, but even then and certainly ever since, our Army has influenced the nation and the world," said Carson. "We have come from a small national force consisting of state militias with citizen Soldiers, to a force of 89 divisions in



1944, which liberated the nation's of Europe then living under Nazi tyranny; to the all-volunteer force that has adapted to the changing face of warfare, and has fought our nation's longest war, during the past 13 years." ([More](#)) ([StandTo!](#)) ([Army Birthday Letter to the Editor by Lt. Gen. Tucker, CG, First Army](#))

Military Salute Gala to honor Military Members and the Army's 239th Birthday:

The Quad Cities Military Salute Gala will be held on Friday, **June 13**, 6 p.m. to midnight, at the Quad Cities Waterfront Convention Center in Bettendorf, Iowa. The cocktail hour will begin at 6 p.m. and dinner will be served at 7 p.m. The Gala is jointly hosted by the Quad Cities Chamber of Commerce, the Rock Island Arsenal Chapter of the Association of the United States Army and the USO of Illinois. The Gala is an opportunity for the community to connect with and honor our Military Members and their Families. This is the second year for the



event, hosted jointly by the three civic organizations. This year's celebration honors the 239th birthday of the United States Army. The event will include longstanding military traditions including the posting of colors, cake cutting ceremony and military fight songs, as well as cocktails, dinner and dancing to the USO band. Tickets are \$60 each or \$600 for a table of eight and are available at QuadCitiesChamber.com or by calling (563) 823-2676. Each table purchased will host two local junior military members. Junior enlisted Soldiers are invited to attend for free. RSVP by visiting the USO of Illinois web page at www.tixfortroops.org to make your reservations. ([Junior Enlisted Register HERE](#)) ([All Others Register HERE](#))

Army Materiel Command Executive Deputy Provides Civilians Career Guidance:

The Army Materiel Command's executive deputy to the commanding general, John B. Nerger, conducted a career development forum to Headquarters, Joint Munitions Command employees here, June 11. "I'm an Army civilian and



Upcoming Dates

- June 13:** Quad Cities Military Salute Gala, Waterfront Convention Center, Bettendorf, 6 p.m.
- June 14:** 239th Army Birthday 📅
- June 14:** Flag Retirement Ceremony, Rock Island National Cemetery, 10 a.m.
- June 15:** Father's Day
- June 19:** Walk-In Pet Vaccination Clinic, RIAFD, 1-6 p.m. 📅
- June 19:** RIA DeCA & AAFES Advisory Council Mtg., 1-2:30 p.m.\
- June 19:** ACS Fatherhood Program, RI Botanical Center, 5:30-7:30 p.m. 📅
- June 22:** FMWR World Cup Event, Arsenal Island Golf Clubhouse, 4 p.m.
- June 23-26:** ASC/AMC NCO and Soldier of the Year "Best Warrior" Competition
- June 26:** Community Information Exchange, Arsenal Island Golf Course Clubhouse, 9 a.m.
- June 26:** Safety Awareness Day - Critical Days of Summer, Bldg. 60, Heritage Hall, 10 a.m. – 1 p.m.
- June 26:** School Age Center Olympic Day, Bldg. 150, Olympian will speak at 11:30 a.m.
- June 26:** Right Arm Night, Arsenal Club, Bldg. 60, 4:30 p.m.
- June 27:** Employment Fair, Caisson Room, Bldg. 60, 9 a.m. - 3 p.m.
- July 4:** Independence Day (*Federal Holiday*)
- July 8:** RIA Community Special Events Planning Mtg., Cassison Rm., Bldg. 60, 1 p.m.
- July 9:** JMC Organizational Day, Memorial Field, 11 a.m. - 3 p.m. (*JMC employees, families, and retirees only*)
- July 13:** Military Appreciation Motorcycle Run, Bad Boyz, Moline, to Poopy's, Savannah, 7 a.m.
- July 18:** Summer Golf Tournament, Arsenal Island Golf Course, 8 a.m. - 5 p.m.
- July 26:** Rock The Island Auto Skills Car show, Rodman Avenue, East to Gillespie, 9 a.m. - 3 p.m.
- July 28-31:** ASC/AMC NCO and Soldier of the Year "Best Warrior" Competition



proud of it. I hope you are too," Nerger said as he started his presentation. "What you do is so important to our Army." ([More](#))

Joint Munitions Command Hosts

Senior Leader Forum: The U.S. Army's Joint Munitions Command hosted a Senior Leader Forum here, June 10--12, to discuss current mission operations and prioritize command improvement initiatives. Brig. Gen. Kristin K. French, JMC commander, hosted the three-day forum to establish a course to achieve JMC's priorities and ammunition mission. ([More](#))



QC Eagles to Celebrate Veterans & Military:

The QC Eagles are having a game Saturday, **June 14**, at 7 p.m., at the Pleasant Valley High School. This is a game to celebrate our veterans and current military. ([Website for more information](#))

Starbucks Drinks Available Again in

Bldg. 60: Having a hard time getting through the "Doldrums" of the

afternoon? You need a caffeine boost and now you can once again get all your favorite Starbucks drinks including lattes, frappuccinos, mochas and iced drinks in the Bldg. 60 cafeteria.

Red-Tailed Hawk Fledglings on

Arsenal Island: There have been many concerned reports regarding the immature Red-Tailed Hawk fledglings seen on ground near buildings 390 and 220. Everyone is advised that these animals are not to be disturbed, and that they are not at risk, nor have they been abandoned. It's natural for them to end up on the ground for a short period of time as they strengthen their wings and learn to fly. Their parents will continue to bring food to them on the ground. Do not harass or attempt to feed, capture or get too close to them as that would put them at far more risk. DPW and RIIS technicians will continue to monitor the situation, but will not intervene unless absolutely necessary for human safety. Please keep your distance and leave them alone, as that will ensure their best chance of survival. Thank you. ([Raptors and the](#)



[Law](#)) ([Migratory Bird Treaty Act of 1918](#))

Commissary and Post Exchange

Advisory Council: The Commissary and Post Exchange Advisory Council Meeting will be held on Thursday, **June 26**, 1-2 p.m., in the Garrison Headquarters, Bldg. 90 conference, Room 12. Soldiers, family members and authorized patrons are invited to attend and provide input to the Council to help improve these important military services and benefits.



Consumer Law -- What to Do After

You Have Paid Off Your Mortgage? : Congratulations! You have just paid off your home mortgage. All done, right? Well, sort of. There are at least five key steps to insuring your mortgage free future is a bright one. First, get a "Satisfaction of Mortgage Statement." This is proof that your lender paid off the balance of your loan with your last regular payment or your bulk payment. This is the key



document to have in your possession and should be kept with all of your important personal papers like your will, powers of attorney, birth certificates, passports and the like. ([More](#))

Employment Fair: The Rock Island Arsenal Garrison will be hosting an Employment Fair for immediate hiring for security guards. On-the-spot interviews, tentative job offers, drug testing, and security process will be conducted for qualifying applicants on Friday, **June 27**, 9 a.m. – 3 p.m., Caisson Room, Bldg. 60. Physicals will be scheduled at a later date. There is no cost to attend and open to the public. In order to qualify an applicant must meet OPM qualifications, Veterans Preference and Veterans Recruitment Authority. Applicants are required to bring resumes, DD214, VA letters, and a valid state issued driver's license. Interested applicants must tentatively confirm their attendance by emailing first & last name to [Cassandra Powell](mailto:Cassandra.Powell), Human Resources Specialist, Rock Island CPAC.



Military Appreciation Motorcycle Ride: Support our active duty military and our local USO by joining us for the Inaugural Military Appreciation Motorcycle Ride, Sunday, **July 13**. This ride is open to anyone who would like to show support for our troops. Classic cars are also welcome. Day of event registration will start at 7 a.m. and will be \$15 per bike. Pre-registration can be completed via email at lornawilson3224@yahoo.com and will be \$10 per bike. It's easy ... just send an email with your name, address and phone number; cash or check only. We will be leaving from Bad Boys Pizza in Moline at 8 a.m. sharp. Our destination will be Poopy's in Savannah, Ill. Poopy's will have a breakfast buffet available until 10:30 a.m. and lunch will be available at 11 a.m. There will be a discount for active duty military. Live outdoor entertainment will be provided by the band Wayland, starting at 1 p.m. Don't forget to buy raffle tickets that morning. We have some great items from local supporters. All proceeds will



go to the USO of Illinois-Rock Island. Many of our military personnel are new to the area. They are looking for events, destinations and people or groups to ride with. Share what you know with them. Hooah! Let's Ride. POC: Lorna Wilson, (563) 468-7624.

Mississippi River Visitor Center News

- New Visitor Center Hours: Starting **June 15**, the Mississippi River Visitor Center will be closed on Sundays and Mondays each week. The hours of operation Tuesday through Saturday will remain the same 9 a.m. until 5 p.m. Weekend tours of the locks and dam will only be conducted on Saturdays at 11 a.m. and 2 p.m. Call (309) 794-5338 for more information.



ASC/AMC "Best Warrior"

Competition Notification: ASC is conducting the ASC/AMC NCO and Soldier of the Year "Best Warrior" competitions at Rock Island Arsenal **June 23-26** (ASC) and **July 28-31** (AMC); in order to recognize and showcase the best Soldiers in the



ASC/AMC. The competition will consist of critical thinking skills testing, performance-based and hands-on evaluations. The competition will test each competitor's Army aptitude via an Army physical fitness test, board interviews, a written exam, essay writing, day and night urban orienteering, a rifle proficiency range, a mystery event, and warrior tasks and battle drills. The competitors will be moving in and around the Island 5 a.m. – 11 p.m. daily during the scheduled events. Please be aware that the warrior task and battle drill lanes originate around the Arsenal test track and include use of simulators and blank ammunition firing. The urban orienteering events require Soldiers to move through unrestricted areas throughout the Island. This announcement is intended to inform you of the circumstances of these competitions and reduce any confusion in the Soldier activities that you may witness during these time frames. To keep up-to-date on the competition, visit the ASC web site at www.aschq.army.mil or the ASC Facebook page at www.facebook.com/ArmySustainmentCommand.

AUSA Annual Golf Outing: Save the date -- the 2014 Rock Island Arsenal

Chapter of the Association of the US Army will once again have its annual golf outing "A Round For Our Soldiers" on **July 17**, at 12 p.m., at the Arsenal Island Golf Course. Proceeds support Soldiers, civilians, families, local chapter activities, and the Army Emergency Relief Fund.

RIA Retirement Ceremony: Maj. Gen. John F. Wharton, Commanding General of the United States Army Sustainment Command and Rock Island Arsenal, cordially invites you to attend the 4th Quarter FY14 Award, Retirement & Retreat Ceremony at Heritage Hall, Bldg. 60, Thursday, **July 31**, at 2 p.m. We will honor our retiring Department of the Army civilians and exercise our Soldiers' first General Order by properly relieving them of their posts. Uniform for personnel not participating in the ceremony is military: duty uniform and civilian: casual.

Women in Defense Golf Outing: Women in Defense 13th Annual Golf Outing will be Friday, **Aug. 1**, at Glynn's Creek Golf Course. \$65 per person. (includes greens, cart, continental breakfast, lunch, beverages and prizes) Registration/payment due by July 21, 2014. ([Flyer](#))
Time: **7 a.m. - 2:30 p.m.**

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, June 20, 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 **6:30 p.m. on Aug. 22**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 25**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"
Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

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](#).

Common Access Card Military ID

Office Information: During the summer season everyone is busy. Children are out of school and it's time to ensure that IDs are current. In an effort to help ensure that we provide the best service possible, please understand that military sponsors and dependents need to make an appointment to renew. More than one dependent means one appointment for each dependent. ([More](#))



OPM Promises Phased Retirement to Start This Year

The Office of Personnel Management is pushing to issue a final set of regulations for phased retirement by the end of September, but for federal employees and advocacy groups it has already taken too long. The agency is working hard on the final rule, according to an OPM spokeswoman. Under OPM's draft



plan released in 2013, employees who are eligible for retirement and meet other requirements could work half-time while getting half of their pension. As they continue to work, phased retirees also will keep accruing additional service credit toward their final pensions. ([More](#))

Cards for the Troops: Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7th Annual Cards for the Troops. Hand-made rubber stamp art cards are created with the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. 28,000+ cards sent to date; 8,000 created by 200 volunteers at last year's event and sent to our military serving in Afghanistan. Seating is limited, please RSVP to mssipple1@gmail.com. Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.

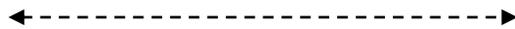
Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees* – Visit **Yankee Candle at Northpark Mall** to receive great discounts. All Arsenal employees receive \$15 off any \$35 purchase when

you show your Island badge, show your military ID for an extra 10 percent off every purchase. Plus come see the new Man Candles including this year's new scent camouflage. Offer ends **June 1**. **Sears Automotive, NorthPark Mall:** Military discount of 7% off for all members of the military, active, reserve, and retired military with military ID; applying to name brand products, automotive services & labor; \$20.99 oil change; and \$69.95 wheel alignment. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount everyday to all military and veterans. **The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:** Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA ([📍](#)). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time ([📍](#)). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services ([📍](#)). **Goebel Family**



Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (📞). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians: "Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Upstream Sidewalk Closure on Government Bridge: Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge

is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Geophysical and Geotechnical Survey for Arsenal Housing Project in June:

An Army Corps of Engineers' contractor is scheduling a Geophysical and Geotechnical Survey at RIA for the FY15 Army Family Housing construction project **mid to late June**. The surveys involve ground radar, drilling soil borings, and intermittent loud noise. During the survey, small areas may need to be closed to public access for safety purposes. These areas may include Whittemore St., Durnin Ave., Davenport Dr., parking lots north of Durnin Ave., areas around the garden plots and the playground and pavilion east of the Davenport House, and areas adjacent to Bldg. 312. The general area is depicted on the drawings, mainly the enclosure of the yellow lines and the immediate area near the west yellow line. Barricades, caution tape, and/or

signs will be used to warn and detour pedestrians and motorists as needed.

Upcoming Parking Lot Closures for Gas Line Installation: Beginning **June 2**, the Directorate of Public Works will need to close parking lots and roads on the Arsenal so a new gas line can be installed. The closure will affect Chestnut Avenue (south of B145), Lot 1K, Lot 1L and Lot 1LL. Barricades and signage will be placed. Closures are as noted: • Lot 1LL will be closed to all parking **June 2-21**, no POV or service vehicles will be allowed to park in this area; • Lot 1L will be closed to all parking in the west three complete rows **June 2-21**. Entrance to the lot from 2nd St. will not be allowed; • Lot 1K will be closed to all parking from 2nd St. to B144 **June 2-21**. This includes all POV and service vehicles; • Chestnut Ave. will be closed to all thru traffic exiting into or from 2nd St. **June 2-21**; • Entrance off of 2nd St. to B145 will be closed to all traffic **June 2-21**; • All green space areas along with sidewalks in area along 2nd St. from Beck to South will be subject to excavation and will be closed **June 2-21**. Note: Schedule may change in case of inclement weather.

Parking Lot 0J and Lot 3K Repair: Effective April 28, the Directorate of



Public Works resumed work on repair of parking lots 0J and 3K, located north of buildings 60, 62, 360 and 390. The overall repair includes replacement of the asphalt paving and installation of curb and gutter on the north and south sides of Lot OJ and repaving of the south half of Lot 3K. Work will be completed in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers will be positioned at appropriate locations. Project is scheduled to be completed by **Sept. 1**. The attached drawing shows the phases for the project.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies

in an effort to minimize impact to the surrounding communities.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from Sept. 8 to **Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes

will be signed to ensure that motorists can access local businesses effectively.

Building/Space Closures

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Door Closure, Bldg. 102: The Directorate of Public Works has closed the Bldg. 102 west door on Rodman Ave. until further notice. The stairs leading to the door were determined unsafe. A project is funded to make repairs and the door will be reopened after the stairs are repaired. Signs, barricades, and caution tape are posted to warn pedestrians and prevent access.

Active Duty/Reserve Zone

☪
Fatherhood Program at the QC Botanical Center: Attention Military Dads, round up the kids Thursday, **June 19**, 5:30-7:30 p.m., and come out for a fun night of pizza and exploring the fun activities at the brand new children's garden at the QC Botanical Center. Please RSVP to Jenny at (309) 782-3049 or jennifer.a.kerr10.civ@mail.mil ([Flyer](#))



Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.

Pet Vaccination Clinic: The Great Lakes Veterinary Services Clinic will be hosting a pet vaccination clinic at the Rock Island Arsenal Fire Station on **June 19**, 1–6 p.m., and **June 20**, 8–11 a.m. [Visit HERE](#) for more info on prices. Services Offered Include – Feline: • FIV/FelV Test • Vaccines – Rabies, FVRCP, Leukemia • Flea & Tick Prevention • Microchipping; Canine: • Heartworm/Lyme Test* • Vaccines – Rabies, DAPP-L, Bordatella, Lyme • Flea, Tick & Heartworm Prevention • Microchipping. ([Flyer](#))



schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in. Each day, there are 13 OPAC appointments available with each provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for booking. The benefits of this is that 1) you have a better opportunity to be seen closer to the time you want to be seen instead of us only having five appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their

appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic phone number for appointment scheduling (309) 782-0805.

Active Duty Free Entry to Illinois Holocaust Museum: The Illinois Holocaust Museum is proud to be a Blue Star Museum and we look forward to offering all military personnel and their families free admission through Labor Day, Sept. 1. We are excited to share information about our upcoming family program on Sunday, July 27. ([More](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Ultimate Athlete Games, Active Duty Free Entry: The Ultimate Athlete Games will be in Sandwich, Ill., on **July 19**. It features three timed short challenge courses (speed ¼ mile, strength 1 mile, and agility ½ mile). Each course has up to 10 obstacles on it.



Runners race through the three challenge courses, and the participant with the fastest combined time is the Ultimate Athlete. A total of 50 free entries will be given to active duty military personnel. If interested, take a look at the [website and register with code FREEREC](#). *This information is included for general interest and does not constitute endorsement of the businesses or products.*

Bix 7 Road Race 40th Anniversary: Ed Froehlich, race director of the Bix & Road Race, has informed the community that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. Download registration at bix7.com/2014/registration-info/. Must pick up packet in person and show military ID. The 7-mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#)) *This information is included for general interest and does*

not constitute endorsement of the businesses or products.

Safety Spotlight



Safety Awareness Day - Critical Days of Summer: The RIA Safety Awareness Day - Critical Days of Summer event will be held on Thursday, **June 26**, 10 a.m. – 1 p.m., in Bldg. 60, Heritage Hall. This year, the ASC Safety Office is sponsoring the Safe A Life Tour, which highlights Alcohol Awareness and the Distracted Driving Programs. Experience first-hand the devastating effects of drunk or distracted driving. The national "Save A Life Tour" has been developed to provide state-of-the-art, interactive driving simulation that truly shows participants the grim reality of destructive decisions. This program addresses the very real and often fatal consequences of poor choices that are made while driving under the influence or driving distracted. We encourage you to bring your teenage/young adult drivers to participate in this real-life learning opportunity. In addition, there will be



information on heat injury prevention; fire safety; fire extinguisher demonstration; boating safety; cell phone distraction awareness; safety displays; alcohol impairment activities; traffic safety; red cross; natural disasters; and much more. ([More](#))

Headphone/Earphone Use Prohibited on Arsenal Island: The Army Safety Program ([AR 385-10, Section 6-5](#)) states:

Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental injury. We ask for your kind cooperation in helping to prevent accidents due to distractions.



Army to Observe National Safety Month in June: The Army will begin



its annual observance of National Safety Month June 1, and senior leaders are encouraging Soldiers, civilian employees and their Family members to use the time to focus on mitigating summertime risks. Off-duty Army accidents and fatalities typically rise during late spring and early summer as compared to other times of year, according to data from the U.S. Army Combat Readiness/Safety Center. "Safety is obviously a year-round imperative, but National Safety Month is a great opportunity for leaders to highlight common seasonal hazards," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, USACR/Safety Center. "This is especially important as we're beginning summer, which generally offers greater access to off-duty activities and the risks that come with them." While accidental fatalities remain down Army-wide thus far in fiscal 2014, both motorcycle and personnel injury-other deaths are up compared to last year's numbers. Increases in water-related fatalities and falls are largely responsible for the PI-O trend, Edens said. ([More](#)) ([StandTo!](#))

Equal Opportunity Focus



Celebrating LGBT Pride Month: June is LGBT Pride Month. One of the best ways to celebrate this community is by making sure that its members have the same rights and benefits as the rest of our Federal family. LGBT Pride Month was created as a way to honor the 1969 Stonewall riots in Manhattan, which were a tipping point in the Gay Liberation Movement in the United States. What began as "Gay Pride Day," has grown to a month-long series of events around the country. These commemorations also include memorials for members of the community who have been lost to hate crimes and HIV/AIDS. ([More](#))



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, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Fitness Center Begins Summer Hours of Operation: The Fitness Center will be closed on Sundays from the period of **May 25 through Aug. 31**. Hours of

operation for all other days of the week remain unchanged. Please call the Fitness Center at (309) 782-6787 for more info or questions.

USA vs. Portugal World Cup Party:

Come cheer on the USA Sunday, **June 22**, at 4 p.m., at the Arsenal Island Golf Course Clubhouse, as they battle Portugal in World Cup pool play action. There will be food and drink specials, giveaways and drawings and we'll be broadcasting the game on multiple big screen TV's. There will also be several members of our very own semi-pro soccer team, the QC Eagles present to cheer on Team USA, so grab all your soccer fan family and friends and stop by for some exciting World Cup soccer. Doors open at 4 p.m. and the game kicks off at 5 p.m. ([Flyer](#))



FIFA WORLD CUP
Brasil

Rock the Island Car Show/Cruise-In:

Join MWR's Auto Skill Shop for our first ever "Rock the Island" Car Show/Cruise-In on Saturday, **July 26**, 9 a.m. - 3 p.m. on Rodman Avenue, between East Street and Gillespie Street. All makes and models of cars, trucks, motorcycles, exotic vehicles, etc are welcome. Early bird registration through



July 18 is \$18 and \$20 after that. All proceeds fund programs that benefit Soldiers and Families. This event is open to the general public and admission is free. Make an entire day out of it by visiting some of the other family friendly activities and attractions while you are here on Arsenal Island. Attractions include: • Sports Car Club of America Rally • Arsenal Museum • Historic Quarters One Tours (\$5/person) • Arsenal Attic Thrift Shop • Arsenal Island Golf Course & Clubhouse • Colonel Davenport House (\$6/adult, kids free) ([Flyer](#)) ([Registration site](#))

Punt, Pass & Kick Competition:

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 23**, at 10 a.m., for children aged 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group* will advance to a sectional competition. *Age divisions based upon child's age as of Dec. 31, 2014. ([Flyer](#))

New Fitness Instructors and Classes at the Fitness Center:

We are rolling out a new class schedule with new instructors and different class offerings to keep your workouts fresh and fun.

Some of the new classes include Early Beginnings, Ignite, and Total RX. Check out all the descriptions, times and fees here: www.riamwr.com/community-recreation/fitness-center-adult-sports Group classes not your thing? No problem, we have new personal trainers as well that will help you develop an exercise program based on your individual fitness goals. Call (309) 782-6787 for more info and to sign up for classes.



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](#))

Stinkykids: The Musical: Britt loves making everyone happy. But this girl who never gets in trouble is in a sticky situation- literally: She woke up with an impossibly epic wad of gum stuck in her hair. All of Britt's friends are depending on her parents to take them to the new MegaJumper 3000 at Captain Happy's Jumpy-Fun-Super-Bouncy Indoor Place. Discounted seats available for \$9 per person.

Date: **Saturday, June 28**
Time: **9:30 a.m.**

Bus Trip to Chicago's Lincoln Park

Zoo & Museums: Get your friends and family together Saturday, **June 28**, at 6:30 a.m., for a fun day visiting some of Chicago's most popular attractions and leave the hassle of driving, traffic and parking to us. With options to get off the bus at the Lincoln Park Zoo or the Museum campuses (Field Museum, Museum of Science & Industry, Shedd Aquarium & Adler Planetarium) there is sure to be something for all interests. Price is \$41/person which covers round trip transportation only and available seats can still be reserved by calling (309) 782-5890. ([Flyer](#))

Taste of Chicago/Navy Pier:

Join us for one of the most popular bus trips Leisure Travel offers every year. Dropping off at the Taste of Chicago or Navy Pier. Choice is up to you. Admission to Taste of Chicago is free. Cost is \$41 per person. Limited seats available.

Date: **Saturday, July 12**
Time: **6:30 a.m.**

Circa 21: Fiddler on the Roof: Never has any other musical so magically woven music, dance, poignancy, and humor into such an electrifying and unforgettable experience. Songs such as



"If I Were a Rich Man," "Sunrise Sunset," "Tradition" and "Do You Love Me?" are in part responsible for making this one of the greatest works of the American musical theatre. Discounted seats on sale until **June 28**.

Date: **Saturday, July 12**

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

Ringling Bros. and Barnum & Bailey

Circus: The Greatest Show on Earth is returning to the iWireless Friday, **Aug. 29** through Sunday, **Aug. 31**. The Leisure Travel Office has discounted tickets for each day. Children 12 and under tickets are \$13 and adults are \$19. Upper level seating is all \$13. Tickets on sale until **Aug. 11**. Animal Open House starts 1½ hours prior to show time (subject to weather conditions). Doors open one hour prior to the show at which time The Adventure (interactive preshow) begins on the floor.

Reserving Heritage Hall, Caisson Room, Arsenal Club:

The Leisure Travel Office has taken over the calendar for bookings in these facilities. If you have reserved through Sheridan's for future events please contact the LTO to confirm your reservation is on the calendar. To reserve these spaces, contact the Leisure Travel Office at (309) 782-5890.

QC River Bandits: MWR Leisure Travel has discounted game vouchers for any 2014 home game. Vouchers are redeemable at the QC River Bandits box office.

Six Flags Great America, Gurnee, Ill.:

The Leisure Travel Office has received the 2014 one day admission tickets \$45. We will also have season passes \$81 and parking passes \$24 available.

Adventureland: Adventureland Amusement Park contains more than 100 rides, shows, and attractions including some of the country's most exciting roller coasters and thrill rides that can challenge the most avid amusement park enthusiasts. There are also plenty of rides for less adventurous guests including great water rides as well as a full complement of children's rides spread throughout the park. But the entertainment doesn't stop with rides - Adventureland presents a full array of shows in the park - from live music to magic to song and dance - there's always something to suit everyone's taste. Leisure Travel has discounted general one day admission tickets for the 2014 season, \$32 for adults and children.

Walt Disney Military Promotion

Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Davenport Cinemark 53rd 18 + IMAX

Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Opening of Creative Arts Academy:

In the Fall of 2014, Davenport Community Schools will open the Creative Arts Academy of the Quad Cities, housed in community arts facilities throughout downtown



Davenport and supported by arts partners from across the Quad Cities. The Creative Arts Academy will offer experiences in five disciplines based on participants interests, including Communications and Media Arts, Dance, Music, Theatre and the Visual Arts. In its first year, the Creative Arts Academy will serve three audiences: 1) a first cohort of 6th graders; 2) Dream students (high school juniors and seniors aspiring to careers in the arts) and 3) the general community. Incoming 6th grade students and Dream students will be required to audition into the program, but community offerings and workshops will be open to all.

Date: **Monday, Aug. 11**

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



Discovery Time Playgroup: Military families with children ages 0-5, please join us 10 a.m. - 12 p.m. every Thursday for our weekly Discovery Time Playgroup where you and your child(ren) can meet and play with new friends, learn about the community and its resources and just have fun. The best part? It's all free to you! Check the MWR website www.riamwr.com/events/month for all June's activities. Call (309) 782-3049 for more info, no RSVP is necessary.

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.

Assertiveness Training: Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will

be offered **July 8 & Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program.

National Men's Health Month – June 2014: The month of June is designated as National Men's Health Month. The purpose of this campaign is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men. If you



are like many men, you may drink alcohol occasionally. Or, like others, you may drink moderate amounts of alcohol on a regular basis. But did you know that drinking more than the moderate levels -even occasionally- may put you at risk for serious health problems? Although alcohol affects everyone differently, excessive drinking can negatively affect a man's health regardless of age, race, marital status, income level, profession, or lifestyle. Common medical problems that can be caused by excessive drinking include heart disease, arthritis, liver cirrhosis, high blood pressure and various cancers. In support of National Men's Health Month, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling services that the program has to offer. Schedule an appointment with an EAP counselor by calling (309) 782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any concerns about your alcohol use or mental health, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

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.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Building 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

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., in the EAP office located in Building 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.

U.I. Lunch & Learn Comes to RIA:

The University of Iowa will host a Lunch & Learn on Wednesday, **June 18**, at two sessions one from 11-12 p.m. and one from 12-1 p.m. in Bldg. 56, Room 116. There will be a light lunch provided. The event will present information on the Quad Cities MBA for Professionals and Managers "Iowa's top-ranked [part-time MBA program](#) (per U.S. News and World Report)." • Only nationally-ranked MBA program delivered in the Quad Cities • Flexible schedule for working professionals, complete at your own pace • Classes in the evenings and weekends • Full program delivered in the Quad Cities • Focus your electives in Leadership, Management, Finance, Marketing, Entrepreneurship, and Operations. All those interested, please RSVP to [Michel Pontarelli](#), director, (319) 335-3782.



Your Future: 4 Steps to Making Career and Education Decisions: Step 1: Making Career Decisions -- Determining your career goals and interests will keep you from wasting your GI Bill, Tuition Assistance and other education benefits on a degree that doesn't match your career path. ([More](#))

Commissary / Exchange

Ⓒ
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The 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](#))

Commissary and Post Exchange

Advisory Council: The Commissary and Post Exchange Advisory Council Meeting will be held on Thursday, **June 26**, 1-2 p.m., in the Garrison Headquarters, Bldg. 90 conference, Room 12. Soldiers, family members and authorized patrons are invited to attend and provide input to the Council to help improve these important military services and benefits.

Your Healthy Lifestyle Festivals

Coming Soon: The Defense Commissary Agency will unveil the Your Healthy Lifestyle Festival **June 6 through July 6** at 236 installations worldwide. This inaugural event will allow patrons to see discounted prices on produce at commissary farmers markets, savings on workout equipment at exchanges, and fitness events hosted by base morale, welfare and recreation activities. With the theme "Shop Healthy! Eat Healthy! Be Healthy!," the festival reinforces the health and wellness goals of the military community. Check out the Commissary's latest [YouTube video](#) to see what your festival could provide.

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 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal

History – June 9-15: Gen. Rodman's funeral was on June 9, 1871, at the RIA. It was one of the largest funerals held in the Quad Cities. On June 11, 1907, William H. Taft, the future 27th President of the U.S., visited the RIA while serving as Secretary of War. On June 12, 1917, Congress appropriated \$1,500,000 for a new proving grounds to be located on 13,000 acres of land near Savanna, Ill. On June 13, 1871, the stone construction began on Shop D (Bldg. 61). In June 1962, radio station WHBF sponsored a luncheon in the RIA Cafeteria to commemorate the RIA Centennial Anniversary. Arthur Godfrey was the guest of honor. On June 14, 1871, Congress cited Rock Island as a government reservation according to Major D. W. Flagler's "Ordnance Memoranda No. 20, A History of the Rock Island Arsenal." On June 15, 1871, Maj. Daniel W. Flagler assumed command of the RIA. He relinquished



his command on April 30, 1886. In June 1917, Miss Nellie Cue became the RIA's first forelady. She was forelady in the cloth department of the harness shop.

Healthbeat

When It Comes to Your Health --

'Man Up': June 15-21 is an opportunity to consider the most common ailments that affects men, and the preventative measures guys should practice. By being aware of conditions and diseases that are preventable and taking consistent action, everyone can stay healthier. Men, in some ways, are less healthy than women. In the eight-out-of-10 leading causes of death, the mortality is higher for males, the Harvard Medical School reports. These include the top three causes of death for both sexes -- heart disease, cancer and stroke. Men are 24 percent less likely than women to have visited a doctor within the past year; are 22 percent more likely to have neglected their cholesterol tests; and 28 percent more likely to be hospitalized for congestive heart failure. Factors that put men at higher risk may include risky behavior, aggression, alcohol and substance abuse, diet, lack of social networks and lack of routine medical care, according to the report. ([More](#))

TRICARE Tip of the Week – mytricare.com Can Help You Manage Your TRICARE Business Online: Go to www.myTRICARE.com and go to Register now or call the North Region Web Help Desk (877) 698-7422. As a member of myTRICARE.com you can Verify DEERS Eligibility, Update Other Health Insurance Information, Confirm PCM name, Check claim status, Print Explanation of Benefits, Check Authorizations/Referrals, Send secure question to AskUS, Receive answers in your myTRICARE mailbox, have the ability to monitor deductible/out-of-pocket expenses. Have a Great TRICARE Day!

Improved Scheduling Process at Rock Island Arsenal Health Clinic: Effective May 19 a new improved scheduling process will go into effect for all *service members who receive care at [Rock Island Arsenal Health Clinic](#). All service members and their family will be seen by appointment only. There will no longer be sick call hours. This will allow the providers to see three additional appointments per day, giving the clinic an additional 30 appointments per week. You will no longer need to wait for others to be seen before you; you will have an appointed time. If you are sick,

[you can use the online appointment booking option to schedule an available appointment](#) or you can call at 7 a.m. to (309) 782-0805 and be given a same-day appointment. If you try to [book online](#) and there are no appointments available, you will need to call the clinic and speak with a medic or nurse who can triage and give you a time when you can be fit in. Routine appointments will begin at 7:20 a.m. every day for those who like the convenience of an early morning appointment. This will also allow us to schedule an appointment with your assigned PCM, a MEDCOM directive. *This change will also increase access for family members as there will be more appointments available each day.

Introducing Open Access Scheduling: As of **June 1**, when you go online to schedule your appointments, you will have two choices; EST (established) or OPAC (open access). EST appointments are for us to book into and OPAC are for you to book into. Appointments can be made via TRICARE Online (TOL) or you can call us. If you try online to make an appointment for the same day and there is nothing available, call us, request to speak with a nurse or medic and we will find a time to fit you in. Each day, there are 13 OPAC appointments available with each



provider (in addition to the EST appointments). This method of scheduling gives us the greatest flexibility and allows us to offer appointments the same day versus being bound by the appointment types that existed in the past. The goal is to do today's work today and to see you when you want and need to be seen. The way this works is that at midnight, the appointment slots are "released" for booking. The benefits of this is that 1) you have a better opportunity to be seen closer to the time you want to be seen instead of us only having five appointments left for the day thereby dictating the time, 2) we will have fewer no shows and cancellations, again making it easier for you to get an appointment since most people who call the same day come in for their appointment. All appointments are 20 minutes in duration; keep this in mind when scheduling. If you have 10 problems that need addressing, you may need to address them in two or three appointments. There are two types of appointments that should not be booked online-PHAs and PAP smears for females, these need additional time and will be booked in the EST slots. Clinic phone number for appointment scheduling (309) 782-0805.



Notes for Veterans



VA Releases Data on Quality, Access to Veterans Healthcare:

Today, the Department of Veterans Affairs (VA) released the results from its Nationwide Access Audit, along with facility level patient access data, medical center quality and efficiency data, and mental health provider survey data, for all Veterans health facilities. Full details made public at VA.gov follow Acting Secretary of Veterans Affairs Sloan Gibson's commitment last week in Phoenix, Arizona and San Antonio, Texas to provide timely access to quality healthcare Veterans have earned and deserved. ([More](#))

VA Meets With Healthcare Industry to Discuss Best Scheduling Practices:

Acting Secretary of Veterans Affairs Sloan Gibson today announced that the Department of Veterans Affairs (VA) will meet with private healthcare industry leaders to discuss best practices and policies for scheduling patients. "Our top priority is to get our Veterans off wait lists and into clinics," said Acting Secretary Gibson. "We need to continue to examine the best practices of healthcare systems across the country to find immediate solutions for timely

delivery of quality healthcare. VA must be at the forefront of access and innovation. Our Veterans deserve nothing less." ([More](#))



Carpooling Announcements



Submit carpooling 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.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program

where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

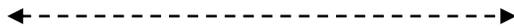


Carpool:

- **Car Pool:** I am interested in carpooling several times per week, beginning July 7 from Muscatine. I am flexible on work hours. Please contact me at ext. 2-1559 or (563) 676-0555.



- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.



Around the Q.C.



- June 12-15:** [19th Annual Rally on the River](#) (Centennial Park, Davenport)
- June 13:** QC Military Gala – Army Birthday Ball (Quad Cities Waterfront Convention Center, Bettendorf)
- June 13:** [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 10 a.m. to 7 p.m.)
- June 14:** [8th Annual Radish Magazine Healthy Living Fair](#) (Freight House Farmer's Market)
- June 14:** [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
- June 14:** [QCSO 2nd Fiddle Sale](#) (Moline Public Library, 10 a.m. to 2 p.m.)
- June 14:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- June 14-15:** [Juneteenth](#) (LeClaire Park, Davenport)
- June 15:** [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
- June 16:** [12th Annual YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)

- June 17-21:** [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
- June 21:** [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)
- June 21:** [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
- June 21:** [Trivia Night at St. Alban's](#) (3510 W Central Park, Davenport)
- June 21-22:** [2nd Annual Quad-Cities Amputee Golf Outing](#) (Arsenal Island Golf Course)
- June 22:** [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
- June 27-28:** [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
- July 3:** [Red, White & Boom!](#) (The District & Downtown Davenport)
- July 3-5:** [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
- July 4:** [Firecracker Run & Parade](#) (East Moline)
- July 4:** [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
- July 7-13:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
- July 8-13:** John Deere Classic Military Special (TPC Deere Run, Silvis, Ill.) *There will have a AUSA military hospitality Tent on Sunday on the 15th Green, free admission to the JDC with a military ID card*
- July 10-12:** [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
- July 11-13:** [Countryside Community Theatre presents Shrek The Musical](#) (Countryside Community Theatre, 200 S 1st St, Eldridge, Iowa)
- July 12:** [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

- July 12:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- July 16:** [5th Annual High Five Tour](#) (Davenport)
- July 17:** [AUSA Annual "A Round For Our Soldiers" Golf Outing, at 12 p.m.](#) (Arsenal Island Golf Course)
- July 18-20:** [Countryside Community Theatre presents Shrek The Musical](#) (Countryside Community Theatre, 200 S 1st St, Eldridge, Iowa)
- July 25-26:** [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
- July 26:** [41st Annual Quad-City Times Bix7](#)
- July 29-Aug. 3:** [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
- July 31-Aug. 3:** [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
- Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)
- Aug. 7:** [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
- Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
- Aug. 8-9:** [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
- Aug. 9:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- Aug. 9-10:** [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
- Aug. 15-16:** [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
- Aug. 16:** [Floatzilla](#) (Sunset Marina, Rock Island)
- Aug. 22-24:** [World Series of Dragracing](#) (Cordova Dragway)
- Aug. 23:** [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)



Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; 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 processing 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: IMRI-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](#).

