

July 21, 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](http://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 Community Service Celebrates 49 Years of Service:** Whether registering volunteers, hosting a toddlers playgroup or offering a seminar on how to prepare financially for retirement, Army Community Service provides critical services and programs for active-duty service members, DoD civilians, retirees and their families. On the cusp of five decades of service, ACS will celebrate its 49th birthday on Friday. Its

commitment to the community is stronger than ever. "As we approach our half-century mark, the programs have grown to better meet the needs of our evolving military workforce and their families," said Doris Tyler, director of ACS. In celebration of the milestone, children at Child Development Center 1 decorated letters of the alphabet that spell out "Happy Birthday ACS." ACS provides 12 core programs and a variety

of services aimed at assisting unit commanders in maintaining the readiness of individuals, families and communities within the Army by promoting self-reliance, resiliency and stability during war and peace, according to an ACS brochure. ([More](#))



"HOME OF US ARMY LOGISTICS"



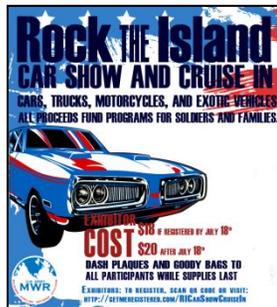
## Civil War POW's Got Creative Even In Worst of Times:

Back to the mid-1800s, hundreds of captured confederate soldiers, crowded into a prisoner of war camp. And while it was no picnic, these prisoners found a way to show their creative side, even during the worst of times. "There were actually some of the prisoners that came here on December 3rd, 1863 when the prison opened and were here for 20 months." says Kris Leinicke, Rock Island Arsenal Museum Director. ([More](#))



## 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.



Registration is \$20. [Registration through this link](#). 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 & attractions while you are here on Arsenal Island. Attractions include: A Sports Car Club of America (SCCA) Rally, Arsenal Museum, Historic Quarters One Tours (\$5/person), Arsenal Attic Thrift Shop, Arsenal Island Golf Course & Clubhouse, COL Davenport House (\$6/adult, kids free). Call (309) 782-8631 for more info. ([Flyer](#))

## Military Members Encouraged to Use Soldier for Life:

Transition Assistance Program: As news of the reduction in force reaches thousands of Soldiers, it's important to know that the Soldier for Life: Transition Assistance Program, formerly known as Army Career and Alumni Program, is still a key resource in place to help with the transition to civilian life. Transition and accredited financial counselors are standing by ready to assist Soldiers, as early as 18



# Upcoming Dates

- July 25-27:** QC BIX Festival Weekend, Davenport
- July 26:** Rock The Island Auto Skills Car Show, Rodman Avenue, East to Gillespie, 9 a.m. - 3 p.m.
- July 26:** QC Wolf Pack - Military Appreciation Game, Augustana Ericson Field, 3-7 p.m.
- July 28-29:** Motorcycle Safety Training-Basic Rider Course 2 (Experienced Rider), 1-5 p.m.
- July 28-29:** ASC/AMC NCO and Soldier of the Year "Best Warrior" Competition
- July 29:** SOHAC, Bldg. 90, Room 25, 10 a.m.
- July 31:** RIA 3<sup>rd</sup> Qtr. Retirement, Retreat & Award Ceremony (JMC), Heritage Hall, 2-4 p.m.
- July 31:** JMTC Employee Picnic, Memorial Field (*JMTC employees, families, and retirees only*)
- Aug. 5:** National Night Out
- Aug. 6:** Senior NCO Tenant Meeting, Arsenal Island Golf Course Clubhouse, 11:30 a.m.
- Aug. 7:** Community Health Promotion Committee Mtg., Baylor Conf. Rm., 1-2:30 p.m.
- Aug. 7:** Freedom Run, East Moline, 6-10 p.m.
- Aug. 9-10:** QC Air Show, Davenport Municipal Airport 
- Aug. 11-15:** Training, Unit Prevention Leader, Bldg. 104, 3<sup>rd</sup> Floor, Classroom #3
- Aug. 12:** RIA Community Special Events Planning Mtg., Cassison Rm., Bldg. 60, 1 p.m.
- Aug. 13:** Senior NCO Tenant Mtg., Arsenal Island Golf Course Clubhouse, 11:30 a.m. – 12:30 p.m.
- Aug. 13:** Explosive Safety Council Meeting, Bldg. 90, Room 25, 10 a.m.
- Aug. 14:** Garrison Town Hall, Baylor Conf. Rm., 1-2:30 p.m.
- Aug. 15:** CBWTU-IL Deactivation Ceremony, Quarters One, at 10 a.m.
- Aug. 21:** ASC Change of Command, Memorial Field, 10 a.m. – 12 p.m.
- Aug. 26:** National Women's Equality Day
- Oct. 25:** Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



months before exiting the military. ([More](#))

## **Your Rental Security Deposit: Getting It Back!**: It's moving time in the Army!

Yes we are now in the middle of Permanent Change of Station season. The calls into legal assistance have been fast and furious; especially about that rental pest aka as the security deposit. How do you deal with this issue how; and more importantly how do you get your deposit back? ([More](#))



## **Sequestration Chips Away at Readiness, General Says**: The effects of sequestration spending cuts may seem overstated, but their cumulative impact affects the military's readiness and its ability to respond to future contingencies, the commander of U.S. Army Materiel Command said here today. Army Gen. Dennis L. Via discussed how the budgeting mechanism influences decisions and affects national defense for the Army and Defense Department at large during a meeting with the Defense Writers Group. "Sometimes, there can be an impression that it's overstated and [a question of]

what the impact of sequestration will be," Via said. But as the military emerges from 13 years of war and has to reset its equipment while downsizing force levels, the question of impact is a cumulative effect over time, he added. ([More](#))

## **Senior Leaders Explain Army's Drawdown Plan**: The drawdown, particularly involuntary separations, is a huge issue for the Army, officials said, especially since the strength of the Army is its people and the trust they have in each other. Currently, about 1,100 captains have been identified for involuntary separation, and about 550 majors will be notified during the first week in August. Already notified were 103 colonels and 136 lieutenant colonels. ([More](#))

**Shrinking Army Looking to Fill Its Reserve Component**: Whenever unemployment increases, there are always media stories about CEOs and small-business owners desperately seeking workers skilled in high-demand occupations. The CEO of the Army Reserve said he's scouting for talent as well. All the time, people tell Lt. Gen. Jeffery W. Talley how the recent drop in force structure end strengths must mean

## **Shrinking Army Looking to Fill Its Reserve Component**: Whenever unemployment increases, there are always media stories about CEOs and small-business owners desperately seeking workers skilled in high-demand occupations. The CEO of the Army Reserve said he's scouting for talent as well. All the time, people tell Lt. Gen. Jeffery W. Talley how the recent drop in force structure end strengths must mean

that recruiting and retention must no longer be a problem, he said. ([More](#))

## **RIA Test Track Closed to Pedestrian, Non-Authorized Vehicular Traffic**: Immediately and until further notice - the Test Track is closed to all pedestrian and non-authorized vehicular traffic. This includes walkers, runners, bicyclists and other motorized traffic. Reason: the Test Track is being used for high-speed test trials of military test vehicles. For your safety please stay out of the Test Track area.

**Base Office Supply Store Reopen**: The Base Supply Center in Bldg. 104, formerly operated by ARC Industries, is reopening under a new contract with Winston-Salem Industries for the Blind. The store began operations Wednesday, and will be open at its former location in Bldg. 104, 8 a.m. to 4 p.m., Monday through Friday. The phone number for the new store is (309) 786-1353 or (309) 786-5343.



## Walking Tours of Locks & Dam 15:

Walking Tours of Locks & Dam 15, conducted by U.S.

Army Corps of Engineers park rangers, are scheduled for **July 26** (*tentative due to high water*), at 11 a.m. and 2 p.m.

Each tour will last approximately one hour and is weather dependant. Tour size is limited and proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call (309) 794-5338 for information or to register. Additional future dates are **Aug. 2, 9, 16, 23** and **30**.



**US Army Corps of Engineers**®  
Rock Island District

## 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 **July 28-29** (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 un-restricted 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](http://www.aschq.army.mil) or the ASC Facebook page at [www.facebook.com/ArmySustainmentCommand](https://www.facebook.com/ArmySustainmentCommand).

**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 4<sup>th</sup> 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 13<sup>th</sup> Annual Golf Outing will be Friday, **Aug. 1**, at Glynns 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.**

## CBWTU-IL Deactivation Ceremony:

Lt. Col. Richard Blake and Sgt. First Class Aaron Hannemann cordially invite you to the Community Based Warrior Transition Unit-Illinois deactivation ceremony on Friday, **Aug. 15**, at 10 a.m., at Quarters One. A reception will follow at the Arsenal Island Golf Course Clubhouse. Please RSVP by **Aug. 8** to [Sgt. Josey](#) at (309) 782-3929. In case of inclement weather the ceremony will be held in Heritage Hall in Bldg. 60. Attire



is: Military - ACU, Civilian - business attire.

**Blood Drives:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Aug. 8, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 22**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Aug. 21**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor. **DMC** will host a blood drive **1-4:30 p.m., on Aug. 14**, in the MVRBC Donor Bus parked at Bldg. 350. To donate, please contact Brandon Cronise at (309) 782-3711. ([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](#).**

**National Root Beer Float Day, Supporting The Wounded Warrior Project:** A&W restaurants is providing a free small A&W root beer float to those who go to participating locations on National Root Beer Float Day on **Aug. 6** anytime between 2 p.m. and store closing (times will vary). As a part of the celebration, A&W will be collecting donations to honor and empower wounded warriors across the country through the Wounded Warrior Project. *This information is included for general interest and does not constitute endorsement of the businesses or products.*

**Tug for a Cause - Wounded Warrior Project:** A military recognition and family weekend event, "Tug for a Cause - Wounded Warrior Project," will take

place **Aug. 7-9**, in LeClaire, Iowa. The festivities related to this event are as follows: • Family Night (free admission on Thursday only), **Aug. 7**, 4:30-11 p.m.; • Freedom Rock Float (All Soldiers and veterans are invited to walk with the Freedom Rock Float), **Aug. 8**, at 5 p.m. Line up begins on Holland at 8<sup>th</sup> St. Dress is casual. Come to the float and candy will be available to hand out to the kids. Grand parade at 6 p.m., the theme will be "Defending Our Eagle" a Salute to our U.S. Military. Greatest fireworks display at 9:30 p.m. over the Mississippi River. • Tug 5K Run/Walk (all ages) Saturday, **Aug. 9**, 8 a.m., and The Tug - LeClaire v Port Byron (tug pit) 12:30-2:30 p.m. ([Additional details and times](#)) *This information is included for general interest and does not constitute endorsement of the businesses or products.*

**Cards for the Troops:** Join us on Tuesday, **Sept. 23**, 6:30-9 p.m., at the Arsenal Island Golf Clubhouse for the 7<sup>th</sup> 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](mailto:mssipple1@gmail.com). Packagers needed also. Please bring one roll of Scotch double-sided tape; all other materials supplied.

## **VIOS Schedule for August, September, October, November, and December:**

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Aug. 12, 13, & 14; Sept. 9, 10, & 11; Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.**

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available.

Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be

ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

## **Help Not Wanted: Budget Cuts Push Federal Hiring to 10-Year Low:**

Years of budget cuts have pushed federal hiring to its lowest levels in almost 10 years, with nearly every agency seeing drastic drops in new employees. The federal government hired 81,003 permanent, full-time employees in fiscal 2013, the lowest number of hires since fiscal 2004, when the federal government hired close to 79,000 employees, according to the Office of Personnel Management. The federal government has also shrunk by nearly 70,000 employees over the same time period, as more federal employees quit or retire. ([More](#))

## **Hiring Reform Bill Gains Momentum on Capitol Hill:**

A bipartisan pair of

House members has introduced a bill to improve federal hiring by allowing agencies to share information on job applicants, joining several senators pushing the same reforms. Currently, agencies with similar hiring needs cannot share assessments of applicants with each other. The 2014 Competitive Service Act, introduced by Virginia Reps. Gerry Connolly, D, and Rob Wittman, R, would allow agencies to collaborate on competitive service certificates when looking to fill a position in the same occupational series and within a similar grade level. ([More](#))

## **Arsenal Island Employee Local**

**Discounts:** *The following discounts are exclusively available to Arsenal Island employees –* **Chocolate Manor, 110 E 2<sup>nd</sup> St., Davenport:** We are offering a 10% discount to military and civilian employees on our gourmet, hand-crafted chocolates and candies; just show your ID card. **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.

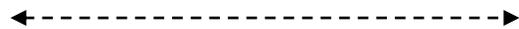
**The Slice:** Right off the Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:**

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



**Retirement Ceremony to Impact Some Parking Areas July 31:** Joint Munitions Command will block five parking spaces in lot 3A (visitor spaces) and 64 parking spaces in Lot 3B to support the Arsenal Retirement Ceremony on **July 31**. These will be coned off the evening of **July 30** after the duty day.

**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.

**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 0J 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 19<sup>th</sup> Street to 23<sup>rd</sup> Street in Moline:**

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> 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**



**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**



**Physical Clinic:** The Rock Island Arsenal Health Clinic, located in the basement of Bldg. 110, SE Wing, will be holding a Physical Clinic by appointment only on the following dates

from 4:20-6:20 p.m.: Monday, **July 28**; Wednesday, **July 30**; Monday, **Aug. 4**; Wednesday, **Aug. 6**; Monday, **Aug. 11**; and Wednesday, **Aug. 13**. Parents must have physical forms filled out for start of appointment in order to be seen by provider. Forms can be found on each individual school website. Back to back appointments may be booked, but are limited to two per family, per day, to ensure the best possible care and attention is given to each patient. We must have proof of immunizations to complete forms. Illinois requires dental and eye exam – these services not provided by RIAHC. Appointment Line: (309) 782-0805 or [www.tricareonline.com](http://www.tricareonline.com).

**Back-to-School Brigade:** As a part of "Operation Homefront" the National Guard is conducting "Back-to-School Brigade," a school supply distribution event, on **Aug. 10**, at the National Guard Armory in Milan, Ill. Eligible recipients include: Deployed, wounded, and active duty service members (E-1 through E-6 receive priority); Activated National Guard or Reserve members; Inactive National Guard and Reserve members. Those interested need to register at



[www.operationhomefront.net](http://www.operationhomefront.net) after July 7. For questions, please contact Darcy Clardy at (800) 390-4643 or [darcy.clardy@operationhomefront.net](mailto:darcy.clardy@operationhomefront.net).

**Bix 7 Road Race 40<sup>th</sup> 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/](http://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.*



**Sam's Club Open House:** Sam's Club, located at 6600 44<sup>th</sup> Ave., in Moline, wishes to invite all active and retired military personnel to an open house in their honor. Join us for our flag raising ceremony on Friday, **Aug. 15**, 11 a.m. - 2 p.m. Lunch will be provided. *This information is included for general interest and does not constitute endorsement of the businesses or products.*



## Safety Spotlight



### **Are You Next? – Expect the Unexpected, Wear Your Life Jacket:**

The U.S. Army Corps of Engineers is the Nation's leading provider of outdoor recreation with more than 420 lake and river projects in 43 states and more than 370 million visitors per year. We need you to be extremely careful in and around the water. Even strong swimmers have been known to drown so you could be next. Please take the time to check out this web site to make sure you and your loved ones know how to avoid being next. ([More](#))



### **Texting and Driving – Distractions, They're Everywhere:**

As good as cell phones might be for instant communication, they contribute to bad driving. It is becoming increasingly clear that talking on a cell phone distracts a driver from seeing hazards and responding quickly. Have you ever driven behind a slow vehicle, and then passed it only to see a cell phone conversation taking place? Minutes later the driver speeds past you because he just hung up? Aggravating isn't it? It's also a serious hazard. Drivers can't afford to be distracted by cell phones or anything else. The National Highway Traffic Safety Administration in the United States says some form of driver distraction is a contributing factor in 20 to 30 per cent of vehicle crashes. **Don't let yourself get distracted while driving.** Keep your mind on your driving; keep your eyes on the road, and your hands on the wheel. Your life and the life of other drivers around you may just depend on it.



**Bicyclists on RIA:** When approaching walkers/runners – in a loud, perceivable voice, please verbally warn walkers/runners that you are approaching. Simply saying "to your right (or left)" as you approach the walkers/runners informs them of your approaching and gives them time to react to stay on their side of the street or move out of the way. Remember: Bicyclists are to follow the rules of the road established for vehicles. Thus, ride with traffic (right lane of traffic) not against it. When riding on a one-way always ride favoring the right side of the road. Additionally, all bicyclists are to follow the posted speed limits and regulatory information signs that read: 10 mph when passing pedestrians on roadway.



**Walkers/Runners (AKA: Pedestrians) on RIA:** Always walk/run on sidewalks, when available. Additionally, walk/run facing oncoming traffic. When walking/running on a one way always walk/run on the left side of the road. This affords you the most space as possible between a vehicle/bicycle (etc) as they are required to use the right side of the road. Additionally, walk/run no more than two abreast. Larger groups

create hazards to the group and approaching vehicles/bicycles.

## Equal Opportunity Focus

**Army SHARP Annual Unit Refresher Training:** The Army's Sexual Harassment/Assault Response and Prevention training is a key element in the Army's multifaceted prevention approach. Leaders must establish a positive command climate that supports Soldier safety, emphasizes Army values, and encourages candor and trust among team members. Successful prevention of sexual harassment and sexual assault requires that all Soldiers and leaders understand expected standards of conduct; hold each other accountable for violations of those standards; and work together to build a unit climate of dignity, respect and sensitivity to others. SHARP life-cycle training is integral to the Army's efforts to effect cultural change by imparting the knowledge and skill set required to execute their commitments to the SHARP Program and Army values. ([More](#))

## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://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.

**Swing Dance Lessons:** Instructor Gunter from QC SoDa will be teaching the fundamentals of some of the most fun dances around. Cost for this six-week session is just \$35/individual or \$60/couple. Class will begin at 7 p.m. every Thursday between **June 26 and July 31** with an open practice session afterwards from 7:45 p.m. until.... You don't need any prior experience and you don't even need a partner so if you've always wanted to learn how to swing dance, don't miss this great opportunity. Sign-up on the first night of class at 6:45 p.m. or in advance by contacting the Arsenal Island Clubhouse at (309) 782-6319. ([Flyer](#))

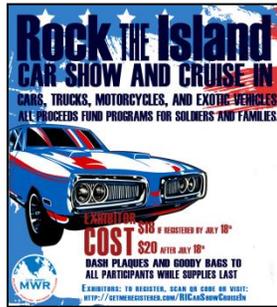
**Paintless Dent Repair Service Begins at Auto Shop Friday, July 18:** The Auto Shop is pleased to add paintless dent repair to its list of current services. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the



excessive costs of more traditional body work. Call (309) 782-8631 for more information and to schedule an appointment. ([Flyer](#))

## **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. Registration is \$20. [Registration through this link](#). 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 & attractions while you are here on Arsenal Island. Attractions include: A Sports Car Club of America (SCCA) Rally, Arsenal Museum, Historic Quarters One Tours (\$5/person), Arsenal Attic Thrift Shop, Arsenal Island Golf Course & Clubhouse, COL Davenport House



(\$6/adult, kids free). Call (309) 782-8631 for more info. ([Flyer](#))

## **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](#))

## **Volunteers Needed for QC Marathon:**

On Sunday, **Sept. 28**, the Quad Cities Marathon will travel through the Rock Island Arsenal and we are looking for volunteers to help make this leg of the race run smoothly and successfully. We need lots of volunteers and no affiliation to the Army or Rock Island Arsenal is required so please feel free to share this notice far and wide with anyone who might want to volunteer. Please call Desiree at (309) 782-6789 for more info and to sign up.

## **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](http://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](#))

**MWR Storage Units:** Outdoor Recreation has two Mini Storage Units available. Each unit is 10' x 15'. The monthly user fee is \$70 each. To sign up or for more information, contact Outdoor Recreation at (309) 782-8630. Don't delay these units will go fast.

**Stand Up Paddling Class:** Join Outdoor Recreation for a one hour class in the new sport of Stand Up Paddle Boarding on Monday, **Aug. 18**, at 7 p.m.



Cost is only \$15 per person. To sign up or for complete details, contact Bob Lampert at (309) 782-8630.

## **Disney LIVE! Mickey's Musical**

**Adventure:** Disney hits are remixed to the hottest sounds of today featuring hip hop, pop, swing, reggae, rock, country and much more. The irresistible lineup of performers, including Mickey, Minnie, Donald and Goofy; Ariel, Sebastian and Ursula; Jasmine, Aladdin and Genie; and Woody, Buzz and Jessie; are among the more than 25 Disney stars featured in this jam session fit for the entire family. Discounted tickets on sale until **Sept. 23** (Lower \$23 upper \$16). Two shows 4 p.m. and 7 p.m.

**Love, Lies and the Lottery:** Peter Oostendorp's just discovered he's holding a winning lottery ticket for \$310 million. Wanting to keep this a secret (if that's possible) from his family and friends Peter plots how to get his ex-wife, his mother, her boyfriend, his best friend, a TV psychic, the plumber, and his dog all off his back so he can enjoy his new found fortune. Discounted seats (\$45) on sale until **Aug. 9**.  
Date: **Saturday, Aug. 23**  
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.

**MWR Inside Sale:** One man's junk is another man's treasure. Stop by to shop or rent a table and sell. No need to worry about the weather the Inside Sale will be located in Bldg. 60 Heritage Hall. Cost is \$5 per table.

Date: **Saturday, Sept. 13**

Time: **8 a.m. - 1 p.m.**

## **Galena Country Fair Bus Trip:**

Galena Country Fair hosts more than 150 vendors offering original handmade items, crafts and fine art. Held in picturesque Grant Park overlooking historical Galena, Ill. Family fun includes children's games, live music, great food, silent auction and so much more. Limited seats available at \$41 each.

Date: **Saturday, Oct. 11**

Time: **8 a.m. - 7 p.m.**

## **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 53<sup>rd</sup> 18 + IMAX

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

## 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, 1<sup>st</sup> 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



### Military Single Parent Group:

Attention All Single Parents in the Military – want to meet other single parent service members? Family Advocacy Program is holding an informational brainstorming session to determine the needs of our local single parents. Fun family events? How to be

both mom and dad to your children? Social events for parents? Come to the USO on **Aug. 6**, at 11 a.m., to join in the discussion. For more information, contact Jenny Kerr at (309) 782-3049 or [Jennifer.a.kerr10.civ@mail.mil](mailto:Jennifer.a.kerr10.civ@mail.mil).

**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](http://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, 1<sup>st</sup> floor, East.**

**Summer Blues – July 2014:** School's out and the kids are home enjoying the long days of summer; or maybe not. While July is considered by some to be the happiest month of the year, sometimes the change in routine or expectations of the season can lead you or your children to feel depressed. Depression in children or their parents is a concern as either can negatively affect a child's wellbeing. Children who are depressed may miss out on being with their peers and enjoying activities. It is also more likely for children who grow up with a depressed parent to be depressed in adulthood (*Weissman, Wickramaratne, Nomura, Warner, Pilowsky & Verdeli, 2006*). The good news is that treatment can help. A study reported in the Journal of the American Medical Association found that when mothers achieved remission of their depression symptoms through treatment their children also became less likely to be depressed (*National Institute of Mental Health, 2006*). Because treatment for mental health conditions can improve not only your life but also your children's, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and

confidential counseling and referral 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 depression, talk it over with a trained professional at the EAP. You can also access an anonymous screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org).

**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 **Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> 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 **Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1<sup>st</sup> 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.

**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more 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 Bldg. 56, 1<sup>st</sup> Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

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



## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> 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.**

### DoD Tightens Tuition Assistance

**Rules:** Force-wide changes to the military's Tuition Assistance program may require troops to pay back their TA money if they perform poorly in class. Service members taking undergraduate courses will have to achieve a grade of C or higher, and those taking graduate-level classes must obtain a grade of B or higher, or else they will be subject to "recoupment" and may have to pay out-of-pocket cash retroactively for the class's costs, according to an internal policy change that Defense Department officials approved July 7 but did not publicly announce. ([More](#))

### Save the Date: Webinars - Joint Services Transcripts and Military Transcript Evaluations:

The American Council on Education announced 2014 dates for two webinars: »» Demystifying Military Evaluations Fridays, 2 p.m.

EST (Sept. 5) [Register online](#) »» Using the Joint Services Transcript (JST) and the Military Guide Friday, 2 p.m. EST (Aug. 8) [Register online](#) The webinars are free but do require registration. A link to the event will be provided after registration.



## 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](http://www.commissaries.com) ([Facebook](#))**

**Case Lot Sales Return to Stateside Commissaries Aug. 14 - Sept. 30:** Case lot sales are back! With the unveiling of

the Commissary Customer Appreciation Case Lot Sale, the Defense Commissary Agency brings back the popular sales event for its stateside stores. Each commissary will hold a two-to-three-day event from Aug. 14 to Sept. 30. Case lot sales feature a multitude of items, some at savings of 50 percent or more, in full cases and in the club pack format found in off-base club warehouse stores. ([Schedule of case lot sales](#))



## 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](#))**

**Croquet Tournament Fundraiser to Help Historic House:** Step back in time for the third annual Colonel's Croquet Party on Saturday, **Aug. 23**, on Arsenal Island at 2 p.m. Don your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One. Croquet equipment will be provided.



There will be hors d'oeuvres and drinks served al fresco at Quarters One. No-host bar available. Creekside Vineyards Winery in Coal Valley, Ill., will provide a complimentary wine tasting. Attendees also receive a complimentary guided tour of the Colonel Davenport House. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. For more information or to purchase tickets, contact Jessica Waytenick at (309) 737-4280 or purchase tickets online at [www.davenporthouse.org](http://www.davenporthouse.org).

**This Week in Rock Island Arsenal History – July 21-27:** On July 23, 1865, the Rock Island Prison Barracks officially closed. On July 23, 1918, Civil War veterans visited the RIA Shops. By July 1898, the RIA was conducting final inspection and delivery to the Army of finished ordnance products manufactured by 46 different private contractors. Army arsenals could not meet the urgent war demand for equipment and weapons by themselves during the Spanish-American War. On July 28, 1937, Col. Norman Ramsey assumed command of the RIA. He was appointed Brigadier General on Oct. 25, 1940. He was RIA CO until 1944.



## Healthbeat

**Protect Yourself From New-To-U.S. Virus Carried By Mosquitoes:** A virus called "chikungunya" carried by mosquitoes that are common in the continental United States is likely to appear in locations where Soldiers, Army civilians and their families work and live. The virus, transmitted by the bite of an infected mosquito, causes high fever and joint pain, public health experts at the U.S. Army Public Health Command said. Symptoms also can include headache, muscle pain, joint swelling and rash, according to the U.S. Centers for Disease Control and Prevention. ([More](#))

**Officials Declare Overseas Polio as Public Health Emergency:** A resurgence of polio virus in 10 overseas countries has prompted the World Health Organization to declare the spread of the wild virus as a public health emergency of international concern, the director of the Military Vaccine Agency, Vaccine Healthcare Centers Networks, said yesterday. Polio was eradicated in the United States decades ago, but Army Col. (Dr.) Margaret Yacovone told DoD News that while strides were being made in overseas countries, Cameroon, New

Guinea, Syria and Pakistan are classified as exporting wild polio. The other six countries -- Afghanistan, Ethiopia, Iraq, Israel, Somalia and Nigeria -- have "serious, ongoing polio infections," she said. ([More](#))

**Tip of the Week – Moving with TRICARE:** Following these simple steps can help for a smooth transition to your new area. Plan Ahead: • Fill your prescriptions – Use TRICARE Mail Order Pharmacy, the local Military Treatment Facility pharmacy or a TRICARE retail network pharmacy to make sure you have enough medication to last throughout your move. Schedule routine physicals, well-child care or Immunizations before your move. • Request Medical Records – Ask for copies of your medical records before you move. Active duty service members cannot be charged for medical record copying. All other TRICARE beneficiaries can be billed by the provider for copying medical records. • DEERS Changes and Updates – Make sure you and your family's information is current in the Defense Enrollment Eligibility Reporting System. To verify or update your information, Log in to the milConnect website. Correct information in DEERS will prevent problems if you or your family needs



care while moving. After you move to your new location, do not forget to update DEERS with new address etc. • Transfer Your TRICARE Enrollment – Do not disenroll before moving to gaining region. Please refer to your TRICARE plans enrollment page for more information on how to transfer your enrollment. Have a great TRICARE day!

**Physical Clinic:** The Rock Island Arsenal Health Clinic, located in the basement of Bldg. 110, SE Wing, will be holding a Physical Clinic by appointment only on the following dates from 4:20-6:20 p.m.: Monday, **July 28**; Wednesday, **July 30**; Monday, **Aug. 4**; Wednesday, **Aug. 6**; Monday, **Aug. 11**; and Wednesday, **Aug. 13**. Parents must have physical forms filled out for start of appointment in order to be seen by provider. Forms can be found on each individual school website. Back to back appointments may be booked, but are limited to two per family, per day, to ensure the best possible care and attention is given to each patient. We must have proof of immunizations to complete forms. Illinois requires dental and eye exam –



these services not provided by RIAHC. Appointment Line: (309) 782-0805 or [www.tricareonline.com](http://www.tricareonline.com).

## Notes for Veterans

### **Expedited Firing Is VA Chief's No. 1 Priority, But Bill to Allow That Is in Limbo:**

The interim chief of the Veterans Affairs Department spoke repeatedly on Thursday of the need to clean house at the agency, saying only administrative red tape has prevented him from firing more employees. Also on Thursday, however, House-Senate negotiators took a significant step backward on reaching a compromise on a bill that would grant VA officials authority to more easily remove poorly performing staff. ([More](#))

**Invitation to Veterans:** The Green Rock-Colona American Legion Post 1233 is inviting all veterans, active and non-active, and their families and friends, to come and enjoy prizes, music, guest speakers, and comradery, on Saturday, **July 26**, 10 a.m. - 6 p.m. Our post is spearheading a veterans' drive that is crucial to the survival of all American Legion posts. Come and learn what we stand for. Our goal is to help our veterans near and far that have given

so much for our freedom. Sign up for all area posts. Membership for all active duty military members is free. Smokin' Joes will be serving a full menu of all veterans get ½ off their food purchases. This event will take place at the Green Rock-Colona American Legion Post located at 312 Broadway St., Colona, Ill. POC phone at (309) 792-8934 and ask for Anna.

## 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.

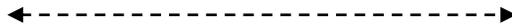
**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))



***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.



- July 25-26:** [43<sup>rd</sup> Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
- June 25-28:** [Ring Davenport](#) (RiverCenter, Davenport)
- July 26:** [41<sup>st</sup> Annual Quad-City Times Bix7](#)
- July 29-Aug. 3:** [95<sup>th</sup> Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
- July 31-Aug. 3:** [43<sup>rd</sup> Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
- Aug. 2:** [British Auto Fest](#) (LeClaire, Iowa)
- Aug. 7:** [2<sup>nd</sup> Annual Freedom Run 5K](#) (East Moline, Ill.)
- Aug. 7-9:** [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)

- Aug. 8:** [11<sup>th</sup> Annual Doggie Dip](#) (Fejervary Family Aquatic Center, Davenport)
- Aug. 8-9:** [22<sup>nd</sup> 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:** [28<sup>th</sup> Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
- Aug. 15-16:** [10<sup>th</sup> 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:** [15<sup>th</sup> Annual WQPT Brew Ha Ha](#)
- Sept. 20-21:** [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
- Sept. 28:** [17<sup>th</sup> 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.)
- Oct. 25-26:** [2<sup>nd</sup> Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, 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:** [19<sup>th</sup> 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,*



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**Taken at face value?**  
**It might not be worth much.**

**The Face of Indiscipline**

He's new to his unit but fits right in. A hard, dedicated worker, he never complains when he has to hurry up and wait. He's the kind of guy everyone wants on the team. He's also a fitness buff, 300+ on the APFT, six-minute miler, committed to personal health and fitness, as well as the challenges of being a Soldier. He can't swim a stroke and no one knows it. He and his battle buddies are planning a canoeing outing when the weather gets a little warmer. Two hours into their eight-hour adventure they will encounter some rough water. When our non-swimmer's canoe flips in the rapids, he won't be wearing his personal flotation device.

Where is that commitment to his own wellbeing?

Discipline takes many forms, as does indiscipline. Know what's right and do what's right.

**KNOW WHAT'S RIGHT**  
**know the signs**  
**DO WHAT'S RIGHT**

   
ARMY STRONG. U.S. ARMY CORPS OF ENGINEERS SAFETY CENTER  
<https://safety.army.mil>

