

Aug. 25, 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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Labor Day Holiday Safety Message:

Labor Day, celebrated on the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of our American workers. This weekend, many of us will celebrate this national tribute to the contributions workers have made to the strength, prosperity, and wellbeing of our great nation. Our collective labors have added

materially to the highest standard of living and the greatest production capacities the world has ever known. It is appropriate that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership- the American worker. As we engage in social activities and celebrations with our teammates, our family and friends, remember that we could be at risk. Accidents seriously

degrade our Army's readiness. Protecting the Force extends beyond military operations and must be a part of everything we do, both on-duty and off-duty. Leader involvement is critical to the success of our collective accident prevention efforts. Remember, accidents do not take a holiday! Talk with your personnel about their planned activities



"HOME OF US ARMY LOGISTICS"



and review safety best practices for events such as picnics, swimming, hiking, bicycling, motorcycle riding, and other outdoor activities. I urge all to exercise sound judgment, integrate risk management principles into everything you do, and ultimately make the right risk decisions to keep yourself and your loved ones safe. Leaders can, and do, make a difference! Good leaders set the standard, train teammates to standard, and enforce the standards. Take great pride and satisfaction in your personal and our collective labors that have resulted in our many successes that have contributed tremendously to the greatness of our nation. Thank you for your dedication, your hard work, and selfless service in support of our nation's defense. – *Maj. Gen. Kevin O'Connell, Senior Mission Commander, Rock Island Arsenal*

New First Army Command Teams, Advisors Set Up for Success at Conference:

First Army brought its new commanders, senior enlisted leaders and Army National Guard advisors here this week to better equip them to carry out their duties. In all, 20



Soldiers attended the three-day First Army New Command Team Orientation and Senior Advisors to Army National Guard Certification, a conference designed to assist in the transition of newly assigned brigade commanders, brigade command sergeants major and SRAAGs. ([More](#))

Rock Island Arsenal Sergeant Audie Murphy Club Inducts First 51C:

An Army Contracting Command-Rock Island contract specialist was inducted into the Rock Island Arsenal Sergeant Audie Murphy Club here Aug. 12. Staff Sgt. Marie Sanders-Gulas said she was honored to have been chosen especially because she is the first 51C, contracting non-commissioned officer, to be inducted into the club's Rock Island chapter. ([More](#))



RIA recognizes Women's Equality Day:

Rock Island Arsenal recognized Women's Equality Day at a ceremony, here, Aug. 26. Joy Boruff, executive director of the Moline Foundation, was the guest speaker. She highlighted the great work of Carrie Chapman Catt, a

Upcoming Dates

- Aug. 29:** Quarters One Ghost Hunters Dinner Tour [📅](#)
- Sept. 4:** USO Fall Fundraiser, Wine and Cheese Tasting
- Sept. 9-11:** DA Photos
- Sept. 10:** Tenant Senior NCO Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Sept. 11:** Patriot Day, Patriot Day Ceremony (TBD)
- Sept. 13:** 3rd Annual COL Davenport House Croquet Party, 2 p.m.
- Sept. 17:** Employment & Education Fair, Heritage Hall, 10:30 a.m. - 1:30 p.m.
- Sept. 18:** RIA DeCA & AFFES Advisory Council, Commissary (DeCA), 1 p.m.
- Sept. 18:** RIA Islandwide Town Hall, Heritage Hall, Bldg. 60, 4 p.m., (Tentative)
- Sept. 18:** Honor Flight of the Quad Cities (QCI Airport)
- Sept. 24:** Right Arm Night, Arsenal Island Golf Course Clubhouse, 4:30 p.m.
- Sept. 25:** Newcomer's Orientation and Tour of RIA and the QC, Arsenal Island Golf Course Clubhouse, 8 a.m.
- Sept. 25:** RIA 4th Quarter Retirement, Retreat & Award Ceremony, Heritage Hall, 2 p.m.
- Sept. 28:** Quad Cities Marathon, 7:30 a.m.
- Oct. 2:** Graduation Recognition Ceremony, Heritage Hall, 1 p.m.
- Oct. 3:** Oktoberfest, Quarters One Lawn, 5:30 p.m.
- Oct. 3:** DFMWR Fall Golf Tournament, Arsenal Island Golf Course, 9 a.m.
- Oct. 7-9:** DA Photos
- Oct. 8:** Garrison EEO Disability Awareness Month Fair, Heritage Hall, 10 a.m. - 1 p.m.
- Oct. 9:** Illowa Bi-State CFC Kick Off, Heritage Hall, 11 a.m. - 1 p.m.
- Oct. 25:** Army Retiree Appreciation Day, Heritage Hall, Bldg. 60



world. To enhance how the Army hires, trains, develops, and sustains this strategically important workforce, the Army created the Civilian Workforce Transformation (CWT) Program. ([More](#))

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 **Aug. 30**, 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.



US Army Corps of Engineers®
Rock Island District

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Sept. 12, 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.



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 POW/MIA Recognition Day Ceremony Cancelled:

The Arsenal Island observance event, previously scheduled for Sept. 19 has been cancelled. Sept. 19 remains a national observance traditionally observed on the third Friday in September each year. "Missing... Seeking Answers" is the theme for this year's Recognition Day. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at



sea, state capitols, schools and veterans' facilities. It is. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([More](#))

Halloween in September Murder at the Lodge:

Women In Defense 2nd Annual Halloween Murder Mystery Dinner: Friday, **Sept. 19**, at The Lodge, Bettendorf. \$40 per person/WID members \$35 per person. (Includes door prizes, Taco Buffet, prizes for 1st, 2nd & 3rd Best Costume). Registration/payment due by Sept. 12. Flyer may be found at: www.widiic.org.
Time: **6:30 p.m.**

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.

FMWR, Commissary, and Post Exchange Advisory Council Meeting:

There will be a FMWR, Commissary, and Post Exchange advisory council meeting held Thursday, **Sept. 18**, 1-2 p.m., in Bldg. 90, 2nd floor, in Room 25. 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.

VIOS Schedule for September, October, November, and December:

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **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.

Arsenal Island Employee Local Discounts: *The following discounts are exclusively available to Arsenal Island employees –* **Chocolate Manor, 110 E 2nd 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



Parking Lot 0J and Lot 3K Repair:

Phase II is nearing completion and opened for parking Aug. 8. The contractor began milling the south half of parking lot 3K and began curb and gutter work on Aug. 9. Phase III is expected to be completed in approximately 60 days depending on weather. The north half of 3K will remain open with access from the east off of Gillespie. Since April 28, the Directorate of Public Works resumed work on the repair of parking Lot 0J and 3K, which are 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 the lot 0J and repaving of the south half of Lot 3k. Work has been taking place in a three phased approach to minimize the effect on traffic flow and parking. Signage and safety barriers have been positioned at appropriate locations. The project is scheduled to be completed by **Sept. 1.**

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.

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

There are no announcements at this time.

Active Duty/Reserve Zone

Interstate Compact Now Signed By All 50 States: With the signing of Senate Bill 6887 by Governor Andrew Cuomo, New York becomes the 50th state to adopt “The Interstate Compact on Educational Opportunity for Military Children” into law. The new law eases

the transition to a new school for children of military families that relocate as a result of military orders. “Honoring our veterans, service members and military families for their service and sacrifice is one of our highest responsibilities as New Yorkers – and today our state is taking a tremendous step forward in how we support both these brave men and women and their loved ones,” Governor Cuomo said. “This new law is a comprehensive package of reforms that will benefit the members of the armed forces and those who support them in communities across the state. From helping children of military families succeed in school, to opening doors to spouses and loved ones in their careers and honoring the ultimate sacrifice with expanded burial assistance, this legislation is comprehensive and needed. I am proud to sign this bill into law today, and I thank the many legislators, advocates and community leaders who fought alongside us to make it a reality.” [\(More\)](#)

Master Fitness Trainer Course: U.S. Army Training and Doctrine Command's Master Fitness Trainer Course (MFTC) trains selected non-commissioned officers and commissioned officers in all aspects of

the Army's physical readiness training system. This training allows selected Soldiers to advise units on physical readiness issues and monitor unit and individual physical readiness programs. The instruction includes exercise science, training principles, prescription, leadership, physical fitness assessment and unit physical readiness programs aligned with current Army doctrine and regulations. An additional skill identifier of 6P for officers and P5 for NCOs will be awarded upon successful course completion. The MFTC mission is to meet the Army Chief of Staff's intent to provide certified master fitness trainers and advisers to commanders from division down to company level. [\(More\)](#)

Safety Spotlight

IMCOM CG's Labor Day Holiday Safety Message: We celebrate Labor Day across the country to recognize the achievements of American workers and the contributions they made to the strength, prosperity and well-being of our country. Our Army has ample reasons to be especially proud of the work you do every day on behalf of Soldiers and Families. You deserve a day off and should take the time to enjoy this holiday weekend - but do it with



appropriate planning and awareness for safety. Many of us will celebrate this occasion with family and friends. Holiday celebrations often mean more travel and increased recreational activities which increases the risk of accidents. Let us use effective risk assessments and countermeasures to help prevent accidents on and off duty this Labor Day. Privately owned vehicle accidents present the greatest threat to our safety. All IMCOM Soldiers should use the [TRiPS system](#) prior to driving long distances. As with every holiday, civil authorities will be out on the roads to ensure highways are safe from impaired drivers. Implement the Army Values of Integrity and Honor in doing what is right. Do not drink and drive. Get plenty of rest. Put down the cell phone. Your contributions to the IMCOM Family are invaluable and we need you back safely. While enjoying water-related activities, remember that with these activities comes added responsibilities. Do not swim alone and only swim in approved swimming areas. When temperatures are extreme, take necessary precautions to reduce the possibility of heat injuries by drinking plenty of water, using sun screen and not over doing outdoor activities. With your diligence, IMCOM will continue the tradition of excellence and safety - plan

and prepare for your holiday activities and look out for one another. CSM Hartless and I are honored to serve with each of you. Have a happy and safe Labor Day weekend! Army Strong! – Lt. Gen. David Halverson, Commanding General, IMCOM – Command Sgt. Major Jeff Hartless, Command Sergeant Major, IMCOM

Two-year Army Safety Awareness Campaign: Every two years, the U.S. Army releases a new safety campaign intended to promote individual responsibility and engagement on all fronts among leaders, Soldiers, civilians, families and peers to help prevent fatalities and injuries throughout the year. Safety has a direct correlation to unit and individual readiness. Unit readiness is defined as having adequate personnel, materiel and supplies, equipment and training that, when properly balanced, enables immediate and effective application of military power. Leaders should ask themselves, "Is my unit ready for whatever event or situation will come next?" Individual readiness is defined as being physically and mentally capable of executing any given task. Individuals should ask themselves, "Am I ready for whatever event or situation will come next?" ([More](#))

Equal Opportunity Focus

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Garrison EEO Disability Awareness Month Fair: The Garrison EEO Disability Awareness Month Fair will be held Wednesday, **Oct. 8**, 10 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. Participants will include representatives from: • Illinois/Iowa Center for Independent Living; • Quad Cities Vet Center; • Army Community Services; • Good Will; • Genesis Health; • CPAC; and • ASC G1. For additional information or accommodation contact [Carmen Ausborn](#) at (309) 782-2927.

Morale, Welfare & Recreation (MWR)

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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.

Ghost Hunters Dinner and Tour of Quarters One: Enjoy dinner at the Arsenal Island Golf Clubhouse followed



by ghost hunting Friday, **Aug. 29**, at 6:30 p.m., in Historic Quarters One led by the Rock Island Paranormal Society. The cost is \$35 per person and reservations can be made by calling (309) 782-4372. Date subject to change/cancellation based on number of reservations. ([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.



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](#))

Walt Disney Military Promotion

Tickets: 2015 Walt Disney World is saluting U.S. military personnel by

offering Disney 4-Day Military Promotional Tickets. The Park Hopper Option is included, so you can come and go as you please through all four theme parks each day of your ticket. Purchase from **Aug. 25, 2014 through Sept. 30, 2015** and receive admission on any four days for just \$177 with the exception of the following blackout dates: • **Dec. 22 through Jan. 2;** • **March 29 through April 9.** And if you're looking for a little extra magic, add the Water Park Fun & More option for just \$30 more plus tax.

MWR Outdoor Recreation Storage

Units Available: Outdoor Recreation now has two indoor storage units available. Each unit is 10' x 15' and \$70 per month. Hurry these won't last. For more information or to sign up please phone (309) 782-8630.

RIA MWR Small Vehicle RV Storage

Lot: Outdoor Recreation now has space for several vehicles in the North RV Storage Lot. Vehicles must be 20' or less in length. Cost is \$20 per month. For complete details please phone (309) 782-8630. Hurry these spaces will be gone fast.

Books Are Fun: Books Are Fun will be visiting Bldg. 60 Heritage Hall area for two days, Tuesday, **Sept. 9** –

Wednesday, **Sept. 10.** They will be offering discounted books and merchandise.

Time: **9 a.m. – 2 p.m.**

MTP Audit Time: The Leisure Travel office will be taking ticket orders w/payment for WDW and Universal tickets until Wednesday, **Sept. 10.** Ticket ordering will resume on Wednesday, **Sept. 24.** Please remember there is a two - three week delivery.

Leisure Travel Office Relocating: In order to better serve our customers, on **Sept. 18**, the Leisure Travel Office will be moving to Bldg. 333 where it will be co-located with Outdoor Recreation. The phone number will remain the same, (309) 782-5890, and we'll still offer all the great travel and entertainment deals you've come to expect so come on down and see us at our new location beginning on the **Sept. 18.** ([More](#))

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.

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. ([More](#))
Date: **Saturday, Sept. 13**
Time: **8 a.m. - 1 p.m.**

MWR Outdoor Recreation
Maquoketa River Canoe Trip: Join Outdoor Recreation for a scenic canoe trip down the Maquoketa River. Cost is \$35 per canoe or \$20 per kayak. Participants must register and prepay at Outdoor Recreation by **Sept. 19**. For complete details phone Bob Lampert at (309) 782-8630. ([Flyer](#))
Date: **Saturday, Oct. 4**
Time: **9 a.m. - 2 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.**

Circa 21: Funny You Don't Look Like A Grandmother: This humorous, heartwarming musical revue looks at modern grandmothers in a whole new light. These are the women who have thrown away the granny glasses, shapeless black dresses and Red Cross shoes and replaced them with cute little tennis dresses, skis and a condo in Florida. Whether you are a grandparent or a grandchild, every generation will love this show. Discounted tickets (\$45) available until **Oct. 11**.
Date: **Saturday, Oct. 25**
Time: **5:45 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: The Leisure Travel Office is still offering discounted one day admission (\$45) tickets now through Fright Fest. We also have discounted parking tickets.

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.

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Child, Youth & School Services

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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.

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Army Community Service (ACS)

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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



Scream Free Marriage Course 1: ACS is hosting three class sessions Wednesday, **Sept. 10**, 4-5:30 p.m., that may provide class participants with new skills and techniques to assist them with effective communications skills with their partner. RSVP with Army Community Service at (309) 782-0829. ([Flyer](#))

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Employee Assistance Program

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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.

Posttraumatic Stress Disorder – August 2014: Posttraumatic Stress Disorder has been receiving greater attention in recent years as reports of the high incidence of the disorder among Soldiers returning from deployment in Iraq has increased awareness and research of this disorder. However, Soldiers are not the only people who can develop PTSD. PTSD affects approximately eight percent of the United States population, with between a quarter and one-third of people who experience a significant trauma developing PTSD (National Center for PTSD). Significant trauma is considered any event that is dangerous or upsetting such as an assault or violent attack, combat, natural disaster, or vehicle crash. Symptoms of PTSD, which can occur anytime after the event, include: re-experiencing the event, having recurring nightmares, avoiding reminders of the event, being less responsive, feeling detached and less interested in life activities, increased arousal, having angry outbursts, or difficulty sleeping (National Center for PTSD). The good news is if you or



someone you know has been experiencing symptoms such as those described above treatment is available. 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 questions about PTSD, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 23, Oct. 28, Nov. 25, and Dec. 16;** in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call (309) 782-2552.

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 taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Sept. 16, Oct. 21, Nov. 4, and Dec. 9,** in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs (search key word "time management") or call (309) 782-2552.

Community Resiliency Academy Announcement – Real Colors: Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Sept. 17, Oct. 15, Nov. 12, and Dec. 10.** Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at (309) 782-2551.

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: Grieving? We can help. 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 from 3:00 until 4:00 in Bldg. 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 Bldg. 56, 1st Floor, East Wing.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.



Attention Service Members, Are You a Recent Army College Graduate?:

The Rock Island Army Education Center is hosting its Inaugural College Commencement Recognition Ceremony. This year's event is scheduled for **Oct. 2** in Bldg. 60. If you completed a college degree/certificate in FY14, we invite you to join us in celebrating your accomplishment and recognizing the hard work it takes to reach your educational goals while serving in the military. If interested in participating in the ceremony, please contact us no later than **Aug. 28**. POC:

stephanie.e.allers.ctr@mail.mil (309) 782-2065.

Time: **1-3 p.m.**

RIA Army Education Center Co-Hosting Employment-Education

Event: The U.S. Army Garrison Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **Sept. 17**, 10:30 a.m. - 1:30 p.m., in Heritage Hall, Bldg. 60. If you missed our last big event in April, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, Veteran Service Organizations to assist with resources and resume development and up to 20 local and online academic

institutions in attendance to provide information regarding educational opportunities for Soldiers, veterans, family members and government employees. Please join us to learn more about educational opportunities and how they can benefit you. Point of Contact: Stephanie Allers, Guidance Counselor stephanie.e.allers.ctr@mail.mil or (309) 782-2065 for further information.

Save the Date: Webinars - Joint Services Transcripts and Military Transcript Evaluations: The American Council on Education announced 2014 dates for a webinar: »» Demystifying Military Evaluations Fridays, 2 p.m. EST (**Sept. 5**) [Register online](#) The webinar 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 ([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 Event Postponed Until Sept. 13:

The Colonel Davenport Historical Foundation decided to postpone the Colonel's Croquet Party until Saturday, **Sept. 13**, due to the very hot and humid weather. "We know that it is a last-minute decision, but it's not going to be a very fun afternoon if everyone is too hot. We want to be considerate of the welfare of our attendees," said Jessica Waytenick, CDHF Board Vice President. Step back in time for the third annual Colonel's Croquet Party on Saturday, **Sept. 13**, 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.

Rock Island Arsenal Historical Society Publicity – Upcoming Sept. 4 Meeting:

The Rock Island Arsenal Historical Society will start off its 2014-15 season with a picnic Thursday, **Sept. 4**, at 6 p.m., at the picnic pavilion near the COL Davenport House. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest entertainment will be the Quad City Ukulele Club. The Club plays songs that range from the patriotic to rock. The picnic menu will include fried chicken, baked beans, pasta salad, rolls, chips, cookies and coffee, tea and/or water, prepared by the Arsenal Island Golf Course Clubhouse, all for \$8, including tax and tip. For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email chiicaliinda@aol.com. Reservations are due on Monday, **Sept. 1**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal

History – Aug. 25-Sept. 1: On Aug. 28, 1868, Bvt. Major Gen. Lorenzo Thomas, Inspector of National Cemeteries visited the RIA. General Thomas recommended that the cemetery be relocated on higher ground at the east end of the island. The cemetery was moved to its present location. The first case of Spanish Influenza appeared at RIA on Aug. 29, 1918. By Nov. 9, 1918, 73 more cases and nine cases of pneumonia had been diagnosed at RIA post hospital. On Sept. 1, 1863, excavation for the first permanent RIA building (Clock Tower) began. In September 1866, the RIA took possession of wagon bridge to village of Rock Island.

Healthbeat

Rock Island Arsenal Health Clinic

Closures & Limitations: The Health Clinic will have the following closures and limitations in the coming month: • Limited appointments **Sept. 5-12**; • One provider on leave; • X-ray will not be available **Sept. 2-5**.

Signs of Suicide: Watching Your

Buddy's "6": You are helping to reduce suicides in the Army. Soldiers at every



rank continue to make efforts to help their buddies who might be struggling with thoughts of hurting themselves. We must continue to support our fellow Soldiers because one suicide is too many. All branches of the military have ramped up suicide prevention efforts. One example of this is the Army Applied Suicide Intervention Skills Training (ASIST), which focuses on recognizing opportunities for leaders and buddies to intervene. ([More](#))

Join the Voices for Recovery: Speak up, reach out: Do you know someone whose alcohol or drug use is affecting their work, health or relationships? Addiction affects people of all ages regardless of income, education, ethnicity, sexuality and/or community. Continued misuse leads to addiction and requires professional help. National Recovery Month is observed in September to raise awareness and educate communities about the prevention, treatment and recovery resources available for mental and substance abuse. ([More](#))

Preventing Rabies During Deployment: September 28 is World Rabies Day, a time to raise awareness about rabies and to enhance prevention and control efforts. In the United States,

rabies is relatively rare, thanks in part to strong pet vaccination programs, but around the world an estimated 55,000 people die of rabies each year. Many of these deaths are due to dog bites, as many countries lack effective animal vaccination programs. Soldiers must understand how to reduce their risk of rabies when travelling or during deployment. ([More](#))

Army Medicine Ambassador Program: The Army Medicine Ambassador Program is a strategic engagement initiative and formal program to tell the Army Medicine, Army Health and Army Readiness story during local, regional or national events. Its purpose is to share information and is a powerful influencer in transforming Army Medicine from a healthcare system to a system for health. Ambassador opportunities/events include speaking engagements, outreach programs, education programs, seminars and media engagements. Ambassadors consist of personnel from military and dental treatment facilities to include command surgeons, spouses, active and retired military officers/enlisted personnel and DA civilians who are strongly involved with the military health system. ([More](#))



Notes for Veterans



VA Takes Next Step to Modernize Scheduling System: The Department of Veterans Affairs (VA) today announced plans to issue a Request for Proposal (RFP) for a new Medical Appointment Scheduling System; the next step in a series of actions VA has taken to replace its antiquated legacy scheduling system. The new system will improve access to care for Veterans by providing medical schedulers with cutting-edge, management-based scheduling software. The RFP will be made public by the end of September 2014; eligible vendors will have 30 days to respond from the day of issuance. ([More](#))

VA Outlines Actions Taken to Improve Access to Care, Implement Recommendations from the Office of Inspector General: The Department of Veterans Affairs (VA) Office of Inspector General (OIG) today released the final report of its review of systemic issues with patient scheduling and access issues at the Phoenix VA Health Care System (PVAHCS). VA concurred with the recommendations in the final report and, in many cases, has already implemented action plans and made



improvements that respond to the OIG's recommendations. ([More](#))

VA Releases New Version of the GI Bill® Comparison Tool:

The Department of Veterans Affairs (VA) today launched an improved version of the GI Bill® Comparison Tool, which was first launched in February 2014. The GI Bill Comparison Tool is designed to make it easier for Veterans, Servicemembers, and dependents to estimate their GI Bill education benefits and learn more about VA's approved college, university, and other education and training programs across the country. It also provides key information about college affordability and value so beneficiaries can choose the best education program to meet their needs. ([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:

- **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.

- Aug. 30:** [200th Anniversary of the Battle of Credit Island Commemoration](#) (Credit Island, 2200 W River Drive, Davenport)
- Aug. 30:** [Pontiac Fiero Car Show](#) (Village of East Davenport)
- Aug. 30:** [Inaugural Quad-Cities Overdose Awareness Walk](#) (9:45 a.m., Lafayette Park, Davenport)
- Aug. 30:** [Milan Labor Day Parade](#) (541 4th St W, Milan, Ill.)
- Aug. 30-31:** [Rock Island Grand Prix](#) (Downtown Rock Island)

Aug. 31-Sept. 1: [Pioneer Village Labor Day Weekend Festival](#) (Long Grove, Iowa)

Sept. 1: [Labor Day Fireworks - Red, White & BOOM!](#) (Schwiebert Riverfront Park)

Sept. 1: [30th Annual Rock Island Labor Day Parade](#) (Washington Junior High, Rock Island)

Sept. 1: [East Moline Labor Day Parade](#) (East Moline, Ill.)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 1: [74th Annual Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)

Sept. 3: [Quad Cities Walk to End Alzheimer's Bank Day](#) (2208 E 52nd St, Davenport)

Sept. 5: [4th Annual Pints for Preservation](#) (Niabi Zoo, Coal Valley, Ill.)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [2nd Annual Bags & Brews](#) (Lindsay Park, Davenport)

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: [Lift 4 Lupus](#) (QC Barbell Davenport)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 7: [QC Fall Bridal Fair](#) (iWireless Center)

Sept. 12: [40th Anniversary Red Ruby Gala](#) (Figge Art Museum, Davenport)

Sept. 13: [Indoor Yard Sale](#) (Heritage Hall, Bldg. 60, Rock Island Arsenal)

Sept. 13: [Colonel's Croquet Party](#) (COL Davenport House, Rock Island Arsenal)



Sept. 13: [Taming of the Slough](#) (Empire Park, East Moline)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 13: [50th Anniversary of the Start of the Vietnam War dinner, hosted by the local U.S. Navy Seabee Vietnam Veterans of America](#) (4 p.m., American Legion, Moline)
Sept. 13: [Hilltop Campus Village 5th annual Fall Music Festival](#) (Hilltop Campus Village, Davenport)
Sept. 13: [It's Glow Time 5k](#) (Bass Street Landing, Moline)
Sept. 13: [National Alliance on Mental Illness Greater Mississippi Valley Walk](#) (Centennial Park, Davenport)
Sept. 14: [Quad Cities Culinary Ride](#) (Quad Cities Food Hub, 421 W River Dr, Davenport)
Sept. 19: [National POW/MIA Recognition Day Ceremony](#) (10 a.m., POW/MIA Marker, Rodman Ave., Rock Island Arsenal)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20: [SAU Killer Bee 5K Run/Walk](#) (Rogalski Center, Davenport)
Sept. 20: [Walk with Travis](#) (Scott County Park's Whispering Pines Shelter, Davenport)
Sept. 20: [Jog For Henry's Dog Walk/Jog With Your Dog](#) (Crow Creek Park, Bettendorf)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 21: [Dog Day Afternoon Crawl for a Cause](#) (Downtown Davenport)
Sept. 21: [Quad Cities Mustang Club Fall Cruise In](#) (Dahl Ford, Davenport)

Sept. 21: [2nd Annual QC Fun Con](#) (Clarion Hotel, Davenport)
Sept. 27: [One Mile Walk for Prostate Cancer](#) (1201 River Dr., Moline)
Sept. 27: [Quad City Animal Welfare Center 12th Annual Mutt Strut](#) (Quad City Animal Welfare Center, 724 2nd Ave W, Milan, Ill.)
Sept. 27: [2nd Annual Fall Fling & Artisan Market](#) (Skeleton Key Art and Antiques, 520 18th St, Rock Island)
Sept. 27: [Free Family Day at Figge Art Museum](#) (Figge Art Museum, Davenport)
Sept. 27: [2nd Annual Mutts on the Mississippi Bi-state Run/Walk](#) (Clinton, Iowa)
Sept. 27: [Inaugural LiveFit With Lupus Golf Outing Extravaganza](#) (Hidden Hills Golf Course, Bettendorf)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [4th Annual Walk/Run for Wishes](#) (Modern Woodmen Park)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [QC Bacon Bash](#) (Mississippi Valley Fairgrounds)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 5: [Color in Motion 5K Quad Cities](#) (Mississippi Valley Fairgrounds)
Oct. 5: [Q.C. Gearheads Buffalo Pumpkin Patch Car Show](#) (Buffalo Pumpkin Patch, 4th Street, Buffalo, Iowa)
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. 18: [Shamrock 'n Roll](#) (The Stern Center, 1713 3rd Ave, Rock Island)

Oct. 18: [Wholistic Arts Festival](#) (Mississippi Valley Fairgrounds)
Oct. 18: [Northpark October Craft/Vendor Show](#) (NorthPark Mall, Davenport)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25: [Military Appreciation / Pumpkin Cannon Festival Weekend](#) (Country Corner Farm Market & Pumpkin Patch, 5333 Us Highway 150, Alpha, Ill.)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Oct. 25-26: [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)
Nov. 15: [Southpark Mall November Craft and Vendor Show](#) (SouthPark Mall, Moline)
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](#).



HERE IT COMES Is your home ready?

Make an Emergency Kit!

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps

READY ...OR NOT?

Ready ... OR NOT is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are **YOU** ready ... or not?

