



June 19, 2019

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

Island Insight Submission: <https://home.army.mil/ria/index.php/contact/public-affairs>

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Joint Munitions Command Inducts Nine to Ammunition Hall of Fame

U.S. Army Joint Munitions Command inducted nine people into the Ammunition Hall of Fame at a ceremony on June 13. Brig. Gen. Michelle M. T. Letcher, Commanding General, JMC, presided over the ceremony,



recognizing the 2019 inductees for their enduring contributions to JMC's ammunition mission. The Ammunition Hall of Fame honors former military and civilian personnel who were instrumental in advancing the Army's ammunition mission, recognizing those whose experience instrumentally sustained and advanced ammunition. JMC created the Ammunition Hall of Fame in 2011 to honor such contributions. Inductees are nominated by their peers. A selection panel scores the nominations and provides recommendations to the Commanding General, JMC. The 2019 class served a combined 312 years of service from the Korean War to the present, representing every aspect of the ammunition mission, from research and development, through production and storage, to quality assurance and demilitarization. Of the nine individuals inducted,

Upcoming Dates

June 19: Real Teams, Class location is pending, 8 a.m. – 12 p.m.

June 19: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

June 20: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.

June 20: Rock Island Arsenal Quarterly Retirement Ceremony, Heritage Hall, Bldg. 60, 2 p.m.

June 21: MVRBC Blood Drive, CRD Room, Bldg. 60, 10 a.m. - 1:30 p.m.

June 24-28: Quad Cities Navy Week

June 26: Suicide Prevention Guest Speaker Event, "Talk Saves Lives," Heritage Hall, Bldg. 60, 10 a.m. - 11:30 p.m.

June 26: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

June 26: Quad Cities Navy Week Navy Band Wind Ensemble, Schwiebert Riverfront Park, 6-8 p.m.

June 27: Newcomer's Orientation and Bus Tour, Arsenal Island Clubhouse, 8 a.m. - 5 p.m.

June 27: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.

June 27: Navy Night at Modern Woodmen Park, Burlington Bees vs. Quad Cities River Bandits, 6:35 p.m.

June 29-30: Quad City Air Show featuring the United States Navy Blue Angels, Davenport Municipal Airport, 8 a.m. - 5 p.m.

July 1: Coffee Break, ACS, Bldg. 110, 9:30-10:30 a.m.

six were represented at the ceremony. (More: www.army.mil/article/223144)

Journey to Leadership Students Graduate at Rock Island Arsenal

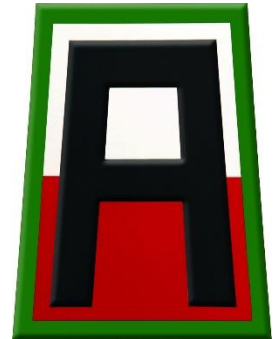
The U.S. Army Sustainment Command hosted a graduation ceremony for 28 employees who completed in the Journey to Leadership program, here, June 6. The JTL program was created by ASC to select and develop high-potential individuals ready to fill future leadership positions. JTL helps participants identify their strengths and build on their weaknesses through opportunities and exposure to other organizations. "I am a very introverted person, I was really uncomfortable and not looking forward to being there," said Paul Howard,



industrial specialist, Rock Island Arsenal Joint Manufacturing and Technology Center, "but thanks to the class and to the instructors, who were all very welcoming and encouraging, my confidence has built up so much. I am so glad I stayed." "I got a lot more out of it than I anticipated," said Megan Schumacher, division chief, production engineering, RIA-JMTC, "I learned a lot about other commands, their problems, and about what they do." Other participants said they are pleased with how the program has helped them learn more about themselves and created "windows of opportunities" for them to benefit from in the future, such as building long-lasting relationships. (More: www.army.mil/article/223053)

First Army: Building Readiness and Lethality through Total Force Partnerships

Building readiness and lethality to fight and win the nation's wars requires partnership, trust and realistic training across the Active and Reserve components to fight shoulder-to-shoulder. Under Army Total Force Policy, or ATFP, members of all components are trained and held to the same standard. As U.S. Army Forces Command's coordinating authority for implementation of ATFP, First Army supports Reserve Component pre-mobilization, post-mobilization, demobilization and leader development through established partnerships. This helps units maximize their collective training opportunities and assists commanders in meeting their objectives. To perform this mission, First Army has a presence at 11 dispersed installations in the continental US, where it provides pre- and post-mobilization support to 145,000 Reserve Component Soldiers annually. (More: www.dvidshub.net/news/328107)



WWII Medal of Honor Recipient Wants To Honor Gold Star Families in the Quad Cities

A WWII Medal of Honor recipient has a new mission in the Quad Cities, and you can help him with it. Hershel Woody Williams is the last living marine from WWII to receive the Medal of Honor. He earned it for his actions during the battle of Iwo Jima. "There's very little different between combat in one place and combat in another," said the 96-year-old. "It's people killing people. That, that's war." Williams knows war better than most. "When you lose a love one in war that gives it altogether a different significance than being in combat," said Williams, who lost his best friend at Iwo Jima. After that, Williams made it his mission to recognize mothers who lost children in war. However, it wasn't long before a grieving father told him, "dads cry, too." "He couldn't have hit me any harder. Not only did it bring my senses to bear, but it shocked me," Williams said. (More:



www.ourquadcities.com/news/wwii-medal-of-honor-recipient-wants-to-honor-gold-star-families-in-the-quad-cities/2075562588)

As Army Turns 244 Years Old, Lessons of D-Day Still Relevant Today

As Army Chief of Staff Gen. Mark A. Milley spoke to veterans at the 75th anniversary of the D-Day invasion, he asked what lessons they had learned from hitting the beach in that deadly campaign. "Never let it happen again," a 96-year-old veteran who earned two Silver Stars told the general. Milley called it the "single most violent conflict in human history" when over 150,000 allied troops stormed the heavily fortified coast of France's Normandy region on June 6, 1944. By the time the campaign ended in early August, nearly 37,000 ground troops had been killed. On Wednesday, while at a cake-cutting ceremony at the U.S.



Capitol to officially kick off events for the Army's 244th birthday, Milley said that sacrifice should not be forgotten. "I think that's the lesson of great power competition, great power war," he said. "Let us never forget that 75 years ago the world was amass in violence. And the way to keep that peace is to maintain an incredibly strong military for the United States." (More: www.army.mil/article/223064)

Army Child and Youth Services Celebrates 40 Years of Its 'Journey to Excellence'

The U.S. Army has provided care for children and youth since 1980, through the years growing into a nationally acclaimed model for quality childcare while supporting Soldier and Family readiness. Child and Youth Services, a program of the Installation Management Command's G9 Family and Morale, Welfare and Recreation division, will celebrate its 40th birthday in April 2020. With the theme "Journey to Excellence," the observance kicks off this summer with historical notes and special events. CYS staff will provide garrisons with historical key messages highlighting core programs, such as child development programs, school age centers, Family childcare and youth services. Garrisons will plan local events and activities to support the observance. For the past 40 years, Army CYS has played a key role in reducing the conflict between parental responsibilities and unit mission requirements. The program follows a four-pronged operation strategy that is based on quality care, affordability for patrons, availability and accountability. (More: www.army.mil/article/222986)



Army Making Improvements to Family Readiness Groups

The Army recently made some of the most significant changes to Family Readiness Groups since their creation following the first Gulf War. The groups have been re-named "Soldier and Family Readiness Groups" or SFRGs. This designation links Soldier readiness to the Family, and clarifies the role of the SFRG to be more inclusive to Soldiers who are single, are single parents or have non-traditional Families, said Steve Yearwood, program analyst for the Office of the Assistant Chief of Staff for Installation Management. The groups help ease the burden of home life, allowing Soldiers to focus on mission objectives, Yearwood said. He added the recent publication of Army Directive 2019-17 shifted the focus of SFRGs away from social activities and fundraising to a core and essential task of creating a network of communication and support for all Soldiers and



Family members in order to enable readiness. The goals and objectives for commanders in executing the SFRG include: serve as an extension of the unit command in providing official and accurate command information to Soldiers and their Families; connect Soldiers and families to the chain of command; connect SFRG members to available on-and off-post community resources, and offer a network of mutual support." (More: www.army.mil/article/223080)

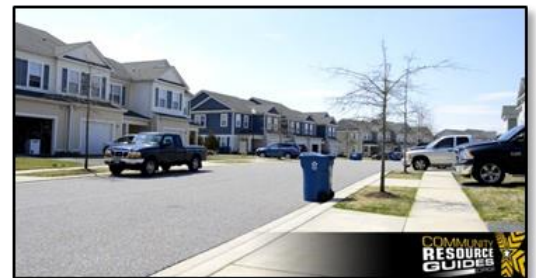
DOD Wants Resident Input on Housing Bill of Rights

Development of a bill of rights for those living in privatized Defense Department housing is underway, and DOD is seeking the input of residents, the assistant defense secretary for sustainment announced in a memo. In the memo signed yesterday, Robert H. McMahon invited residents of privatized family and unaccompanied housing to take part in an online survey to provide feedback on a draft bill of rights aimed at identifying the basic privatized housing rights of service members and their Families. The acting defense secretary and service secretaries have endorsed the proposal. As a key part of this effort, department leaders have been working to develop a Military Housing Privatization Initiative Resident Bill of Rights. Throughout the drafting process, they have engaged with Congress; military and veteran service organizations; and the housing partners to obtain their input. As they move toward a final version of the MHPI Resident Bill of Rights, department leaders are seeking feedback from service members and families who live in privatized housing through an online survey. The survey will be sent to each household by CEL & Associates, a third-party consulting firm that is administering the feedback collection, tabulation and analysis on DOD's behalf. (More: www.army.mil/article/223174)



Housing Health Registry Added To All Installation Community Resource Guides

Residents with housing-related health and safety concerns can now find information about the Housing Environmental Health Response Registry in every Army installation Community Resource Guide. The HEHRR was launched in April by the U.S. Army Medical Command to address housing health or safety concerns of current or former Army housing residents. "Housing is one of those topics that is often searched for in the CRG," said Anna Courie, Army Public Health Center Health Promotion Policy and Evaluation project officer. "If Army Families have health issues surrounding their military housing, they can search for the HEHRR in the CRG to register their concerns and problems. We really want to get the information out to our users to take action on their concerns." The CRG digitally connects service members and Families to available resources based on their identified need. Courie says the CRG is better than a Google search, because it has been configured so that the service member, Family member, or civilian can search based on need category, provider, A-Z index, or by key word search term. (More: www.army.mil/article/223105)



Army Leaders: Space Tech Crucial To Future Combat

The Army plans to bring newer, more powerful satellites into its tactical network within 10 years, an Army official told industry partners Friday. The service looks to leverage innovative programs, such as the Medium Earth Orbit and Low Earth Orbit satellite constellations, as the need for bandwidth and top application performance continues to grow. Some commercial companies already use MEO satellites and some LEO satellites have been launched into orbit. Maj. Gen. David Bassett, Program Executive Officer for Command, Control and Communications-Tactical, or PEO C3T, said the service expects initial experimentation by 2023 and could possibly field the technology around 2025-2027. Creating a more resilient, secure network could be crucial to ensure the success of the Army's ambitious modernization goals, which include plans to spend \$8.4 billion over the next five years to modernize its network. (More: www.army.mil/article/222936)



Garrison Integrated Protection Exercise is June 19, affects operations

Rock Island Arsenal will conduct its annual Integrated Protection Exercise on **Wednesday, June 19**, starting at 8 a.m. The workforce will be impacted during the exercise:

- Commands and organizations will institute local Severe Weather sheltering procedures. The shelter portion of this drill will last approximately 10 to 15 minutes.
- Commands and organizations will gain accountability of assigned personnel and report same to the Installation Emergency Operations Center via WebEOC.
- There may be some emergency services vehicles using lights and sirens on the western end of the Arsenal between 8 a.m. and Noon on **Wednesday, June 19**. In addition:

“Training” ALERT! mass warning messaging will be sent throughout the day to the workforce. All “training” ALERT! Messages will contain the phrase: EXERCISE! EXERCISE! EXERCISE! Please contact your Labor Relations Specialist or Ombudsman with any questions.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the CRD Room (in Bldg. 60), on **June 21**. If you would like to donate at this blood drive, feel free to email shoegerl@mvrbc.org with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.

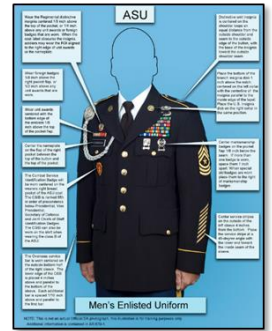


Charlie Corpuscle says, "Donors who coming in to give blood at the Rock Island Arsenal will be able to claim one of our blue Heroes Are Our Type shirts. All donors may call 563-359-5401 or email shoegerl@mvrbc.org.

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: www.militaryblood.dod.mil.

VIOS Schedule for June, July, and August

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **June 17-21, July 15-19, and Aug. 12-16**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site <https://vios.army.mil> for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). 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. All scheduled dates can be found on the RIA VIOS website <https://vios.army.mil>.



Rock Island Arsenal Quarterly Retirement Ceremony

The Rock Island Arsenal Quarterly Retirement Ceremony is scheduled for **Thursday, June 20**, at 2 p.m., in Heritage Hall, Building 60.

Suicide Prevention Guest Speaker Event – "Talk Saves Lives"

Join us **Wednesday, June 26**, 10 a.m. - 11:30 p.m., in Heritage Hall, Bldg. 60, for the suicide prevention guest speaker event, "Talk Saves Lives." The Installation Prevention Team/ Suicide Prevention Task Force (IPT/ SPTF) will be hosting this guest speaker event focusing on understanding and preventing suicide. Please join us on 26 June 2019 to hear Ms. Christina Malchodi who will present a general overview on the subject of suicide including the scope of the problem, key research findings and risk and protective factors. Resource tables will also be available at the event to increase awareness of on-post and local community helping resources. Note – with tenant organization approval, organization employees can get credit for annual Suicide Prevention training by attending this event. Register is TEDs using the following key words to search for the training – "2019 Garrison Suicide Prevention Training."



Quad Cities Navy Week Navy Band Wind Ensemble

Join us for Quad Cities Navy Week and a performance from the Navy Band Wind Ensemble on **Wednesday, June 26**, 6-8 p.m., at Schwiebert Riverfront Park in downtown Rock Island. Quad Cities Navy Week is a celebration of the United States Navy from June 24-28. Join us for a concert at Schwiebert Park as Navy Week brings its fun to Rock Island.

- Gates Open & Activities: 6 p.m.
- Big River Brass Band: 6:30-7 p.m.
- Navy Band Great Lakes: 7:15-8 p.m.

Enjoy a rousing concert by the talented Navy musicians from Navy Band Great Lakes, meet sailors from ships named for our region - USS Sioux City and USS The Sullivans, learn how to operate Navy robotics that can diffuse bombs, become a part of history with stories from sailors from the USS Constitution and more.



Thank the SEALs Welcomes Kris "Tanto: Paronto

13 Hours Speaker presents first-hand details of the attack on Benghazi with Kris "Tanto: Paronto on **Friday, July 19, 5:30-10:30 p.m.**, at the Quad-Cities Waterfront Convention Center in Bettendorf. The harrowing, true account from one of the six on the ground who fought back during the Battle of Benghazi. 13 Hours presents, for the first time ever, the true account of the events of Sept. 11, 2012, when terrorists attacked the U.S. State Department Special Mission Compound and a nearby CIA station called the Annex in Benghazi, Libya. A team of six American security operators fought to repel the attackers and protect the Americans stationed there. Those men went beyond the call of duty, performing extraordinary acts of courage and heroism, to avert tragedy on a much larger scale. This is his personal account, never before told, of what happened during the thirteen hours of that now-infamous attack. 13 Hours sets the record straight on what happened during a night that has been shrouded in mystery and controversy.

Quad Cities Veterans Experience Action Center

The Quad Cities Veterans Experience Action Center, the most comprehensive Veteran resource event in the region **July 19 and 20**, at St. Ambrose University's Wellness and Rec Center, 518 Locust Street, in Davenport, 9 a.m. – 3 p.m. each day. QCVEAC is a collaboration between the Quad Cities Community Veterans Engagement Board, U.S. Department of Veteran Affairs, state,



county, and local organizations, and the community. This grassroots effort will provide veterans the means to resolve any pending or new issues they may have by providing a one-stop shop where they can access in person VA and community resources over two days. This event will have a significant and lasting impact on the lives of veterans in our community. The first event of its kind in our area, the event will provide:

- VA benefits compensation and pension claims
- Wellness exams, on-site enrollment in VA health care benefits
- Social services, including caregiver support and home health care
- Mental health counseling and opioid safety education
- Homeless, low-income housing and vocational support services
- Volunteer and employment opportunities
- Vocational rehabilitation, loan guarantee and education services
- VA Mobile Vet Center
- VA National Cemetery Administration Memorial Benefits Services from community partners, including:
 - Information and referrals
 - Legal services
- Resilience and preparedness information
- And much more!

For more information call 2-1-1 or 563-355-9900.

Thank the SEALs "The Ride!"

Join Thank the SEALs **Saturday, July 20, 9 a.m. – 5 p.m.**, at the Quad-Cities Waterfront Convention Center, as we celebrate our 5th year raising awareness and monies for our fallen and their families. Event kicks off at 9 a.m. with the playing of Taps followed by our guest speakers with kick stands up at 11 a.m. (times subject to change). The ride is very patriotic and we will have police and fire escorts as we travel to Mount Vernon where we will have stops at the DeWitt

Memorial for a brief ceremony then onto Mechanicsville and Mount Vernon for a midway stop which will feature food and drinks provided by Lynch Ford. Our return will take us through small town America and will end at the TangledWood where there will be plenty of food and entertainment. We will be joined by five highly decorated SEALs, highly decorated Marine Recon warriors, and you the Patriots who have made this possible through your continued support as our mission continues – thank you!

Korean War Armistice 66th Anniversary Wreath Laying Ceremony

Korean War Veterans Association Quad Cities Chapter 168 will hold a ceremony to commemorate the 66th Anniversary of the Korean War Armistice and National Korean War Veterans Armistice Day on **Saturday, July 27**, at 10 a.m., at the Memorial Walkway, at the Rock Island National Cemetery. The ceremony will include a wreath laying, rifle salute, and Taps. The Korean War, which began June 25, 1950, with the North Korean army's invasion of South Korea, officially ended July 27, 1953, a day now officially recognized as Armistice Day. The signing marked the end of the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. Last year's presidential proclamation stated, "Today, we honor our Korean War Veterans for their immeasurable contributions to the cause of liberty. We also salute members of the armed forces, past and present, who have maintained an allied presence on the Korean Peninsula since the 1953 armistice. Their efforts to stave off aggression are worthy of our highest respect and gratitude."



RIA AUSA Chapter Event

RIA AUSA is holding a quarterly members' appreciation event on the first Thursday of April, August, and October, on **Aug. 1** and **Oct. 3**, in the cafeteria in Bldg. 60, from 11:30 a.m. - 12:30 p.m. in conjunction with 'First Thursday.' It is RIA AUSA's way of thanking their current members and providing insights about the Army's professional association to others that may not be aware it exists. The event is free to all members and brats, chips, water, and dessert will be served.

Honor Flight of the Quad Cities

Honor Flights are free to veterans who served during a time of conflict (such as WWII, Korea and Vietnam). While there, veterans will get to see the monuments erected in their honor. The public is urged to attend the welcome home at the Quad City International Airport at 10 p.m. The next flights will be:

- **Thursday, Sept. 12**
- **Thursday, Oct. 31**

Honor Flight of the Quad Cities asks that you do not call, but wait for them to call you. Veterans are assigned slots in order of date that applications were received, with WWII and Korean veterans being given priority. For more information and photos, visit the web site at www.honorflightqc.org.

Saluting Branches V

The 5th annual Saluting Branches event will be held at Rock Island National Cemetery on **Wednesday, Sept. 18**. Arborists United for Veteran Remembrance is an opportunity for tree care professionals throughout the country to unite and do what we do best – provide exceptional tree care – to keep our veterans cemeteries safe, beautiful places for all those who visit. (More: www.salutingbranches.org/location/rock-island-national-cemetery)



Illowa Council BSA Rock Island Arsenal Heritage Camporee

Scouts in troops within the Boy Scouts of America Illowa Council – save the date for the Illowa Council BSA Rock Island Arsenal Heritage Camporee **Friday through Sunday, Sept 20-22**, on Arsenal Island. The Illowa Council and the Rock Island Arsenal invite Scouts BSA troops to camp on the Mississippi at Arsenal Island and participate in two days of fun, competition, reflection, and exploration. Activities being planned include touring of historic landmarks such as the Colonel Davenport House, the National Confederate Cemetery Memorial, visiting the Army Corps of Engineers Locks & Dam 15, the Clock Tower Building, and the Rock Island Arsenal Museum's 1,250 gun collection. Worship service will take place at the Rock Island National Cemetery. There will also be an overland navigation course featuring a "Scout Warrior" competition at the Arsenal's "Best Warrior" Soldier Skills Course. Do you have what it takes? Form patrols... practice teamwork... brush up on scout skills... dust off your compass... get physically fit... get ready for a beautiful location surrounded by history and an opportunity to meet our military service men and women. (More: www.facebook.com/events/609329586220177)



Emergency Leave Transfer Program to Assist Federal Employees Affected By November 2018 California Wildfires

If you are interested in donating annual leave, complete OPM Form 1638 and submit to the Civilian Personnel Advisory Center, Bldg. 104, no later than **Thursday, Oct. 17**. You must state on the 1638 which ELTP you are donating to. This initiative has been directed by the President. The POC is Jaime Slocum at 309-782-2430. (OPM Form 1638: https://archive.opm.gov/FORMS/PDF_FILL/opm1638.pdf)

Signature Series I: War Reflections

Commemorate the 100th Anniversary of Veteran's day **Saturday, Oct. 26**, 7:30-9:30 p.m., on Rock Island Arsenal in Heritage Hall, Bldg. 60, at the Quad City Symphony Orchestra, 327 N Brady St, in Davenport, with two works inspired by human experiences during the World Wars. Olivier Messiaen composed Quartet for the End of Time while a prisoner of War in German captivity. The piece was first performed at the camp outdoors in the rain by Messiaen's fellow prisoners. Brian Baxter's Ho sentito di una terra distante is a song cycle based on the diary of an Italian American soldier, Bernardino Bernardini, using lyrics from Marcella Mencotti's imaginary opera "His Military Life" to accompany the novel "Pro Patria." Tickets are \$25 for adults, and \$10 for students. The program will feature Naha Greenholtz, violin, Hannah Holman, cello, Daniel Won, clarinet, Marc Zyla, horn, Michael Cox, trombone, Julianna Han, piano, Jessica Usherwood, soprano, & Michael Hawes, baritone. This is presented in



partnership with the Rock Island Arsenal and sponsored by WVIK, Quad Cities NPR. (More: www.facebook.com/events/453490242149598)

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — Contents of the 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. — **Antonella's II:** Offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID). We are located at 421 river drive, in Davenport. We take reservations for large parties, please call at 563-324-9512. Our hours are Mondays – Closed; Tuesday-Wednesday 4-9 p.m.; Thursday – 11 a.m. – 2 p.m. and 4-9 p.m.; Friday-Saturday 11 a.m. – 10 p.m.; and Sundays – 11 a.m. – 8 p.m. **QC Wellness Group:** Come in for discounted chiropractic care for you, and your family. This offer is valid to all active duty, reserves, and veterans. We are located at 2220 E 53rd Street in Davenport. Call us today to book your appointment at 563-355-3100, restrictions can apply. **Sundown Mountain Resort:** Offering a military discount of 30 percent off lift tickets and rentals. Valid for active duty, Reserve, National Guard, retired service members, and their immediate families; located at 16991 Asbury Road, Dubuque, Iowa. **Bayside Bistro:** Offering a 10 percent discount to active, retired, reserve and National Guard members and government civilians on all menu items. We're located in the Village of East Davenport, 1105 Christie Street, Davenport; open Tuesday-Friday, 9 a.m. - 7 p.m.; Saturday, 7 a.m. - 7 p.m.; Sunday; 7 a.m. - 3 p.m., Mondays (off). **R.I.A. Federal Credit Union:** Arsenal employees, get \$25 when you open up a new member checking and savings account at our branch in Bldg. 61. Active duty members and veterans, thanks to our partnership with Military Cost Cutters, you can get \$100 when you open a new member checking and savings account with us. Download the Military Cost Cutters app, show proof of military status, and you can get \$100 deposited into your account. **Level II Fitness:** The new state of the art gym located inside the new TBK Bank Sports Complex at 4850 BettPlex Drive, Bettendorf is offering a 30 percent discount to all Rock Island Arsenal employees on membership rates. Must show badge or paystub as proof of employment. **Golden Royal Barbershop:** We're offering \$2 off on haircuts just for military; our shop is located in Moline and 1318 4th Ave or call 309-524-4599. **Armored Gardens BBQ Restaurant:** We're offering a 10 percent discount on all food items, to all Rock Island Arsenal employees with badge; great environment, great location, amazing food – located downtown Davenport (two blocks from the Arsenal Bridge) 315 Pershing Avenue. **Veterans Barber Shop and Salon:** We're offering a 20 percent discount for military families at the salon part of the Veterans Barber Shop and Salon at 113 E Main St., Geneseo, Illinois. **Huckleberry's Pizza & Calzones:** The Original Huckleberry's Great Pizza & Calzones, 223 18th Street, Rock Island, offers all active military personnel with an I.D. a 10 percent discount on their food purchases. Dine-in or carryout available Wednesday thru Friday for lunch and dinner and for dinner on Saturday evenings. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Roads Reopen as Flood Water Recedes

Blunt Road and the levee area reopened to vehicle and pedestrian traffic effective June 10. Davenport Drive, north of the Eagle Point housing, reopened June 12. Dyke Road, south of the Tank Test Track, remains closed as we drain and pump water from the east end of Rock Island Arsenal.

Closures for Parking in Lot 0L for Material Staging and Around Building 90 for Cornice Repair

Beginning on **Monday, June 10, through Friday, Oct. 4**, the Directorate of Public Works (DPW) will close parking in lot 0L for contract personnel to stage material and equipment in support of the Building 90 Cornice Repair project. DPW will also intermittently close parking, sidewalks and entrances around Building 90 for contract personnel to remove and replace the stone cornices and re-point the mortar joints. As the contractor moves around the building, the areas of work will be closed off. As work proceeds above doorways, access will be curtailed, exterior barricades will be placed and interior signage will be placed notifying occupants of Emergency Exit Only. Emergency Services will have access to doors at all times and in the case of an emergency, the contractor will cease operation to allow for safe passage of employees. The closures may be extended due to weather or other unforeseen issues.

Viaduct Work Affects RIA Gate Hours, Traffic

Effective April 22 through **Thursday, Aug. 1**, repair work will be done on the Rock Island viaduct. The viaduct will be closed nightly for repair work during the week from 8 p.m. until 5 a.m., Sunday night through Thursday night. The viaduct will be open for normal operations between 5 a.m. on Friday morning through 8 p.m. Sunday evening. The work includes removal and replacement of the parapet wall and street lighting. Both the Davenport and Rock Island gates will be opened at 4:30 a.m. each weekday morning for access from the Government Bridge. Traffic control measures will be placed at appropriate locations. Please use caution when traveling in or near the area.

Rock Island Viaduct Sidewalk Remains Closed to Pedestrians

"Sidewalk Closed" signs remain 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. The suggested alternative route is using the American Discovery Trail and Pedestrian Bridge, which will be the sole way for pedestrians to transit across the bridge as this summer's viaduct repairs will eliminate the sidewalks from the bridge entirely.

Building/Space Closures



Repair Road Drainage North Side of Building 230/Kingsbury Road

Effective May 20, the Directorate of Public Works began a project to repair the road drainage on the north side of Building 230/Kingsbury Road. The work includes the installation of new curb and gutter, storm sewer inlets and sidewalk. Traffic will be limited to one lane at times. Signage and barricades will be installed to denote the work area. The project is scheduled to be completed by **Friday, June 28**, dependent on the weather.

Repairs to Building 110 Northeast Entrance Steps

Effective May 1, the Directorate of Public Works began a project to repair the northeast entrance steps to Bldg. 110. The steps have been closed since last fall due to safety reasons. The project will include demolition of the current steps and installation of new steps and a handicap ramp. The project is scheduled to be completed by **Tuesday, July 9**, dependent on weather.

Courtyard, Parking, Sidewalk, and Building Entrance Closures in Support of Stone Cleaning and Treating Project

Effective May 16 through **Friday, Oct. 18**, the Directorate of Public Works (DPW) is intermittently closing courtyards, street parking, sidewalks and entrances to the buildings for contract personnel to continue cleaning the exterior stone of Buildings 60-62, 64, 66-68 and 106. As the contractor moves around the buildings, the areas of work will be closed off. As work proceeds above doorways, access will be curtailed, exterior access will be taped off and interior signage will be placed notifying occupants of Emergency Exit Only. Emergency Services will have access to doors at all times and in the case of an emergency, the contractor will cease operation to allow for safe egress of employees.

- Treating schedule:
 - Buildings 66-68: June 6 - July 24
 - Buildings 60-62: July 25 - Oct. 2

Rain will dictate these schedules and dates may change.

Active Duty/Reserve Zone



AER Offers \$2,500 Relicensing Aid for Spouses

Army spouses can now apply for reimbursement of up to \$2,500 in professional relicensing expenses through Army Emergency Relief when they move to another state. Last month, top Army officials announced a \$500 limit on relicensing costs for military spouses for permanent change-of-station moves. However, if additional funds are needed for relicensing, AER will help offset those costs for eligible spouses. The new category of AER assistance went into effect June 5. "We at AER are constantly looking to expand our categories of assistance to even better support the Army team," said retired Lt. Gen. Raymond V. Mason, AER director. "One key is the challenge of PCS moves

and the demands that it places on Army Families; this is especially true for working spouses whose jobs require certification/licensing for every new state they live in. "This is the right thing to do for our Families who give so much to their Soldier and our nation," he added Wednesday during the Association of the U.S. Army "Hot Topic" symposium on installation management. (More: www.army.mil/article/223131)

Army Announces Expert Soldier Badge

In conjunction with the U.S. Army's 244th Birthday, the Army announced a new proficiency badge today, called the Expert Soldier Badge. The ESB is designed to improve lethality, recognize excellence in Soldier combat skills and increase individual, unit and overall Army readiness. The ESB is the equivalent of the Expert Infantry Badge and Expert Field Medical Badge but for all other military occupational specialties in the Army. Commanders will soon be able to use the badge to recognize Soldiers who attain excellence in physical fitness and marksmanship and a high standard of expertise in land navigation and performing warfighting tasks. "The ESB will be an important component of increasing Soldier lethality and overall readiness to help achieve the vision for the Army of 2028," said Sgt. Maj. of the Army Daniel A. Dailey. "The EIB and EFMB have supported the Infantry and medical fields with distinction, ensuring their Soldiers maintain critical skills, while recognizing the very best among them. The ESB will achieve the same for the rest of the Army." The Army will implement the ESB in early fiscal year 2020, with the standards and regulation to be finalized by September 2019. Earning the badge will test a Soldier's proficiency in physical fitness, marksmanship, land navigation and other critical skills, and demonstrates a mastery of the art of soldiering. (More: www.army.mil/article/223171)

Active Duty Receive Free Admission to Quad City NightHawks Home Games

The Quad City NightHawks invite active duty military to attend their home games at the Charles D Lindberg Stadium with free admission at Augustana College in Rock Island. The Quad City NightHawks are an 11-man NFL-style football team and part of the seven-team Midwest Football Alliance with their season taking place during the spring and summer. Upcoming scheduled games include:

- **Saturday, July 6:** versus the Missouri Valley Pitbulls out of Saint Peters, Missouri, kickoff at 6 p.m.

The Quad City NightHawks will look to bounce back after a tough loss the weekend of May 25. QC enters the game with a record of 1-1 while MVP has a record of 3-1. Hope to see everyone there as the NightHawks battle to get another W. Gates will open at 5 p.m., kickoff will be at 6 p.m. For non-active duty admission is \$7 for adults, \$4 for children 6-18.



2019 Walk-In Pet Vaccination Clinic

Join us and bring your pet for the 2019 Walk-In Pet Vaccination Clinic on **Tuesday, Aug. 6**, 8 a.m. – 5 p.m., at the RIA Fire Station; this is a one-day event, cash/check only. Your pets must be registered with Great Lakes VTF to receive services. All military, military retirees, and dependents with valid ID are welcome. Questions/Preregister? Contact Great Lakes VTF at 847-688-5740 or greatlakesvtf@gmail.com. Find us on Facebook at Great Lakes VTF.

Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule – this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- **Aug. 8, Conf. Rm. 25, Bldg. 90**
- **Oct. 10, Conf. Rm. 12, Bldg. 90**

Time: 9:30 a.m. – 12 p.m.

To register call MPD at 309-782-1526 or sign up in [TEDs](#) using keyword “Levy Brief.”

Blue Star Museums

Participating museums across the country offer free family admission for active duty military families from Armed Forces Day through Labor Day. Last year, over 680,000 military families visited Blue Star Museums. Our Chapter Directors plan special events and opportunities with museums from Alaska to Florida and points in between. We build things, create art, go on scavenger hunts and have fun together all summer long. (More: <https://bluestarfam.org/family-life/blue-star-museums>)



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website:

<https://home.army.mil/ria/index.php/about/Garrison/safety-office>

June is National Safety Month

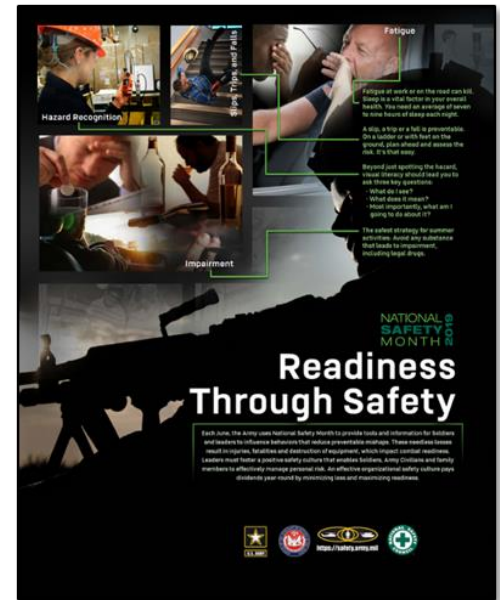
Join the National Safety Council and thousands of organizations nationwide in celebrating National Safety Month. Observed annually in June. National Safety Month focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. Topics for 2019 are Hazard Recognition, Slips, Trips and Falls, Fatigue, and Impairment.

- Week 1: Hazard Recognition
- Week 2: Slips, Trips and Falls
- Week 3: Fatigue
- Week 4: Impairment

During National Safety Month, individuals and organizations participate by making efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities. (More: www.nsc.org/work-safety/get-involved/national-safety-month)

Army to Observe National Safety Month

With the passage of Memorial Day, the deadliest months for Army mishaps - June, July and August - are here, but leaders and Soldiers have an opportunity to refocus their safety efforts with the service-wide annual observance of National Safety Month. The Army loses an average of 35 Soldiers off duty between Memorial Day and Labor Day each year, according to data from the U.S. Army Combat Readiness Center. On-duty mishaps typically spike during the summer as well; for example, more than half of Class A aviation mishaps during all of fiscal 2018 occurred between June and September. "We believe the risk here is increased exposure," said Brig. Gen. Timothy J. Daugherty, USACRC commanding general and director of Army Safety. "On duty, we're conducting more missions because the weather is conducive to operations, so there are more miles covered in motor vehicles, the aviation training pace goes up, and Soldiers are working in extreme temperatures." Off duty, they're driving more for vacations or visits home, riding motorcycles with greater frequency, and boating and swimming while the weather is nice." The special focus areas of this year's National Safety Month, sponsored by the nonprofit National Safety Council and observed each June, are hazard recognition; slips, trips and falls; fatigue; and impairment. Each of those topics is applicable to Army operations, said USACRC Command Sgt. Maj. Ernest D. Bowen, Jr. "Every Soldier should be trained to spot hazards and empowered to make on-the-spot corrections," he explained. "Slips, trips and falls are a major contributor to lost workdays for both Soldiers and Department of the Army Civilians. (More: www.army.mil/article/222766)



Upcoming Motorcycle Rider Training Dates

- Basic Rider Course (BRC): **June 18-19**
 - Two days of (classroom & motorcycle range) rider instruction.
 - Training motorcycles will be provided.
- Experience Rider Course (ERC): **June 20**
 - One day of (classroom & motorcycle range) rider instruction
 - Bring your own motorcycle to the course.
 - Course is for standard, touring, or cruiser motorcycles only.
 - No sports bikes allowed.
- Basic Rider Course (BRC): **Sept. 17-18**
 - Two days of (classroom & motorcycle range) rider instruction.
 - Training motorcycles are provided.
- Military Sport Bike Rider Course (MSBC) **Sept. 19**
 - One day of (classroom & motorcycle range) rider instruction
 - Bring your own sport motorcycle to the course.
 - Course is for sport bikes only.
 - No standard, touring or cruiser motorcycles bikes allowed.



- Students must attend all sessions and pass a written and skills evaluation in order to receive credit for the course. Who can attend? Only active duty service members or any service member on orders (IDT, AT for guard/reserve).

PPE Requirements:

- Helmet: DOT approved helmet
- Eye protection: designed to meet or exceed ANSI Z87.1
- Protective clothing: long sleeve shirt or jacket, long sturdy pants
- Footwear: sturdy over the ankle footwear/boots
- Hand protection: full-fingered gloves made from leather or other abrasion-resistant material

Students taking the ERC or MSBC must provide the following at check-in:

- Military ID
- Valid motorcycle license or permit
- BRC Card
- Valid motorcycle registration
- Valid proof of motorcycle insurance

If using a borrowed motorcycle, you must bring a signed letter from the legal owner authorizing you're use of the motorcycle. To register for a course:

- Go to <https://imc.army.mil/airs>
- Select "Northeast" from region dropdown menu
- Select "Rock Island Arsenal" from Garrison dropdown menu
- Select "Course Needed" from Courses dropdown menu
- Stoll to the correct month on the calendar to register for the course

The point of contact for the motorcycle training is Tony Kruse, Garrison Safety Office, 309-782-2314 or 1380; anthony.r.kruse.civ@army.mil.

Equal Employment Opportunity Focus



The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior. Garrison EEO office hours: 8 a.m. – 4 p.m.; 309-782-1488; Website:

<https://home.army.mil/ria/index.php/about/Garrison/equal-employment-opportunity-program>

There are no announcements at this time.

Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Fitness Center Closure

The Fitness Center is closed on Sundays through Labor Day.

Boom on the Rock

The Rock Island Arsenal invites the Quad Cities to come on post for Boom on the Rock on **Wednesday, July 3, 5-10 p.m.**, on the lawn of Historic Quarters One for a fun Independence Day celebration capped off with a great fireworks display over the Mississippi River. There will be a kid's activities zone which will include various bouncy house attractions and games and activities. Take a stroll through and see all the cool rides at the car cruise in or just set up your blanket and chairs in the shade and enjoy some tasty food and beverage that will be available for purchase.



To kick off the event we'll have WLLR, 103.7 FM's own Pat Leuck doing a live broadcast from the event from 5-7 p.m. As darkness falls, settle in to a comfy spot to watch the fireworks from what should be the premier viewing location in the Quad Cities. We'll be broadcasting 97X FM's playlist which is choreographed with the fireworks. This event is open to the public and you'll simply need to show a valid, state issued ID for everyone in the car 16 and older at the gate. Access to and egress from the Island will be available through both the Rock Island and Moline gates, but please consider using the Moline gate as it will present the easiest access to the event site. Directional signage will get you to the event parking areas. Please remember that you'll be entering a federal installation and our policies prohibit firearms, pets and glass bottles. Call 309-782-5890 for more info.

Island Oasis Café and Grill

The Island Oasis Café and Grill is outside. Our hours of operation are Monday - Friday, 11 a.m. - 1 p.m. Please come out and enjoy the weather in front of Building 67. Menu will include daily specials, like the Ribeye Sandwich on Thursdays. During inclement weather we will move back indoors for the day. Look forward to seeing you there! For more information please call 309-782-4372.

New Menu at the Lock & Dam Lounge

Have you been to the Lock & Dam Lounge in Bldg. 60 lately? If not you should definitely come give it another look as we have recently rolled out our new food menu. With fan favorites like our Arsenal Burger basket and mouthwatering, hand-cut rib eye steak sandwiches paired with a side of delicious fried pickles or onion rings there's sure to be something for everyone in the family to enjoy. While you're here make sure to try a pint of Arsenal Pale Ale as this is the only place you can get this great local craft brew. Also on tap are several craft beers from Lakefront Brewery and other local brewers for \$4 from 4-6 on Wednesdays and Thursdays. Check out the full menu on our Facebook page: www.facebook.com/LockandDamLounge and make sure to like the page to stay up to date on all the great programs and events happening here. Please call Damen at 309-782-4372 for more info.

Workforce Wednesdays and Thirst-day Thursdays at the Lock & Dam Lounge

Stop in to the Lock and Dam Lounge on Wednesdays and Thursdays, open 3-7 p.m., and take advantage of \$2 domestics, \$4 craft beers, and \$1 sodas on special from 4-6 p.m. The Lock & Dam Lounge is the only place you can get Arsenal Pale Ale and Lock & Dam Lager so gather your friends and coworkers and come see us for a round after work. Call 309-782-4372 for more info.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

Planet Funk Con

Planet Funk Con is the Quad Cities premiere comics, art and entertainment convention. Featuring comics, toys, anime, games, and tournaments, and family fun. This year it will be held **June 21-23** at the TBK Bank Sports Complex. MWR Leisure Travel has one-day wristbands for \$15 and weekend for \$35, a savings of \$5 at door.

Chicago White Sox vs. Chicago Cubs

Join us **Sunday, July 7**, to see the Chicago White Sox vs. Chicago Cubs at Guaranteed Rate Field; transportation and ticket for \$132 per person. Bus will be departing from Rock Island Arsenal Visitor Control Center, first parking lot on right. Departure time TBD. Game is at 1:10 p.m. No smoking permitted on the chartered bus. Alcohol is allowed, but no glass bottles. Coolers must be the size to fit under seats. No blocking of aisle with coolers. ½-hour stop to and from game. Sold out bus last year, so get your seats early. For more information contact the MWR Leisure Travel Office at 309-782-5890.

Circa 21 Presents: Irving Berlin's Holiday Inn

The Circa 21 Presents: Irving Berlin's Holiday Inn on **Saturday, July 13**, doors open at 5:45 p.m. Set in 1946, the story concerns song-and-dance team Jim Hardy and Ted Hanover splitting up when

Jim decides to ditch show business and run a farm in rural Connecticut. The farm, which comes complete with a wisecracking, live-in handywoman, proves less than successful. The unexpected visit of Jim's old showbiz buddies inspires him to turn it into an inn open only on holidays, featuring lavish musical entertainments. Based on the classic film, this joyous musical features thrilling dance numbers, laugh out loud comedy and a parade of hit Irving Berlin songs. Discounted seats \$49.75 available until **Saturday, June 29**, at the MWR Leisure Travel Office.

Chicago Cubs vs. Washington Nationals Trip

Join us **Sunday, Aug. 25**, to see the Chicago Cubs vs. Washington Nationals at Wrigley Field; transportation and ticket for \$129 per person. Bus will be departing from Rock Island Arsenal Visitor Control Center, first parking lot on right. Departure time TBD. Game is at 1:10 p.m. No smoking permitted on the chartered bus. Alcohol is allowed, but no glass bottles. Coolers must be the size to fit under seats. No blocking of aisle with coolers. ½-hour stop to and from game. Sold out bus last year, so get your seats early. For more information contact the MWR Leisure Travel Office at 309-782-5890.

Universal Orlando Military Salute Promotion

Universal Orlando is extending the special Military Salute Promotion offer valid for use through **Dec. 31**. Get four days for one low price:

- Ticket Option #1: 2-Park, 4-day Park-to-Park ticket (Universal Studios Florida and Islands of Adventure) Adult \$200, Child (3-9) \$196.
- Ticket Option #2: 3-Park, 4-Day Park-to-Park ticket (Universal Studios Florida, Islands of Adventure and Volcano Bay) Adult \$240, Child (3-9) \$235.75.

Limited blackout dates only for Volcano Bay on 3-Park promotional ticket option **June 14 – Aug. 18**. These tickets are available for use on any four days between now and **Dec. 31** (do not have to be used consecutive days) last day of use **Dec. 31**, when the ticket expires in full (includes all holidays) unused days will be forfeited maximum of six tickets per qualifying: Active or Retired U.S. military, National Guard, Reservists, U.S. Coast Guard, who possess a valid military photo ID, spouses of eligible service members and DOD civilians with valid ID.

Adventureland

Adventureland 2019 one-day admission tickets are on sale now! MWR Leisure Travel has discounted tickets for \$35. Adventureland Park has more than 100 rides, shows and attractions, including the new Monster steel roller coaster. Rides for all ages are available, from mild to wet-and-wild. Shows throughout the park feature a variety of family entertainment. Don't miss Iowa's newest water park, Adventure Bay. Water park admission is included with admission to Adventureland Park.

Movie Tickets

MWR Leisure Travel has discounted movie tickets. Davenport 53rd Cinema's movie ticket = \$9; Moline Great Escape movie ticket = \$9; Gift Pack \$27 (two tickets with \$10 concessionaire card)

Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website:

<https://rockisland.armymwr.com/categories/cys-services>) (Facebook: www.facebook.com/RIACYSS)

Teen Resilience Program Canoe Trip

CYS and the Teen Resilience Program would like to invite your youth to our July teen canoeing trip. CYS registered teens grades 6-12 are welcome to join us on our canoeing trip down the Maquoketa River on **Saturday, July 13**, from 9 a.m. – 4 p.m. The cost of the trip is \$10 and youth must bring a water bottle and a sack lunch. We will meet at and return to the School Age Center, Bldg. 150 and be transported to the Maquoketa River via CYS bus. If your youth is interested in participating please call 309-782-6515 to register for the event. Youth must be registered with CYS and register for the event to participate. We hope your youth can join us!

Teen Resilience Program Back To School Bash

At the end of the summer CYS and the Teen Resilience Program we will be having a back to school bash and welcome to RIA party for teens. We are creating a teen council to plan this event and we would like to invite teens (grades 6-12) to participate. He/she will earn service learning hours and gain leadership, budgeting, marketing, event planning, and many other valuable skills as he/she assists us in planning this event. The planning committee will meet on the 2nd and 4th Tuesdays this summer at the school age center, beginning June 11. Please RSVP to 309-782-6515. Teens are not required to be at every meeting to participate. We hope to see your teen there!

Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website

<https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**.

Discovery Time Playgroup

Summer is here and it is time to get the kids out of the house. Join Discovery Time Playgroup on Thursday mornings from 9:30-11:30 a.m. for crafts, stories, field trips, and fun. The group is open to military dependents aged 0-5 and their caregivers and meets in Moline just off the installation at Community Christian Fellowship. There is no pre-registration required and all activities are free to attend. For more information, please contact the Army Community Service Family Advocacy Program at 309-782-3049 or email Jennifer.a.kerr10.civ@mail.mil.

RIA Volunteer & AFTB Council Meeting

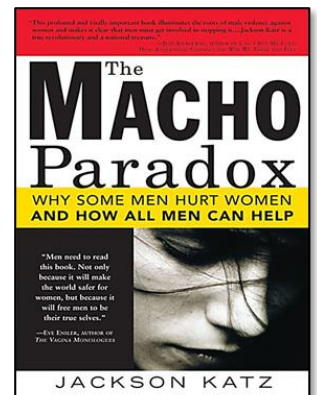
This meeting is designed to provide a platform for the installation to collaborate efforts, share information, and ideas, and discuss issues revolving around volunteering & Army Family Team Building. The meeting is held quarterly on the second Tuesday of the month. If you would like to attend an upcoming council meeting please contact ACS. Upcoming Council Meetings:

- **Tuesday, July 9**
- **Tuesday, Oct. 8**

The meetings will be held from 9-10 a.m. in the ACS Training Room, 1st Floor, in Bldg. 110. R.S.V.P. Required: to sign up contact ACS at 309-782-0829.

Gender Violence, Let's Talk About It: Family Advocacy Book Club

Interpersonal violence in our communities is persistent, unspoken and often unreported. In response, we as community members must do our part to support those experiencing assault and abuse while dismantling cultural norms that allow such actions to flourish. Join the Family Advocacy Book Club in reading Jackson Katz's "The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help." The book provokes important conversations about our culture, the military and how you can help address gender violence. All are welcome and encouraged to participate in discussion on **July 9, 16, 23 and 30** from 11 a.m. - noon in the ACS office, in Bldg. 110. Check out Katz's TED talk, titled, "Jackson Katz: Violence against women – it's a men's issue" to learn more. For more information contact Theresa O'Keefe, victim advocate, at theresa.l.okeefe2.ctr@mail.mil or 309-782-3773.



ACS Relocation Program Offering Tours of RIA Factory

The Army Community Service Relocation Program is offering a tour of the RIA factory. We will learn about the history of the factory and its current capabilities. The tour has limited seating.

- **Thursday, Sept. 19**
 - 9-10:30 a.m.
 - RSVP by **Thursday, Sept. 12**

Eligibility is only open to military who are new to the area, civilians, and their families; family members of deployed service members, and families with foreign born family members. To R.S.V.P contact ACS at 309-782-0829.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

Canoes and Kayaks

Paddling season is fast approaching. Outdoor Recreation has new kayaks and a trailer available for your use. Before you can sign them out the State of Illinois requires that you complete a boater safety class. To meet this requirement there is a free online course at <http://rentalboatsafety.com>. Simply view about 15 minutes of videos covering basic canoe/kayak operation and safety then take the quiz. We will need to keep a copy of your certificate of completion on file at Outdoor Recreation. We will need a copy for everyone in your group, to include children, who will be paddling these canoes and/or kayaks. For more information please call 309-782-8630.

Cargo Trailers

Are you moving your kids back from college or changing residence? To help make this move easier Outdoor Recreation has cargo trailers available for your use. Please call 309-782-8630 for more information or to make your reservation.

Special Event Equipment

Do you have a graduation party or other special event coming up? Outdoor Recreation has party canopies, tables, chairs, charcoal grills, backyard games and bounce houses to help ensure the success and fun of your event. Please call 309-782-8630 for more information or stop by Outdoor Recreation any time Monday through Friday from 8:15 a.m. to 4 p.m. and our staff will gladly show you all of the items available.

RIA FMWR RV Storage

Outdoor Recreation currently has spaces available in the On-Post RV storage lot. Please stop by the Outdoor Recreation office in Bldg. 333 (located next to the Exchange) to sign up for a space. For more information please call 307-782-8630.

Storage Units Available for Rent

Did you know that Outdoor Recreation has storage units that are available to rent right here on the Island? If you're in need of short or long term storage, we have the solution for you. Units measure 10' x 15' and are available for \$80/month, use it for as little or as long as you have a need to store items. For your convenience we also offer automated online billing. Call 309-782-8630 for more info and to reserve your space(s) today, these available units won't last long.

Employee Assistance Program



The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: www.facebook.com/pages/Rock-Island-Arsenal-EAP/124853580916835.

101 Critical Days of Summer Safety Campaign

101 Critical Days of Summer (Memorial Day through Labor Day) safety campaign is intended to remind us that we cannot afford to lose focus on safety either on or off duty. The summer season is a dangerous time of year for the Army with notable increases in off duty accidental fatalities. Festivals, road trips, swimming, fishing, hiking, boating, camping, and motorcycle riding are common outdoor activities during the summer. Intense planning often goes into making these outdoor activities a success. When planning your summer activities, remember the effects of alcohol or prescription drugs, and identify the risks associated with impairment while participating in various activities. Always remember to make responsible decisions while enjoying your summer activities. Summer holiday celebrations often include barbeques, picnics, water sports, vacationing with family and friends, and fireworks. However, many holiday weekends can be filled with tragedy instead of celebration. The Fourth of July is one of the deadliest holidays of the year when it comes to alcohol-impaired driving crashes on our highways. According to data from the National Highway Traffic Safety Administration, during July 4th, holidays over the last five years (from 2010 to 2014), 780 people lost their lives in crashes involving drivers who had BACs of at least .08 g/dL. This summer, don't let your celebrations end in an arrest or tragedy. The consequences are serious and real. Not only do you risk injuring yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to celebrate your summer.



Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. 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: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

Deadline to Transfer GI Bill Benefits Coming This July

Soldiers with over 16 years of service who want to transfer their Post-9/11 GI Bill to a dependent must do so before July 12, or risk losing the ability to transfer education benefits. Last year, the Department of Defense implemented a new Post-9/11 GI Bill Transfer of Education Benefits, or TEB, eligibility requirement, which instituted a "six- to 16-year cutoff rule," said Master Sgt. Gerardo T. Godinez, senior Army retention operations NCO with Army G-1. Further, Soldiers who want to transfer their education entitlement must have at least six years of service, he said. All Soldiers must commit to an additional four years of service to transfer their GI Bill. However, Soldiers who are currently going through the medical evaluation board process cannot transfer GI Bill benefits until they are found fit for duty under the new DOD policy. (More: www.army.mil/article/220194)

SFL-TAP, Career, Entrepreneurship, Higher Education Tracks, Pre-Retirement

If Soldiers in your organization are within 24 months of retirement or 18 months of separation, or even just thinking about life after military service, please encourage them to sign-up and attend this vital training. Space is still available, it is open to all branches of service, Retirees (space available), veterans (180 days after separation). Soldiers can bring along their family members as well. Please spread the word, this is not a one-time check the block, transitioning members should start early as this will give more time to attend training as often as it is needed.

- Pre-Retirement Briefing, **Aug. 9** and **Oct. 25**
- SFL-TAP Workshop, **Aug. 12-16** and **Oct. 28-Nov. 1**
- Entrepreneurship (Boots to Business), **Aug. 26-27**, and **Nov. 4-5**
- Career Exploration Planning, **Aug. 28-29**, and **Nov. 6-7**

All classes will be held Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m. start time, classrooms (same hallway as the Education Center). For more information contact 309-782-7780 or email usarmy.ria.usag.mbx.hrm-tsm@mail.mil.

Transfer of Post 9/11 GI Bill Education Benefits, DODI 1314.13 Change 1

The Office of the Secretary of Defense (OSD) released a change to the Transfer of Post 9/11 GI Bill Education Benefits (TEB) instructions, implementing new eligibility requirements in order to transfer benefits to qualifying dependents. There is no change to current provisions. Service members must have at least six years of qualifying service to apply to transfer benefits and must make a four-year commitment in the Armed Forces. However, effective **July 12**, eligibility to

transfer Post-9/11 GI Bill education benefits will be limited to service members with at least six years, but not more than 16 years, of total creditable service. The intent of the changes is to align policy with 38 USC 3319, “to promote recruitment and retention in the uniformed services.”

Defense Commissary Agency / Exchange



The Rock Island Commissary, www.commissaries.com/shopping/store-locations/rock-island-arsenal, and the Exchange, www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912, 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: www.commissaries.com/shopping/store-locations/rock-island-arsenal. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: www.facebook.com/YourCommissary)

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockisland@deca.mil and type 'Subscribe' in the subject line.

The RIA Commissary Open Independence Day

The RIA Commissary will be open on **Thursday, July 4**, from 10 a.m. – 6 p.m.

MILITARY STAR Shoppers Have Chance at \$25,000 in Prizes in Unilever Giveaway

MILITARY STAR® and Unilever are making this summer even brighter for 50 military shoppers with \$25,000 in giveaways. On July 15, all MILITARY STAR cardholders will automatically be entered into a drawing. Fifty winners selected at random will receive \$500 MILITARY STAR statement credits. “It’s always an honor to give back to service members and families who give so much to this country,” said Air Force Chief Master Sgt. Luis Reyes, the Army & Air Force Exchange Service’s senior enlisted advisor. “MILITARY STAR supports our troops not only with everyday savings and discounts but also with great giveaways like this.” Shoppers can apply for a MILITARY STAR card at any exchange store or online at MyECP.com any time prior to July 15 and, upon account approval, be entered into the giveaway. Winners will be announced on or about Aug. 15. No purchase necessary to win. For complete rules, visit MyECP.com/CustomerAds/Page/Exchange.com. (More: www.dvidshub.net/news/327910/military-star-shoppers-have-chance-25000-prizes-unilever-giveaway)

Exchange Celebrates Healthy Choices in Military Communities with Summer Festivals

The military community is invited to have fun and BE FIT at the Army & Air Force Exchange’s Healthy Lifestyle Festivals. The Exchange is teaming up with the Defense Commissary Agency to highlight all the better-for-you options available on installations. (More:



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 Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website: www.arsenalhistoricalsociety.org/museum) (Facebook: www.facebook.com/RIAMuseum)

Museum Seeking Volunteers

The Rock Island Arsenal Museum is seeking volunteers for several positions including:

- Volunteer Coordinator
- Museum Educator
- Tour and Program Coordinator
- Museum Docent/Tour Guide

To apply, visit www.myarmyonesource.com, click on “Volunteer Tools” in the upper right-hand corner and search for positions at postal code 61299. All volunteer positions are listed under RIA Museum. Please contact us with any questions; 309-782-5021.

Brown Bag Lunch & Learn - Camp McClellan, 1861-1865

Come to the Rock Island Arsenal Museum on **Monday, July 1**, 12 p.m., and discover the Civil War history of Davenport. Camp McClellan was established in 1861 to train troops for the Civil War. Located between East Davenport and downtown Davenport, more than 40,000 Iowa Soldiers were trained at Camp McClellan. The site was also the location of Camp Reynolds where captured Native Americans were held during the Civil War.

Women and World War I

Rock Island Arsenal Museum Director Patrick Allie will lead a discussion on **Saturday, July 13**, 2-3 p.m., at the Rock Island Arsenal Museum, about the experiences of women during WWI, the impact the war had on their lives, and how the war marked a turning point for women in the 20th century. Special focus will be given to the women that came to work at Rock Island Arsenal during the war and the many firsts they marked.

This Week in Rock Island Arsenal History – June 19-25

In June 1898, during the Spanish-American War, 85 men and boys cleaned and repaired 500 rifles a day in Shop D (Bldg. 62). In June 1942, Maj. Gen. L. H. Campbell, a former officer in charge of manufacturing at the RIA (1931-1935), was appointed the Army's Chief of Ordnance. U.S. regulars and state volunteer troops, including the local Rock River Rangers, engaged in a supposedly surprise attack on Black Hawk's village on the Rock River on June 21, 1831. However, Black Hawk and his followers had fled, so they torched the village. In June 1873, construction of Shop C (Bldg. 104) was completed. In June 1942, the first water-cooled machine gun .30 cal., M1917A1 of new

manufacture was delivered to Storehouse W1. On June 25, 1911, Col. George W. Burr assumed command of the RIA. He relinquished his command on Feb. 15, 1918.

Healthbeat

Nine Tips for Men's Health

Let's face it, men are often hesitant to talk about their health concerns or visit the doctor. That needs to change. According to the Centers for Disease Control and Prevention, men die at higher rates than women from heart disease, cancer, diabetes, influenza/pneumonia, kidney disease, accidents, and suicides. Early detection and treatment can improve your odds of surviving illnesses. Many of the major health risks that men face can be prevented with a healthy lifestyle, and a healthy lifestyle can start with one small choice. Make your first one today! Here are nine tips to get you started:

- ✓ **Move.** Men need at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity, each week. Moderate activities include brisk walking and mowing the lawn. You should still be able to have a conversation while doing these activities, but not quite hold an extended musical note of your favorite song. Vigorous activities include running, swimming laps, singles tennis, bicycling at least 10 mph, or jumping rope. Add strength and resistance training exercises (body weight or gravity alone is fine) at least twice a week, and include all major muscle groups, doing one set of 10 repetitions per exercise.
- ✓ **Say no to tobacco.** Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illness. Avoid secondhand smoke. Don't vape, chew tobacco, or use other tobacco products. They all increase your risk of cancer.
- ✓ **Control stress.** Stress is part of life. Focus on taking care of yourself. Talk to friends and loved ones. Let them know how you're feeling and how they can help. Don't use drugs or alcohol in an attempt to deal with your stress. They create more problems than they solve.
- ✓ **Eat better.** Reduce your consumption of processed and packaged foods. Stick to shopping for what's on the outside aisles of the grocery store. Pick one dietary indiscretion – something you don't need to eat -- and cut back. Eat more fruits, vegetables, and nuts. Instead of beef, try fish, chicken, turkey, or pork.
- ✓ **Drink water.** Increase your water intake when you are more physically active in hot or cold climates, running a fever, or have diarrhea or are vomiting. If your urine is clear, you're appropriately hydrated. Carry a reusable water bottle throughout the day and sip from it regularly. Refill it when empty. When eating out, substitute water with a wedge of lemon or lime for a sugar-sweetened beverage.
- ✓ **Get plenty of sleep.** Sleep hygiene is crucial. Go to bed and get up around the same time every day. Sleep in a cool, quiet, dark place. Don't watch TV or use your phone in bed. Aim for seven or eight hours of sleep per night.
- ✓ **Prevention first.** Cancer screening tests can spot disease early, when it's easier to treat. And immunizations can prevent many illnesses from impacting you at all. If you have any concerns, visit your doctor before they become major issues.
- ✓ **Nurture positive relationships.** Be present with your loved ones. Stop staring at electronic screens and live in the moment with those around you. Help others. Be kind. Smile and laugh more. Complain less.

- ✓ **Use mindfulness.** Consider activities that allow for self-reflection. Mindfulness apps can help start you on this process. Meditation, yoga, and other “centering” activities can further expand your mind. At the end of your day, reflect about something you learned and how you can use that to improve your tomorrow.

Experts: Carbs Are Not the Enemy in Health, Wellness Battle

Diets that restrict carbohydrates have their share of followers looking to lose weight. The ketogenic diet, for example, calls for slashing carbs to about 5 percent of calories consumed daily, with fats comprising at least 75 percent, and proteins about 15-20 percent. In comparison, the National Academies guidelines recommend carbohydrates comprise 45-65 percent of the daily diet, with fats at 20-35 percent, and proteins 10-35 percent. Health care experts agree that cutting carbs may lead to initial weight loss. However, it's not necessarily an effective or wise long-term solution for losing and maintaining weight, they say. Indeed, when it comes to overall health and wellness, carbs are not the enemy. "I think carbohydrates have gotten a bad name because people tend to lump them all together," said Jonathan Scott, Ph.D., a registered dietitian and certified specialist in sports dietetics. "But not all carbs are created equal," said Scott, who's also an assistant professor in the department of military and emergency medicine at Uniformed Services University of the Health Sciences in Bethesda, Maryland. (More: <https://health.mil/News/Articles/2019/06/18/Experts-Carbs-are-not-the-enemy-in-health-wellness-battle>)

Notes for Veterans

VA's Vet Centers to Host Open Houses to Celebrate Initiative's 40th Anniversary

The U.S. Department of Veterans Affairs (VA) will host open houses during the month of June to commemorate the 40th anniversary of its Vet Centers, which provide readjustment counseling for eligible Veterans, service members and their families. "Vet Centers have a longstanding legacy of building trust, fostering community and providing confidential counseling, outreach and referral," said VA Secretary Robert Wilkie. "I'm proud to say I've seen firsthand how Vet Center staff are changing the lives of those they serve." The readjustment counseling program was established by Congress on June 13, 1979, to support the significant number of Vietnam-era Veterans, to include those with combat experience, who were not accessing VA services at the same levels as Korean and World War II Veterans. Public Law 96-22 amended Title 38 USC to establish authority for VA to provide readjustment counseling as a new category of service. The role of this new program was to assist Vietnam Veterans and their families in making the transition from traumatic war-time experiences to civilian life within their home communities. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5267)

VA Exceeds Hiring Goal of Mental Health Providers by the Thousands

The U.S. Department of Veterans Affairs (VA) recently surpassed its original goal to hire mental health providers by more than 1,000, through the Mental Health Hiring Initiative, which aims to achieve higher standards of access and quality care. Since 2017, VA has filled nearly 4,000 mental health positions nationwide, which provides nearly 120,000 more Veterans access to high-quality mental health services each year, including those in underserved and rural regions of the country. "VA committed to improve access to mental health care in June 2017 as part of its top clinical priority to prevent Veteran suicide," said VA Secretary Robert Wilkie. "As outlined in the

MISSION Act, VA will continue to recruit and retain the best health care providers to meet patient demand and provide quick access to mental health care. Building a clinical trainee pipeline of qualified health care professionals is crucial to future VA recruitment and sustainment efforts.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5268)

VA and White House Launch Veteran Suicide-Prevention Task Force

As part of the U.S. Department of Veterans Affairs (VA) and White House initiative to curb Veteran suicide, VA Secretary Robert Wilkie and Director of the White House Domestic Policy Council Joe Grogan will launch a cabinet-level task force June 17 to develop a national roadmap. The President’s Roadmap to Empower Veterans and End the National Tragedy of Suicide (PREVENTS) task force will include a community integration and collaboration proposal, a national research strategy and an implementation strategy. Efforts supporting the development of the roadmap are already well under way and are on target for the March 2020 delivery to the White House. “This is a call to action,” Wilkie said. “In order to decrease the rate of Veteran suicide, we need to engage our local and community partners in addition to leveraging the resources of the departments. We need an all-hands on-deck approach to preserve the lives of our Veterans who have served our country. As such, I am thrilled to announce that Dr. Barbara Van Dahlen, the founder and president of Give an Hour, has agreed to serve as executive director of the critical PREVENTS work. Dr. Van Dahlen is widely recognized for changing the culture surrounding mental health and suicide and is an expert and thought leader in large-system change. We are proud to have her leading this effort.” (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5272)



Around the Q.C.

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June 21-23: Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: www.planetfunkcon.com

June – TBA: Quad Cities Senior Olympics (across Quad Cities) More: www.qcseniorolympics.org

June 28-29: Tackle MS (Multiple Sclerosis) with Alex Tanney Charity Event (Monmouth, Illinois) More: www.tacklemswithalextanney.com

June 29-30: Quad City Airshow (Davenport Airport) More: www.quadcityairshow.com

July 3: Red, White and Boom! (Rock Island and Davenport) More: www.redwhiteandboomqc.org

July 4: Firecracker Run & Parade (East Moline) More: www.emmainstreet.com

July 4: Bettendorf Old-Fashioned 4th of July (downtown Bettendorf) More: www.bettendorf.org

July 5-6: Mississippi Valley Blues Festival (East Moline) More: www.mvbs.org

July 8-14: John Deere Classic PGA Tour (TPC Deere Run golf course in Silvis) More: www.johndeereclassic.com

July 8-14: Mercer County Fair (fairgrounds in Aledo) More: www.mercercountyfair.org

July 10: YouthFest 2019 (Fejervary Park, Davenport) More: www.facebook.com/events/366838400572465

July 11-13: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: www.truckersjamboree.com

July 13: Rivers Edge Home Brew Festiv-Ale (downtown Rock Island) More: www.downtownrockisland.org

July 16-20: Rock Island County Fair (fairgrounds in East Moline) More: www.rockislandfair.org

July 19: Thank the SEALs Welcomes Kris "Tanto: Paronto (Quad-Cities Waterfront Convention Center, Bettendorf) More: www.facebook.com/events/544617385988633

July 19: Hamilton Tech celebrating 50th anniversary (1011 E 53rd St, Davenport) More: <http://hamiltontechcollege.edu>

July 20: Thank the SEALs "The Ride!" (Quad-Cities Waterfront Convention Center, Bettendorf) More: www.facebook.com/events/2693185040710225

July 21: Kids Ninja Adventure Run (Case Creek Obstacles, Coal Valley, Illinois) More: www.casecreekobstacles.com

July 21: Case Creek Cross Country Trail Run (Case Creek, Coal Valley, Iowa) More: www.casecreekobstacles.com

July 19-20: Quad Cities Veterans Experience Action Center (St. Ambrose University's Wellness and Rec Center) More: www.sau.edu/events

July 26-27: 48th Annual Street Fest (Downtown Davenport) More: www.downtowndavenport.com/event/street-fest

July 27: Bix 7 Run/Walk (downtown Davenport) More: www.bix7.com

July 30-Aug. 4: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: www.mvfair.com

Aug. 1-3: Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort) More: www.bixsociety.org

Aug. 3: 5k Mud Obstacle Run For Everyone (Case Creek Obstacles, Coal Valley, Illinois) More: www.casecreekobstacles.com

Aug. 8-10: Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: www.tugfest.org

August TBA: Ya Maka My Weekend (downtown Rock Island) More: www.downtownrockisland.org

Aug. 17: Floatzilla (Sunset Marina in Rock Island) More: www.floatzilla.org

Aug. 17: Quad City Symphony Riverfront Pops (LeClaire Park in downtown Davenport) More: www.qcso.org

Aug. 17: Village Wine Walk (Village of East Davenport) More: www.villageofeastdavenport.com

August TBA: World Series of Drag Racing (Cordova International Raceway) More: www.racecir.com

Aug. 22-25: Alternating Currents Festival (downtown Davenport) More: www.alternatingcurrentsqc.com

Aug. 24: Vettes on the River (LeClaire, Iowa) More: www.visitleclaire.com

Aug. 24-25: Farm Days (Village of East Davenport) More: www.villageofeastdavenport.com

Aug. 31 - Sept. 1: Rock Island Grand Prix (downtown Rock Island) More: www.rockislandgrandprix.com

Sept. 7: QCA Heritage Tractor Parade & Show (John Deere Pavilion in Moline) More: www.visitjohndeere.com

Sept. 7-8: Beaux Arts Fair (downtown Davenport) More: www.beauxartsfair.com

Sept. 13-14: Celtic Festival & Highland Games (Centennial Park in Davenport) More: www.celtichighlandgames.org

Sept. 14: Taming of the Slough (Sylvan Slough) More: www.riveraction.org

Sept. 14: Brew Ha Ha (LeClaire Park in Davenport) More: www.jayceesqc.org

Sept. 21: Quad Cities Marathon (Moline) More: www.qcmarathon.org

Sept. 21-22: Riverssance Festival of Fine Arts (Village of East Davenport) More: www.midcoast.org

Sept. 22: Quad Cities Marathon (downtown Moline) More: www.qcmarathon.org

Sept. 27-28: Hot Air Balloon Festival (Island County Fairgrounds in East Moline) More: www.quadcitiesballoonfestival.com

Sept. 29: Nancy Kapheim Memorial Classic (Rock Island) More: www.cornbelt.org/nearby_races.htm

Oct. 13: Apple Fest (downtown LeClaire, Iowa) More: www.visitleclaire.com

October TBD: Row the Miss Regatta (Mississippi River in Moline) More: www.tworiversymca.org

Oct. 24: Fright Night (Schwiebert Park in downtown Rock Island) More: www.downtownrockisland.org

Oct. 26: Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: www.lagomarcinos.com

Oct. 26-27: Boo at the Zoo (Niabi Zoo) More: www.niabizoo.com

Oct. 26: Witches Walk & Costume Parade (downtown LeClaire, Iowa) More: www.visitleclaire.com

Oct. 26: Halloween Parades (Bettendorf and Davenport)

Nov. 16-24: Quad City Arts Festival of Trees (RiverCenter in Davenport) More: www.qcfestivaloftrees.com

Nov. 16: Festival of Trees Parade (downtown Davenport) More: www.qcfestivaloftrees.com

Nov. 16: Lighting on the John Deere Commons (downtown Moline) More: www.lightingonthecommons.com

Nov. 24: Christmas Walk (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com

Island Insight



Col. Stephen C. Marr, 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 www.army.mil/usapa/epubs/pdf/r360_1.pdf 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 Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.

