



Jan. 4, 2016

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: www.usagria.army.mil/News/II.aspx

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As Army Shrinks, Higher Quality, More Innovation Prevails

As the Army force shrinks to its lowest levels since World War II, the service's top manpower leader said it's also transitioning to a higher quality and more innovative team. "If you are a Soldier today, you've got to get on the field and play your position," Army Deputy Chief of Staff G-1 Lt. Gen. James C. McConville said. "And you've got to go to the away games." McConville, who addressed nearly 200 Soldiers and civilians at Army Materiel Command Headquarters, said 50,000 active-duty Soldiers and 100,000 in the entire force are considered non-deployable. "We need resilient, mentally and physically-fit Soldiers of character who can become competent, committed, agile and adaptive leaders who can perform for these cohesive teams of trusted professionals and represent the diversity of America. Young people want to be on a team that does important stuff. They're the type of Soldiers we want in our Army," McConville said. ([More](#))



Upcoming Dates

- Jan. 8:** End of year donation deadline to CPAC
- Jan. 13:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 14:** Parenting Partners: Tips for Co-Parenting, Abel Conf. Rm., Bldg. 110, 4-5 p.m.
- Jan. 18:** Martin Luther King, Jr. Day (*Federal Holiday*)
- Jan. 19:** Dr. Martin Luther King Jr. Observance, Heritage Hall, Bldg. 60, 1 p.m.
- Jan. 20:** Paintless Dent Repair, Auto Shop, 7 a.m.
- Jan. 20:** RIAWC Declutter Your Life Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Jan. 21:** RIA DeCA, AAFES and FMWR Advisory Council Meeting, Bldg. 90, Rm. 25, 1 p.m.
- Jan. 25-29:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. - 3:40 p.m.
- Jan. 26:** Military Spouse Fun Night, ACS/USO spaces, Bldg. 110, 6 p.m.
- Jan. 28:** Council of Colonels, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Jan. 30:** Self Defense Seminar, RIA Fitness Center, 9 a.m.
- Feb. 2:** Groundhog Day
- Feb. 5:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30 p.m.
- Feb. 7:** Super Bowl Party, Lock and Dam Lounge, Bldg. 60, TBD
- Feb. 9:** Mardi Gras/Fat Tuesday

LRC Personnel Provide Logistical Services for Installations

During the past three years, the U.S. Army Sustainment Command and the U.S. Army Materiel Command have integrated installation logistics in AMC's Materiel Enterprise. Hence, these activities are now formally recognized as Logistics Readiness Centers supporting 77 Army and other-than-Army installations. ASC, as AMC's operational arm, manages the LRCs through its Army Field Support Brigades. With this transformation and additional capabilities, ASC can access the full might of the Materiel Enterprise to provide the Soldier with the right equipment, on time and in good condition, as well as supply premier support services both at home and in the field. The following are highlights of some LRC personnel. Throughout the year, ASC Public Affairs will be providing more highlights: ([More](#))



Services Submit Plans on Integrating Women Into All Military Jobs

The Defense Department has received plans from each of the services for implementing plans to integrate women into all positions in the military, Pentagon Press Secretary Peter Cook said today. The office of the acting undersecretary of defense for personnel and readiness received the plans, Cook said at a news conference. Defense Secretary Ash Carter announced in December his decision to open all positions in the military to women, with no exceptions. Army Gen. Joseph L. Votel, the commander of U.S. Special Operations Command, requested and was granted a short extension in providing his plan, Cook said. That extension was to give Socom time to collaborate thoroughly with the services, because many of the actions critical to successfully integrating women into special operations specialties and units fall under service authority, Cook said. ([More](#))



Army Cancels Touring Soldier Show, Surprises Service Member Performers

Soldiers who attended last month's auditions for the Army Soldier Show expected to hear in early January whether they'd been selected for the touring, Broadway-style performance that has visited bases worldwide since its inception in 1983. Instead, they were informed via group email that the show had been discontinued. Nonmilitary members of the show's staff, many of whom served with the show while in uniform, found out about the decision earlier this week. "A few days ago, I was still in the process of writing the show, after the auditions," said Victor Hurtado, the show's artistic director who would've entered his 30th year with the performance.

"Every single person involved with this performance knew it was about way more than the singing and dancing. It's about helping and moving people." Rob Dozier, spokesman for Army Installation Management Command, said the command had "no official statement" on the show and would not answer questions regarding the decision. ([More](#))



Congress Uses Power of Purse to Trim DoD Civilian Hiring

Congress is holding the Defense Department's feet to the fire when it comes to actually making civilian headquarters cuts and properly estimating the number of civilian workers it needs. The 2016 omnibus appropriations bill mandates more than \$250 million in headquarters cuts for what lawmakers call "overestimation of civilian full-time equivalent (FTE) targets and streamlining management headquarters." "It basically



says you have more FTE slots on the book than you are filling,” Katherine Blakeley a budget research fellow at the Center for Strategic and Budgetary Assessments told Federal News Radio. The streamlining part deals with the ever-expanding workforce of DoD’s headquarters staff. & Blakeley said DoD and Congress have both been trying to deal with the issue for roughly the last five years. DoD put out a [memo](#) this summer directing a 25 percent cut across the board to its headquarters functions. The 2014 defense authorization act also asked DoD to come up with a plan for reducing staff and achieving savings through reductions. ([More](#))

Annual Weingarten Rights Reminder – Employees Rights to Be Represented By an Exclusive Union in an Appropriate Bargaining Unit

The Federal Service Labor-Management Relations Statute ([5 USC Chapter 71](#)) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5 USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.



Will 2016 Be a Good Year For Federal Employees?

Following the adoption of a federal budget in December that did no harm to federal workers, unlike previous congressional plans, one veteran of legislative battles sees reason for optimism. “I think 2016 has the potential to be a better year for federal employees,” said National Federation of Federal Employees President William R. Dougan. That’s not the kind of statement federal labor leaders had reason to make in recent years. “With the Obama Administration entering its final full year, we might see the White House do more for the federal employees that have made big sacrifices in recent years in the name of deficit reduction. The economy has improved steadily under President Obama’s administration, and that could mean a better pay adjustment for federal employees,” he added, perhaps more with hope than optimism. ([More](#))



2016 Elections Season Is Upon Us

Whether you are a Soldier or family member far from home, or a local resident of Illinois or Iowa, the Rock Island Voting Assistance Office can help with voter registration, absentee ballot requests and finding local polling locations. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. The Iowa Caucuses are scheduled for **Feb. 1**. As the caucuses are run internally by the political parties, and not by the state, voters will not go to their normal polling locations, but instead alternate sites of the parties' choosing. The Scott County election website has more information on finding your caucus site:

www.scottcountyiowa.com/auditor/election-central/caucuses. Additionally, while the caucuses are only open to registered voters of the appropriate party, forms will be available for on-site registration the day of the event. The Illinois Primary



Election is scheduled for **March 15**, and will be held at regular polling locations. As an open primary, voters may request to vote for a presidential candidate in any party. If you are not registered to vote 28 days prior to the election, special registration and voting procedures will apply under the state's "grace period" rule, so visit the Rock Island County election website for more information <http://rockislandcounty.org/Elections/Home>. Service members and dependents can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot request forms. Iowa residents can now register online, using the state's new website <https://mymvd.iowadot.gov/VoterRegistration>, while Illinois residents can visit <https://ova.elections.il.gov>.

Antiterrorism Awareness Quarterly Theme -- Physical Security Measures

The Army antiterrorism awareness theme for the second quarter (January through March) fiscal year 2016 (2Q/FY16) is physical security measures in support of Army antiterrorism and protection activities. The primary audience for this theme is antiterrorism officers, antiterrorism coordinators, and leaders at all levels who are responsible for planning and executing antiterrorism plans and programs. Physical security measures are multi-layered, integrated, and synchronized to support antiterrorism defensive plans. These measures include the essential elements of deterrence, detection, delay and response to terrorist threats or criminal activities. The physical security measures identify physical vulnerabilities to terrorist attacks against installations, standalone facilities, personnel, and materiel; and take deliberate actions to reduce or eliminate those vulnerabilities. Examples of physical security measures include access control, perimeter fences, vehicle barriers, lighting, key control, security badges, guard forces and security patrols.



[\(More\)](#)

Reminder on 2016 Federal Pay Increases

Most federal employees work under a pay cycle whose ending date for the current biweekly period will be Saturday (Jan. 9). Actual distributions of salaries for a pay cycle typically are made anywhere from a few days to about a week after a cycle ends, varying by payroll provider. However, note that the upcoming pay distribution will not reflect the average 1.3 percent raise for 2016, since a raise is payable as of the start of the first full pay period of a year. Thus, the raise will be reflected in the following pay distribution. [\(More\)](#)

Mileage Rates Decrease

The mileage reimbursement rate for federal employees using their personal vehicles for official business has dropped from 57.5 to 54 cents per mile for calendar year 2016. The new rate for using a motorcycle will be 51 cents per mile, down from 54.5 and for using a privately owned airplane \$1.17 per mile, down from \$1.29. [\(More\)](#)

Historic Clock Tower Building and Eagle Watch Tours

The U.S. Army Corps of Engineers, Rock Island District's Mississippi River Visitor Center at Locks and Dam 15 on Arsenal Island is offering free eagle watches and Clock Tower Building tours select weekends in **January** and **February** at 9:30-11 a.m. and 2-3:30 p.m. The tours will last approximately 1½ hours and will be guided by a Corps Park Ranger. Learn about the Historic Clock Tower Building as you climb the stairs to the top. Waiting there is a spectacular view of the Mississippi River where you will have the opportunity to see Bald Eagles who visit the area



during the cold winter months. The tours will begin at the Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. You must check in with the ranger staff upstairs in the Visitor Center when you arrive for the tour. The tour is outside for a short duration of time so plan and dress accordingly; good walking shoes are also recommended as the tour will involve walking up 12 flights of stairs at a moderate pace. The tours are free of charge and everyone is invited to attend. An adult must accompany children younger than 12 years of age. Space is limited and reservations are required by calling 309-794-5338. Visit <http://go.usa.gov/c9AZF> for more information.

Daily Dining in Bldg. 60

Effective Nov. 2 seating for daily dining in Bldg. 60 has been temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Jan. 8 and 15, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **6:30 p.m. on Jan. 15**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on Feb. 11 & 25**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle says, "Each week, Jan. 8 and Jan. 15, we will hold a drawing for a pair of vouchers to the Putnam Museum's National Geographic Giant Screen Theatre. The vouchers are good for admission to any film playing at the Putnam between now and Nov. 30. In addition, we are proud to introduce our "New Year, New You" promotion to our donors. It's a great opportunity for donors to win some very nice gift cards of \$100, \$250, \$500, or \$1,000."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

VIOS Schedule for January and February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Jan. 25, 26, 27, 28, and 29**; and **Feb. 22, 23, 24, 25, and 26**.

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](#) 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](#).

End of Year Donations

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 8**. Donations received after **Jan. 8**, will be posted to leave year 2016. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

It's Time to Declutter Your Life 2016

Join us on Wednesday, **Jan. 20**, 11 a.m. - 1 p.m., in the Arsenal Island Clubhouse, to learn valuable insight into how to declutter your life. Guest speaker Denise Wassenhove from "Lean on Me - Organizing with Heart" was started in 2011 with the mission to help others stay focused on what matters and to realize the power and sense of accomplishment of staying organized in life. RSVP by email at riawcreservations@gmail.com or call/text to 309-230-3705 no later than Friday, **Jan. 15**. Cost is \$16 per meal; \$20 meal includes opportunity tickets, \$17 if you pay with debit/credit card [online](#); \$21 for meal deal with debit/credit card [online](#). ([Flyer](#))

Commissary, FMWR and AAFES Advisory Council Meeting

Soldiers, Family, and patrons are invited to attend the Commissary, FMWR and AAFES Advisory Council Meeting on **Thursday, Jan. 21**, 1-2 p.m., in Bldg. 90, 1st Floor, in Room 12. Those who are interested can contact the Garrison PAO at 309-782-7746 with any questions.

Career Program 34 101 Outreach Briefing

Career Program 34 (Information Technology Management) will provide an outreach briefing to the CP-34 workforce at Rock Island Arsenal on Friday, **Jan. 22**, at the Arsenal Island Golf Course Clubhouse Ballroom, 9-10 a.m. Career Program 34 provides career management, education and training to the Army civilian IT/cyber workforce.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **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. **The Venue**: Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount

on food and soda (this excludes family feast special). **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. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



DoD to Review 1,100 Iraq, Afghanistan Medals To Determine If They Were Awarded Appropriately

The Department of Defense will review more than 1,100 Distinguished Service Cross, Navy Cross, Air Force Cross and Silver Star recommendations to determine whether the medals were awarded appropriately or should be upgraded to a Medal of Honor, the Pentagon said Wednesday. "Although there is no indication that members were inappropriately recognized, the secretary determined that unusual Medal of Honor awards trends reported by the recent Military Decorations and Awards Review justified a review," the Pentagon said in a prepared statement. "The secretary directed the review as a cautionary measure on behalf of the servicemembers who have performed heroically in combat." A defense official who briefed reporters on the review said only awards given after Sept. 11, 2001 were under review. The official also said there are approximately 1,000 Silver Stars and

approximately 100 service crosses under review. Of those 1,100, the official said no medals were at risk of being downgraded. Instead, the review will look at two things: recommendations that did not result in a medal to determine whether one was merited and medals awarded to determine whether the honors should be upgraded. In the case of a Silver Star, the honor could be upgraded, if warranted, to the next highest award, a service cross, and not a Medal of Honor, the officials said. ([More](#))

Army Issues New Reg with Updated Promotion Rules For NCOs

Policies governing a new promotion system for noncommissioned officers of the active and reserve components are included in a major update to the service's principal regulation for advancing enlisted soldiers through the service's rank structure. The revised AR 600-8-19, Enlisted Promotions and Reductions, was published Dec. 18. Six key points to the new regulation: • The new reg incorporates the select-train-educate-promote, or STEP, policies. STEP procedures took effect Jan. 1 for sergeant and staff sergeant promotions and will expand to the sergeant first class and master sergeant ranks later this year and into 2017. Under the Jan. 1 changes to the promotion system, specialists and corporals must complete Structured Self-Development 1 before being boarded for E5, and the Basic Leader Course for pin-on to sergeant. Also effective Jan. 1, sergeants must complete SSD-2 before being boarded for E6, and the Advanced Leader Course for pin-on to staff sergeant. Beginning in June, staff sergeants must complete SSD-3 to be considered for advancement to E7, and the Senior Leader Course for pin-on to sergeant first class. ([More](#))



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Winter Road Rules

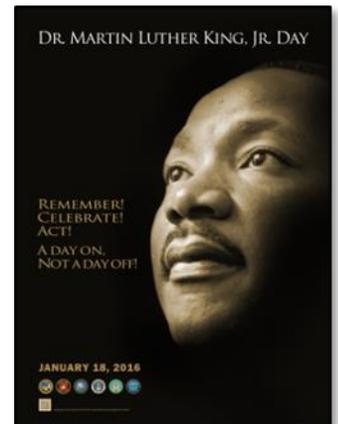
Whether you're a newly licensed driver or an experienced 88M with a "gazillion" miles logged, reduced traction from snow, ice and rain can make driving during the winter months especially dangerous. However, while winter weather does pose additional risks to drivers, they don't have to result in an accident. There are several things drivers can do to operate their tactical vehicles safely when weather conditions take a turn for the worst. - Maintenance - Conduct maintenance checks per the preventive maintenance checks and services in your vehicle's technical manual. It is especially important to ensure the antifreeze level and protection is adequate for the winter environment. Also, make sure the windshield washer reservoir is filled with a washer fluid that provides proper cold weather protection. Because visibility is vital for safe driving, it's also a good idea to have new wipers installed. In addition, make sure your battery is in good condition and all lights — especially headlights and tail lights — are working properly. - Operation - To improve visibility, snow and ice should be cleared from a vehicle's windows, mirrors, hood, roof, turn signals, tail lights and headlights before operation. If you're driving on ice and snow, reduce your speed and maintain a safe stopping distance. When climbing hills, accelerate slightly as you approach the hill and maintain a steady speed going up. This will allow the momentum of the vehicle to help carry you up the hill. Check the vehicle's TM for the proper gear settings for climbing and descending hills on ice or snow. Also be aware of black ice, which is an invisible, thin layer of ice on road surfaces, including bridges and overpasses. (Editor's note: For more on black ice, see the info box below.) Of course, you should always wear a seat belt and drive defensively regardless of the weather conditions. ([More](#))

Equal Employment Opportunity Focus



RIA Dr. Martin Luther King Jr. Observance

The Arsenal Island community is invited to the Rock Island Arsenal Dr. Martin Luther King Jr. observance on **Tuesday, Jan. 19**, in Heritage Hall, Bldg. 60, 1-2 p.m., featuring guest speaker Patti Miller, a civil rights veteran. The event is hosted by the First Army Equal Opportunity Office. Miller was born in Algona, Iowa, in 1943. As a student at Drake University in 1964, she went to Mississippi as a civil rights worker in the Freedom Summer for Voting Rights. Just two days after she arrived, the news broke that three civil rights workers—James Chaney, Andrew Goodman, and Michael Schwerner—had been murdered. After college, she worked with the Southern Christian Leadership Conference in Chicago, organizing students to support fair housing practices. In her position with the SCLC, she worked closely with Dr. Martin Luther King Jr. She later worked as a teacher in a majority-black school in Chicago. Since her activist days, Miller has produced a documentary and a book on her experiences with the civil rights movement, and she regularly speaks to groups in Iowa about her experiences. Interested individuals can sign up in [TEDs](#), keyword "Martin." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, 309-782-9761; or Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Leisure Travel Office Discounts for Shows in January & February 2016

Visit Leisure Travel in Bldg. 333 (next to the Exchange) to save money on some great shows coming to the Quad Cities in early 2016 including:

- **Jan. 9:** Harlem Globetrotters at the iWireless Center
- **Jan. 22-23:** World's Toughest Rodeo at the iWireless Center
- **Feb. 20:** Phantom at Circa 21 Dinner Playhouse

Check out the flyers for [Harlem Globetrotters](#), [World's Toughest Rodeo](#), [Phantom](#), or call Leisure Travel at 309-782-5890 for more info and to reserve your discount tickets.

Snowstar Winter Sports Park, Snow Tubing Outing

Gather the kids and kids at heart and join Outdoor Recreation at Snowstar for a fun evening of tubing Friday, **Jan. 22**, 5-9 pm. Cost is \$15/person which includes tube rental and lift ticket. Transportation to Snowstar is not included, participants will meet at Snowstar. Pre-registration & payment is required by **Jan. 13**. Call 309-782-8631 or stop by Outdoor Rec. in Bldg. 333 (next to the Exchange) for more info and to reserve your spots. ([Flyer](#))

World's Toughest Rodeo

The World's Toughest Rodeo also opens the arena nightly for the free Preshow as we invite fans to "get down in the dirt." It's a FANTastic opportunity to go out west for the night with interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, autographs and photos, sit on midnight the bull in the bucking chutes, or get up close and personal with the World's Toughest Rodeo animal superstars as our staff host a behind the chutes tour. The sidewalk ends and the Wild West begins with more fun and free for all ages.

Leisure Travel has discounted seats on sale until **Jan. 18**.

Event Date: **Jan. 22-23**

Event Time: **7:30 p.m.**

Circa 21: Presents Phantom

A timeless tale. A haunting score. A stunning production. The mesmerizing Phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Leisure Travel has discounted seats on sale until Tuesday, **Feb. 2**. All seats are \$46.

A Timeless Tale. A Haunting Score. A Stunning Production.

The mesmerizing phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's novel. Seats are \$46 and on sale until **Feb. 2**.

Event Date: **Saturday, Feb. 20**
Event Time: **5:45-9 p.m.**

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**
Time: **7 p.m.**

Child, Youth & School Services



Summer Day Camp Registration is Open

We're busy preparing another awesome Summer Day Camp program for 2016. Parents, please check with Parent Central Services at 309-782-0791 to make sure that your registration is current for your children; after that pick up your application for the 2016 Summer Day Camp program at the School Age Center, Bldg. 150, before Friday, **Jan. 29**. Call the School Age Center at 309-782-7544 for more info. ([Flyer](#))



Covenant Cottage Child Development Home

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

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) 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. In addition, [a list of our classes & groups with dates, locations, and times, is located here.](#) [Find us on Facebook click here.](#)

Martin Luther King Day of Service – January 2016

Beat the post-holiday blues this month by helping your community and yourself. The Martin Luther King Day of Service on **Jan. 18** offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1st Floor. Appointments are available from 7:30 a.m. until 5 p.m., Monday through Friday. You can also access an anonymous mental health screening at www.militarymentalhealth.org. The Rock Island Arsenal EAP hopes you have a great start to the New Year. If you would like to learn more about the Martin Luther King Day of Service please visit www.mlkd.gov.

Education/Training Review



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

Iowa Illinois Chapter NDIA and SGT Paul Fisher Scholarships

The Iowa Illinois Chapter NDIA is now accepting applications for NDIA and SGT Paul Fisher scholarships for academic year 2016-2017. Value of each scholarship is \$2,000. Applications may be downloaded from the front page of the chapter's web site, www.ndia-ia-il.org. Eligibility requirements are shown on the first page of the application. Applications must be postmarked by midnight **March 24**. Questions should be directed to the scholarship chair, John Masengarb, 563-650-3252.

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors,

and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **March 17**, and **June 16**; • Black Hawk College, **Jan. 14**, **April 14**, and **July 14**; • Eastern Iowa Community College, **Feb. 4**, **March 3**, **April 7**, **May 5**, **June 2**, and **July 7**; • Kaplan University, **Feb. 18**, **May 19**, and **Aug. 18**; • Saint Ambrose University, **Jan. 21**, **April 21**, and **July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28**, **April 28**, and **July 28**; • University of Dubuque, **Feb. 11**, **May 26**, and **Aug. 11**; and • Upper Iowa University, **March 10**, and **June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Jan. 4-10

Automotive Section established in Shop M, Bldg. 220, in January 1919. By Jan. 3, 1880, the rolling mill in Shop F, with its furnace and steam hammer, had turned out hammered blooms for production of high grade iron for use in roof construction of Arsenal shops. In January 1958, the RIA began manufacturing prototype XM7D (T143) model rocket launcher. In January 1957, development work on the Honest John and Little John rocket launchers continued at the RIA. On Jan. 8, 1917, private contractors erected seven nitrate and eight ammunition storehouses on Rock Island.

Healthbeat



RIA Health Clinic's Pharmacy Hours

Beginning **Tuesday, Jan. 19**, the Rock Island Arsenal Health Clinic's Pharmacy hours will change to 7:30 a.m. - 4 p.m. When patients call the pharmacy the message will be updated to reflect this time change no later than Wednesday, Jan. 6.

Army Medical Releases 'Health of Force' Report Card

This month, Army Medical Command released the first-ever Health of the Force, or HOF report. The report provides a snapshot of the health of active-duty Soldiers on all major U.S.-based installations in 2014. The report tallied injuries, behavioral health, chronic disease, obesity, tobacco use, sleep disorders, hospital admissions, and other health measures across 30 Army installations. Key Performance Triad measures of sleep, activity and nutrition were also tracked. The result was the creation of an overall installation health index, according to the report. Some of the highlights of the report: • Medical readiness was not achieved by 17 percent of Soldiers. One-third of those not medically ready were Soldiers with overdue dental or medical exams. • Injuries affect nearly 300,000 Soldiers annually. Some individuals experience multiple injuries in a single year, impacting personal readiness and increasing the burden on medical systems. Approximately 1,295 new injuries per 1,000 Soldiers were diagnosed in 2014. • About 15 percent of Soldiers had a diagnosed behavioral health disorder. Among behavioral health diagnoses, adjustment disorder, mood disorders and anxiety disorders were most common. • About 14 percent of Soldiers had one or more diagnosed chronic conditions. Cardiovascular conditions were the most common condition assessed, followed by arthritis, asthma and chronic obstructive pulmonary disease. • Obesity remains a concern for military readiness as 13 percent of Soldiers were classified as obese during Army Physical Fitness Tests. ([More](#))

Notes for Veterans



Historic Achievement for Veterans in the Fight Against Hepatitis C

Congress made headlines last month by approving a funding measure to avert the looming government shutdown. But the measure doesn't just keep federal agencies funded until next fall. Buried within the 2000-plus page bill is a truly historic development for veterans battling the nation's deadliest blood-borne disease. Veterans, especially those of my era who served in and around Vietnam in the 1960s and 1970s, experience hepatitis C infection rates that are twice as high as our civilian counterparts. Yet previously, too many people who tested positive for hepatitis C preferred to forego treatment and risk cirrhosis, hepatic cancer, liver damage, and/or organ failure, rather than undergo the harsh and largely ineffective regimen of chemotherapy required to attempt to rid their bodies of the virus. Fortunately, an unprecedented advancement in the treatment of hepatitis C has brought new hope to those living with this potentially fatal virus. Less than two years ago, the Food and Drug Administration (FDA) approved several new treatments with cure rates of up to 98 percent, and few – if any – side effects. Recognizing this historic opportunity to

treat the more than 180,000 veterans infected with the virus, the Department of Veterans Affairs (VA) rushed to begin providing these new treatments to its patients. ([More](#))

Around the Q.C.



C

- Jan. 8-10:** [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)
- Jan. 9:** [Free Family Day](#) (Figge Art Museum, Davenport)
- Jan. 15-18:** [Be a Tourist in Your Own Backyard Weekend](#) (greater Quad-City area)
- Jan. 16:** [Icestravaganza 2016](#) (Freight House, Davenport)
- Jan. 16:** [34th Annual Frostbite Footrace](#) (Scott County Park, Iowa)
- Jan. 16:** [Wellness Revolution](#) (SHINE yoga & bodyworks, Moline)
- Jan. 17:** [Inaugural Pink in the Rink Frozen 5k Presented By QC Mallards](#) (iWireless Center)
- Jan. 17-19:** [25th Annual QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)
- Jan. 20:** [11th Annual Big Brothers Big Sisters Putt-A-Round](#) (RiverCenter, Davenport)
- Jan. 23:** [Deanna Richardson's Augustana Winter Dance Clinic](#) (Carver Physical Education Center, Rock Island)
- Jan. 23:** [Winter Wellness with Herbs](#) (Quad Cities Food Hub, Davenport)
- Jan. 23-25:** [Rod and Custom Show](#) (QCCA, Rock Island)
- Jan. 24:** [Mother Daughter Tea](#) (Butterworth Center, Moline)
- Jan. 30:** [Hand in Hand Chili Cook-Off](#) (Mississippi Valley Fair Center, Davenport)
- Jan. 30:** [Bridal Expo](#) (RiverCenter, Davenport)
- Feb. 1:** [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
- Feb. 5:** [Bacon and Beer Festival 2016](#) (RiverCenter, Davenport)
- Feb. 6:** [Frozen Fat Fondo Fest](#) (Credit Island, Davenport)
- Feb. 6-8:** [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
- Feb. 9:** [Rajun Cajun Food Fest](#) (Figge Art Museum, Davenport)
- Feb. 11:** [Dad & Daughter Sweetheart Date Night](#) (Stoney Creek Hotel & Conference Center)
- Feb. 12-13:** [Factory of Fear Presents from the Factory with Love](#) (5027 4th Ave., Moline)
- Feb. 12-14:** [IA-IL Regional Auto Show](#) (RiverCenter, Davenport)
- Feb. 14:** [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
- Feb. 18:** [HAVlife Martini Shake Off](#) (RiverCenter, Davenport)
- Feb. 18-21:** [37th Annual Home Builders and Remodelers Outdoor](#) Show (QCCA Expo Center, Rock Island)
- Feb. 21:** [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park, Davenport)
- Feb. 26-28:** [QCCA RV/Camping Show](#) (QCCA, Rock Island)
- Feb. 27:** [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)
- Feb. 29-March 6:** [4th Annual Quad Cities Restaurant Week](#) (greater Quad-City area)
- March 5:** [QCMiB 5th Annual Spring Fling Craft & Vendor Show](#) (The Viking Club, Moline)
- March 6-8:** [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
- March 10-13:** [Missouri Valley Conference Women's Basketball Tournament](#) (iWireless Center)
- March 12:** [CASI's 34th Annual St. Patrick's Day 5k Race, 1 Mile Family Fun Run and the Tot Trot](#) (Downtown Davenport)
- March 12:** [St. Patrick's Day Grand Parade XXXI](#) (Downtown Rock Island & Downtown Davenport)
- March 12:** [8th Annual Spring Crafts & More Show](#) (The Camden Centre, Milan)
- March 16-19:** [Gathering of the Green](#) (RiverCenter, Davenport)
- March 18:** [13th Annual Henry Farnam Dinner](#) (St. Ambrose University's Rogalski Center, Davenport)
- March 19:** [Spring Equinox Run](#) (Credit Island Club House, Davenport)
- March 20:** [Polar Plunge for Special Olympics Illinois](#) (Wick's Lake, Jumer's Casino, Rock Island)
- March 26:** [Easter Egg Scramble 5K Road Race](#) (Village of East Davenport)
- April 1-3:** [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
- April 2:** [QCH3 Red Dress Run](#) (The Venue, Moline)
- April 11:** [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
- April 23:** [Bandits Race to Home 5K](#) (Modern Woodmen Park)
- April 23:** [Gilda's Run for Laughs & Roseannadana Dash](#) (The District of Rock Island)

April 23: [Moline Kiwanis "Fling into Spring" Bags Tournament](#) (Historic Lot by Bad Boyz, Moline)
April 30: [35th Annual CBRC 24 Hour Run](#) (North Scott High School Track, Eldridge, Iowa)
April 30: [Steve's Old Time Tap Spring Chaser](#) (223 17th Street, Downtown Rock Island)
May 1: [MIP Arts & Crafts Fair](#) (Eriksen Chevrolet-Buick, Milan)
May 7: [Village in Bloom](#) (Village of East Davenport)
May 7: [3rd Annual Cinco De Mayo Nacho Ordinary 5K](#) (Ganzo's Davenport)
May 7-8: [Beaux Arts Fair](#) (Figge Art Museum)
May 8: [Quad Cities Distance Classic](#) (Augustana, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)
May 14: [Young Life Quad Cities' 'You Were Made For This 5k' Race](#) (Ben Butterworth Parkway, Moline)
May 21: [The Wild 5, Running Wild](#) (Unity Point - Trinity, Bettendorf)
May 21: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
May 21: [LiveFit with Lupus Race & Festival](#) (Pebble Creek Golf Course, LeClaire, Iowa)
May 30: [Quad Cities Criterium](#) (Village of East Davenport)
May 31-June 4: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 18: [The Micro Brew Mile and 6K Road Race](#) (5th Avenue, Moline)
June 18: [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [Ride the River Bike Ride](#) (Downtown Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 26: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 26: [Hemmings Motor News Great Race - San Rafael, Calif. to Moline, Ill.](#) (Moline)
July 4: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 14-16: [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)
July 19-23: [Rock Island County Fair](#) (fairgrounds in East Moline)
July 29-30: [Downtown Street Fest](#) (Downtown Davenport)
July 30: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)
Aug. 4-7: [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
Aug. 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
Aug. 11-13: [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
Aug. 13: [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 26-27: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 27: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 27: [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
Sept. 3-4: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 10: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)
Sept. 17: [Taming of the Slough](#) (Empire Park in East Moline)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 27: [Fright Night](#) (The District (Rock Island)
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)

Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.))

Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)

Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)

Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)

Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)

Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport))

Island Insight



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