



Jan. 12, 2015

Island Insight

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

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

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Bryant New Top NCO of the Army Sustainment Command

Command Sgt. Major Anthony M. Bryant became top enlisted Soldier of the U.S. Army Sustainment Command during a Jan. 9 change of responsibility ceremony held at Heritage Hall, here. Bryant assumed responsibility from Command Sgt.



Major James E. Spencer, who held the position since 2012. In a retirement ceremony following the handover, Spencer was honored for his 29 years of military service. Maj. Gen. Kevin G. O'Connell, ASC commanding general, presided over the change of responsibility ceremony. The ceremony is steeped in military traditions and serves a dual function of rendering honors to the departing command sergeant major and providing official recognition of the transfer of authority to the incoming command sergeant major. To mark the transfer of responsibility, Sgt. Maj. Douglas Martin, ASC, handed the NCO sword to Spencer, who then passed it to O'Connell. O'Connell continued the rotation to Bryant. ([More](#))

Upcoming Dates

- Jan. 13:** Stress Management Class, USO Office, 11 a.m. - 12 p.m.
- Jan. 14:** Rock Island Arsenal Installation Electronic Townhall, 6 p.m. [📅](#)
- Jan. 14:** Tenant Senior NCO, Arsenal Island Clubhouse Veranda, 10 a.m.
- Jan. 14:** Family Child Care Info. Mtg., Bettendorf Public Library, 6-7:30 p.m. [📅](#)
- Jan. 19:** Martin Luther King Remembrance (*Federal Holiday*)
- Jan. 22:** Newcomers Orientation, Arsenal Island Clubhouse, 8 a.m.
- Jan. 23:** Martin Luther King Jr., Observance Event, Heritage Hall, 1 p.m.
- Jan. 24:** RIA Outdoor Rec. Ice Skating Outing, River's Edge, 1-4:30 p.m.
- Jan. 27:** Military Spouse Fun Night - New Year's Party, Bldg. 110, 6-9 p.m.
- Feb. 1:** Super Bowl Party, Arsenal Club, Bldg. 60, doors open at 3:30 p.m.
- Feb. 5:** Installation Information Forum, Arsenal Island Clubhouse, 3 p.m.
- Feb. 5:** Island-wide Social, Arsenal Island Clubhouse, 4 p.m.
- Jan. 22:** Newcomers Orientation, Arsenal Island Clubhouse, 8 a.m. - 12 p.m.
- Jan. 23:** Martin Luther King Jr., Observance Event, Time TBD
- Feb. 1:** Super Bowl Party, Arsenal Island Clubhouse
- Feb. 5:** Installation Information Forum, Arsenal Island Clubhouse, 3 p.m.
- Feb. 5:** Island-Wide Social, Arsenal Island Clubhouse, 4 p.m.
- Feb. 11:** RIA FMWR Health & Fitness Fair, Fitness Center, 10 a.m. - 2 p.m.

Rock Island Arsenal Installation Electronic Town Hall

The Rock Island Arsenal-Garrison will conduct a [Rock Island Arsenal Installation Electronic Town Hall](#) via Facebook on Wednesday, **Jan. 14**, beginning at 6 p.m. Questions will be fielded from the Island workforce, family members, and the general public by the Garrison Commander and his staff. Questions will be posted and answered using this Facebook thread <http://bit.ly/arsenaltownhall2>. Prior to the town hall, questions can be posted to the thread in advance; answers to those questions will be posted during the town hall. The type of questions that will be fielded can be of almost any subject matter, but should have something to do with the installation and/or Post operations in some way, shape or form. Questions regarding the Rock Island Arsenal Installation Electronic Town Hall? Email [Rock Island Arsenal-Garrison Public Affairs](#) or call 309-782-1121.



TACOM Commanding General Visits RIA-JMTC

Maj. Gen. Gwen Bingham, commanding general of the United States Army TACOM Life Cycle Management Command, visited the Rock Island Arsenal Joint Manufacturing and Technology Center (RIA-JMTC) on Wednesday. This was Bingham's second visit to RIA-JMTC since assuming command on June 25. Upon her arrival, she received a brief from Col. David Luders, commander RIA-JMTC, senior leaders, and supporting staff. The focus of the briefing was to review the findings of recent studies, including the challenges and path forward for the arsenal to improve its effectiveness. Bingham also hosted two town halls for the workforce. During the town halls, she provided her leadership philosophy and focused on SHARP, workload and opportunities, safety, and looking to key focus areas for the future. She also stressed the importance of taking care of all employees, maintaining a high morale, and upholding professionalism. ([More](#))



Army to Further Consolidate Footprint in Europe

While the big news coming out of the Pentagon today was the closure of U.S. Air Force facilities at RAF Mildenhall, England, the Army will also consolidate or close several facilities in Europe. The Department of Defense announced changes to the U.S. military presence in Europe during a Jan. 8 press conference at the Pentagon. The changes are the result of a two-year process, called the European Infrastructure Consolidation, or EIC, to review U.S. force presence and facilities in Europe. ([More](#))



10 Things to Know Around the DoD For 2015

Renovations of the 3rd U.S. Infantry Regiment (The Old Guard) barracks (Building 247) begin this month with an estimated completion date of Dec. 27, 2016, according to the Department of Defense. Funding comes from a bid won by co-venturing San Diego companies Herman/JCG for a \$23,562,676 contract - the largest-ever federal contract awarded with funds set aside specifically for a service-disabled, veteran-owned small business. The U.S. Army Corps of Engineers in Huntsville, Alabama, is the contracting activity. ([More](#))



Administration Seeks to Boost Employee Engagement

A memo from the White House and the heads of OPM and OMB seeks to improve employee engagement in the government. That's been a growing concern in recent times highlighted by falling indicators in the annual Federal Employee Viewpoint Survey, especially in areas related to employees' views of their leaders—and in particular, those at senior levels. It sets a goal of improving the “engagement index” generated by that survey from 63 to 67 percent positive by 2016; that would return it to the level of 2011. In addition to views of leadership, that measure takes into account issues such as employees feeling encouraged to come up with new ways of doing their work, whether the job gives a feeling of personal satisfaction, whether expectations are clear and talents are well used and knowing how a job relates to the agency's mission. ([More](#))



Is Federal Hiring Fair, Open or Do 'Special Hiring Authorities' Get In the Way?

The federal hiring process, often a headache for those seeking a spot on Uncle Sam's staff, remained a maze even after the Obama administration implemented reforms almost five years ago. Now, a new Merit Systems Protection Board (MSPB) study says the complex matrix of ways people get hired — or not — into the federal service can undermine confidence in a hiring process that should invite the very best. Federal hiring generally isn't “fixed” in the corrupt sense, although there are troubling indications of personal favoritism. But it also isn't completely “fixed” in the sense of having been broken. Structural deficiencies weaken the system's reputation as a process meant to be fair and open. ([More](#))



Tax Season Is Here

Income tax filing season is here and the Rock Island Arsenal will again host a free tax assistance center. The tax center serves members of the RIA community eligible for legal assistance services - primarily active duty service members, military retirees, and family members. In a change from recent years, an appointment is required and there is no "drop-off" service. Appointments will be available weekdays, 8 a.m. to 3 p.m., starting the last week of January through April 15. Most appointments can be expected to take about an hour, with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most – but not all – federal and state income tax returns. For example, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call 309-782-8457/1894. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support any deductions/credits; copy of last year's return; direct deposit information; dependents' birth dates.



Recycle Operations on Rock Island Arsenal

Recycle operations are currently transitioning from a Government/MWR run program to a contractor run program. The Public Works Directorate will be managing the contractor effort with the custodial contractor picking up administrative space recycles and bulk cardboard and the refuse contractor picking up family housing recycling. During the transition Public Works will be providing more information on how recycling activities will change and how to dispose of most categories of recyclable materials. Most areas will receive weekly service for recycling and family housing will receive every other week service on Fridays. Paper, cardboard, cans and bottles will be recycled with no change to the process. Critical dates for the transition are: • **Jan. 5** - MWR Recycle efforts ceased; • **Jan. 12** - Containers are issued to family housing residences for their recyclable materials; • **Jan. 15** - Administrative and family housing recycling begins under the custodial and refuse contracts; • **Jan. 16** - First family housing recycle pick-up. The contractors understand there will be some recycle material backlog due to the transition and will be prepared to reduce the backlog as quickly as possible. POCs for Public Works: Custodial - [Chase Burns](#) and [Huck Rhodenbaugh](#); Refuse - [Tera Hill](#) and [Chris Mills](#).



CIF Wall to Wall

The [Rock Island Central Issue Facility](#) will be closed **Jan. 26 – 30** to finalize relocation and annual inventory. Services will resume in the new CIF facility, Bldg. 145, on **Feb. 2**, at 11:30 a.m., and normal operating hours thereafter.

Understanding 27 Paydays in Pay Year 2015

Periodically, the pay year will be comprised of 27 paydays instead of the more common 26 paydays. When this occurs, as it does for some in pay year 2015, some deduction and withholding amounts may be affected, such as slightly more taxes deducted and an impact to TSP contributions. DFAS, in a memorandum, is providing information to assist in answering questions regarding the impact of the 27 paydays. ([More](#))

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the [Caisson Room](#) (first floor, Bldg. 60), on **Friday, Jan. 16, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on Jan. 29**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **DMC** will host a blood drive **1-4:30 p.m., on Feb. 5**, in the MVRBC Donor Bus parked at Bldg. 350. To donate, please contact Sgt. First Class Jared Clapper at 309-782-5485 or visit www.bloodcenterimpact.org and use code 1554 to locate the drive. You may also email SFC Clapper at jared.d.clapper.mil@mail.mil.



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

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

VIOS Schedule for February, and March

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal on **Feb. 10, 11, 12**; and **March 10, 11, 12**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.



Arsenal Traffic/Construction

Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Upstream Sidewalk Closure on Government Bridge

Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed," caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the Government Bridge is open and safe to use.

Future Ft. Armstrong Construction

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

coordinating with external agencies in an effort to minimize impact to the surrounding communities.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Military Spouse Fun Night, New Year's Party

Military Spouse Fun Night is Back -- Join us Tuesday, **Jan. 27**, 6-9 p.m., in Bldg. 110, to welcome in the New Year with food, fun, and friendship. We will be making wine charms to celebrate the New Year. Bring a dish to share if time permits. This activity is open to all active duty military spouses. (No couples or kids) For information: Call Jan at 309-782-4736/0829 or janice.n.saito.civ@mail.mil. ([Flyer](#))

SMA Builds Upon Partnerships for Transitioning Soldiers

Sgt. Maj. of the Army Raymond Chandler III visited UPS Inc. world headquarters in Louisville, Kentucky, to lead a roundtable discussion with company leaders and area Soldiers to hear feedback about the Army's transition assistance program, Jan. 7. Over the past year, Chandler has met with Soldiers, elected officials and business leaders to address the Army's concerns that Soldiers need more support as they transition from the Army and return to civilian employment across the country. ([More](#))

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Martin Luther King, Jr. Day Safety Message 2015

Our country will commemorate the life of Dr. Martin Luther King, Jr., a great civil rights leader, on 19 January 2015. Dr. King was a pivotal figure in the civil rights movement, which brought significant changes to the American way of life. Our Army is a leader in equality and regard of others and continues to lead the Nation in promoting Dr. King's vision. As we observe Martin Luther King Day, let us observe both Dr. King's vision for equality and the Army's vision for continued mishap reduction. Leaders, please continue to take a pro-active interest in the safety of our Soldiers, civilian employees, contractors and MEDCOM Family Members. This time of year also may bring extreme hazardous weather conditions and keeping abreast of the prevailing weather conditions is essential making proper safety preparations. The Travel Risk Planning System (TRIPS) is an excellent accident prevention tool for assessing risk and allows supervisors an

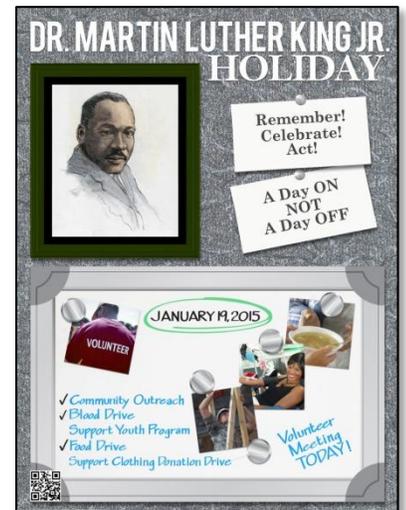
opportunity to engage with Solders to mitigate risk factors. Access TRIPS online at <https://safety.army.mil>. Fatigue is often a risk factor contributing to serious accidents; ensure you are getting adequate sleep as well as nutrition and exercise. Learn more about a System for Health and the Performance Triad at the following link: <http://armymedicine.mil/Pages/performance-triad.aspx>. Additionally, I want all leaders to emphasize suicide risks as well as sexual assault risks, prevention, and response in their holiday safety briefings. Guidance is available at: <http://armymedicine.mil/pages/sharp.aspx>. Enjoy a safe and relaxing holiday weekend. We are Army Safe and Army Strong. Serving to Heal...Honored to Serve! ([More](#))

Equal Employment Opportunity Focus



Martin Luther King Jr. Birthday Observance Event

The U.S. Army Sustainment Command Equal Opportunity Office invites you to our Martin Luther King Jr. holiday observance, Thursday, **Jan. 23**, 1-2 p.m., in Heritage Hall, Bldg. 60. Our guest speaker will be Vera Kelly, NAACP president, Davenport. Register in [TEDs](#) using the keyword "2015 Martin." For any additional information or accommodations please contact [Sgt. First Class Marion Wilson](#) at 309-782-3021. Each year, America sets aside a day to remember a giant of our Nation's history and a pioneer of the Civil Rights Movement. During his lifelong struggle for justice and equality, the Reverend Dr. Martin Luther King, Jr., gave mighty voice to the quiet hopes of millions, offered a redemptive path for oppressed and oppressors alike, and led a Nation to the mountaintop. Behind the bars of a Birmingham jail cell, he reminded us that "injustice anywhere is a threat to justice everywhere." On a hot summer day, under the shadow of the Great Emancipator, he challenged America to make good on its founding promise, and he called on every lover of freedom to walk alongside their brothers and sisters. ([More](#))



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

Arsenal Island Clubhouse, Newcomer's Orientation and Tour

Are you new to the Arsenal or do you have new employees or service members in your organization? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour taking place Thursday, **Jan. 22**, starting at 8 a.m. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union and

free childcare is also available but you must RSVP for care by **Jan. 15**. To RSVP for care call Leslie 309-782-6793. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

Youth Indoor Soccer League Now Forming

Registration is now open for our new youth indoor soccer league. This league is for 3-9 year-old boys and girls and games will be played at the School Age Center (Bldg. 150) as well as the Two Rivers YMCA. Cost is \$20 for 3-5 year olds and \$27 for 6-9 year olds and all participants receive a shirt. The season will run from **Jan. 26 - March 7** and participants must be registered with CYSS and have a sports physical prior to the season starting. [Register](#) or call 309-782-0511 for more info. ([Flyer](#))

Superbowl Party at Bldg. 60 Bar

Whether you watch for the commercials or the hard hitting gridiron action, The Bldg. 60 bar is the place to watch the Superbowl, Sunday, **Feb. 1**, 3:30 p.m. Come watch the best in the AFC battle the best in the NFC for the title of Superbowl XLIX Champions. Doors open at 3:30 p.m. and the game starts at 5:30 p.m. There will be lots of food and drink specials. Call 309-782-4372 for more info. ([Flyer](#))

Fitness Center, RIA FMWR Annual Health Fair

Brought to you through sponsorship by Unity Point Health-Trinity, the RIA Fitness Center's annual health fair, taking place Wednesday, **Feb. 11**, 10 a.m. - 2 p.m., is a great place to obtain lots of helpful information and advice about your health. Stop by the Fitness Center to visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and cancer treatment to name just a few. There are always lots of goodies and freebies available as well. Call 309-782-6789 for more info. ([Flyer](#))

Lunch Services Suspended at Arsenal Island Clubhouse

Effective Tuesday, Jan. 6, daily dining will be unavailable at the Arsenal Island Clubhouse. We will re-open for daily lunch service when the Arsenal Island Golf Course re-opens on or about **April 1**. The Clubhouse is still open for pre-booked/catered events so please call 309-782-4372 to make special event reservations.

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](#))

Snow Tubing Outing at Snowstar

Round up the kids (and the kids at heart) and join MWR for a fun evening of snow tubing at Ski Snowstar Winter Sports Park on Friday, **Jan. 23**, at 4 p.m. Cost is \$13/person and you must register and pay at Outdoor Recreation (Bldg. 333) by **Jan. 13**. Fee is for tubing only, transportation to and from is the responsibility of the participants. Call 309-782-8630 for more info and to sign up. ([Flyer](#))

Ice Skating Outing at River's Edge Indoor Ice Rink

Join Outdoor Recreation for a fun, family friendly afternoon of ice skating Saturday, **Jan. 24**, 1 - 4:30 p.m. Cost is \$5/person and you will pay at the door but please call ahead to 309-782-8630 so that we can let the rink know how many people to expect. Skate rental is \$3/pair at River's Edge or save a couple bucks and rent them ahead of time from Outdoor Rec for just \$1/pair. The Figure Skating Club of the Quad Cities will be on hand to help you learn some basic skating skills. Call 309-782-8630 for more info. ([Flyer](#))

World's Toughest Rodeo

World's Toughest Rodeo, the premiere national rough stock only tour, presents this two and a half hour event starring professional cowboys and cowgirls from across the nation. Fans will once again get the opportunity to cheer on the world of rodeo's top bucking horses and bulls as well as enjoy some of the nation's most talented entertainment acts. Discounted seats available until **Jan. 14**. Section 104 \$32 Adult/ \$16 Child Section 203 \$23 Adult/ \$16 Child.

Date: **Saturday, Jan. 24**

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

Ski and Snowboard Outing at Snowstar

Get your friends and family together and come carve up the snow at Snowstar Winter Sports Park at steep discounts off regular ticket prices. Cost is \$13/person for lift tickets and \$12 for equipment rental if you need it. The outing is Friday, **Feb. 6**, 4-9 p.m., but you must pre-register and pay by **Jan. 27**. Lessons are also available for beginners for \$5 (skiing) and \$10 (snowboarding). Call 309-782-8630 for more info and to register. ([Flyer](#))

Les Miserables – the Broadway Sensation

Les Miserables is an epic and uplifting story about the survival of the human spirit. Includes the classic songs "I Dreamed a Dream," "Master of the House," "On My Own," and more. Leisure Travel has discounted seats available for \$46 per person. On sale until **Feb. 20**.

Date: **Saturday, March 7**

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

Church Basement Ladies (The Last Potluck Supper)

All new show – the latest and final installment in the uproarious series, the lovely ladies of the church kitchen serve up a rib-tickling panorama of the Church's changes, without spilling a drop of their egg coffee. Leisure Travel has discounted tickets on sale until **April 11**. This is a show that always sells out.

Date: **Saturday, April 25**

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

Davenport Cinemark 53rd 18 + IMAX Theatre

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

Child, Youth & School Services



Army Family Child Care Provider Informational Meeting

The Rock Island Arsenal Family Child Care program will be holding two informational meetings about becoming an Army Certified Family Child Care in home provider. The program is called "Homes Off Post" and is comprised of Quad City child care providers who have completed the Department of Army background checks and training to become Army certified. These providers can be experienced, established providers or those who are just starting out. They provide care to both our military and civilian families in the area. Attend one of the two informational meetings to find out how to become part of this group of dedicated, caring child care professionals. The next meeting will be held **Jan. 14** at the Bettendorf Public Library. Call 309-782-3394 to reserve a space.

Time: **6-7:30 p.m.** ([Flyer](#))



Summer Day Camp 2015

With winter just starting, it's time to start thinking about Summer Day Camp. The Summer Day Camp Program is for registered patrons in grades K-7th. The lottery applications will be available from **Jan. 5-30**. You must be registered and have an active pass with CYSS by **Dec. 19** in order to participate in the lottery. If you have any questions, please call the School Age Center at 309-782-5019.

2015 Military Child of the Year Award – Recognizing Young Patriots

Operation Homefront is pleased to present the Military Child of the Year Award to outstanding military children who demonstrate resiliency, leadership and achievement. Recipients representing each service branch are recognized at a Washington, DC Gala celebration in April each year. The seventh annual award will be presented **April 16** at the Ritz-Carlton, Pentagon City, near Washington, DC. In addition to the trip to our nation's capital, recipients are awarded a laptop computer and a \$10,000 award. To learn more about Operation Homefront and the Military Child of the Year Award, please go to: www.militarychildoftheyear.org

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.

Stress Management Class

The holidays can be a stressful time for many people. This free class, taking place Tuesday, **Jan. 13**, 11 a.m. - 12 p.m., in Bldg. 110, USO spaces, will define what stress is, what it looks like and help you accurately identify sources of stress in your own life. It will also provide helpful coping mechanisms and will help you identify when you might want to seek outside assistance and where to go for it. Call 309-782-3049 for more information or to sign up or email jennifer.a.kerr10.civ@mail.mil. ([Flyer](#))

10 Great Dates Class for Couples

Bring your significant other Monday, **Feb. 9**, 4:30-6 p.m., to Bldg. 110, and come learn how to energize your relationship while having fun spending time together. This class has a minimum sign up requirement and RSVP should be made to 309-782-0829 or chassity.r.morse.ctr@mail.mil. ([Flyer](#))

Employee Assistance Program



Martin Luther King Day of Service – January 2015

Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, **Jan. 19**, 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, East Wing, and convenient hours 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 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.](#)

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, **Jan. 22, April 21, and July 23**; • Black Hawk College, **April 9 and July 9**; • Eastern Iowa Community College, **Feb. 5, March 5, April 2, May 7, June 4, July 2, Aug. 6 and Sept. 3**; • Kaplan University, **Feb. 12, May 14, and Aug. 13**; • Saint Ambrose University, **Jan. 15, April 16, and July 16**; • Trinity College of Nursing & Health Sciences, **Feb. 19, May 21, and Aug. 20**; • Upper Iowa University, **Feb. 11, May 13, and Aug. 12**.

Need An Online Exam Proctored?

Three local colleges offer academic test proctoring at no expense for service members attending online schools. All three institutions offer convenient locations and flexible schedules. Interested individuals should contact POCs (see below) to schedule proctored exams at least one week in advance of preferred date. Once scheduled, it is the responsibility of the service member to contact their respective school with local test centers' information, so exam and materials may be processed appropriately. The Eastern Iowa Community College (Scott Community College Campus) Testing Center is located in Bettendorf, approximately seven miles from Rock Island Arsenal. POC: [Rebecca Geiken](#), 563-441-4060. The St. Ambrose University (53rd Street Branch) Testing Center is located in Davenport, approximately seven miles from RIA. POC: [Jeff Karll](#), 563-333-5709. The Western Illinois University Quad Cities testing center is located in Moline, approximately one mile from RIA. POC: [Leslie Mose](#), 309-762-9481.

Inaugural Eastern Iowa / Western Illinois Veterans Conference

On Wednesday afternoon, **Feb. 25**, St. Ambrose University will host the inaugural Eastern Iowa / Western Illinois Veterans Conference. There will be a noon [keynote speaker](#) followed by film and panel presentations. Training will be offered concurrently for faculty, staff and others on military culture, and a resource fair will be offered to registered attendees. The conference will conclude with a late afternoon networking social. The event is a collaboration between St. Ambrose University, Black Hawk College, Eastern Iowa Community College District and Western Illinois University Quad Cities. For more information or to register, please visit www.sau.edu/veteranservices.

Defense Commissary Agency / PX



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](#))

Exchange Opens Earlier, Serves Breakfast

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornado's, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.



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. 12-18

In January 1976, Army Management Engineering Training Agency (AMETA) personnel took possession of Storehouse "K" (Bldg. 56). The remodeled building became the AMETA Annex, housing offices, and classrooms. The Secretary of War approved on Jan. 16, 1906, the transfer of RIA land from the Ordnance Department to the Engineering Corps for the construction of the Moline Locks. When Locks and Dam 15 opened in 1934, the Moline Locks were abandoned.

Healthbeat



RIA Health Clinic Closure

The Rock Island Arsenal Health Clinic and the pharmacy will be closed this Friday, **Jan. 16**, for the Training Holiday. We will also close at 12 p.m. on **Jan. 30** for mandatory training. Please plan accordingly.

How to Achieve Your Weight Loss Goals

January is the time of year when many people make a New Year's resolution to lose weight. Some people want to lose just a few pounds while other may want to lose 30 pounds or more. So where can you find the inspiration to help you to lose more than 30 pounds and keep it off for more than a year? Read entries in the National Weight Control Registry, which contains stories of individuals who have lost more than 30 pounds and have kept it off for at least one year. Currently, more than 10,000 individuals have shared their story in order to help others lose weight. Eighty percent of entries in the National Weight Control Registry are from women and 20 percent are from men. The average participant has lost 66 pounds and kept it off for 5.5 years. ([More](#))

Notes for Veterans



The Veterans Employment Center

The Veteran Employment Center is an online portal that combines elements of standard job boards and professional connection media (e.g. LinkedIn) to provide a single solution for meeting the needs of both veteran job-seekers and employers seeking to hire our veterans. The VEC is accessible from the Veteran's Administration's e-Benefits website. Soldiers, veterans, and family members are encouraged to create a VEC profile early! Their Soldier for Life -Transition Assistance Program offices, career counselors, and Department of Veteran Affairs benefit advisors can assist in getting started with the VEC and job search related skills training. The eBenefits portal is a safe, secure, and centralized resource for benefits associated with pre-separation, employment assistance, relocation, education and training, health and life insurance, finances, Reserve affiliation, disabled veterans, and retirement. Navigating to the VEC provides access to the career tools, employment resources, and services for the job seeker. ([More](#))

2014: A Banner Year for Post-9/11 Vet Employment

The past year may have been the best ever for employment of the latest generation of veterans, government data show. The annual unemployment rate for post-9/11 veterans in 2014 was 7.2 percent, according to information from the Bureau of Labor Statistics released Friday. That's nearly 2 points below the 2013 annual rate of 9 percent and nearly 5 points down from the 2011 rate of 12.1 percent, BLS records show. It's also the lowest annual rate ever charted in the metric's seven-year history, though by a narrow margin. ([More](#))

Car Pooling Announcements



Submit carpooling announcements via [the Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Did You Know?

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

Carpool:

- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call 309-782-5472.



Around the Q.C.



Jan. 14: [The Civilian-Military Divide: Bridging The Gap, an Embracing Our Military event, 6:30-8 p.m.](#)

(Veterans Funeral Care at Trimble Pointe, 701 12th St, Moline)

Jan. 16-19: [Be a Tourist in Your Own Backyard Weekend](#) (Greater Quad Cities)

Jan. 17: [Ice Stravaganza](#) (Downtown Davenport)

Jan. 18-20: [QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)

Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)

Feb. 12-15: [Outdoor Show](#) (QCCA Expo Center, Rock Island)

Feb. 20-22: [RV & Camping Show](#) (QCCA Expo Center, Rock Island)

Feb. 21: [Iowa Freedom Rock Chili Cook-off](#) (Road House, 701 N Cody Rd, LeClaire, Iowa)

Feb. 25: [Eastern Iowa/Western Illinois Veterans Conference, 12-5 p.m.](#) (Rogalski Center, St. Ambrose University, Davenport)

March 2-8: [3rd Annual Quad Cities Restaurant Week](#) (Greater Quad Cities)

March 13: [Gathering of the Clan Luncheon](#) (TBD)

March 14: [St. Patrick's Day Parade](#) (The District, Rock Island & Downtown Davenport)

March 26-29: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)

May 2: [Festival of the Arts' Village in Bloom](#) (Village of East Davenport)

May 9-10: [Quad City Air Show](#) (Davenport Municipal Airport)

May 9-10: [Beaux Arts Fair](#) (Figge Art Museum Plaza, Downtown Davenport)

May 25: [50th Annual Quad Cities Criterium](#) (Village of East Davenport)

June 1-6: [25th Annual Quad Cities Senior Olympics](#) (1800 3rd Ave, Rock Island)

June 5-6: [Rhubarb Festival](#) (Aledo, Ill.)

June 6: [QC Pridefest](#) (Downtown Davenport)

June 12-13: [Gumbo Ya Ya](#) (The District, Rock Island)

June 13-21: [Quad Cities Museum Week](#) (Greater Quad Cities)

June 17-20: [Rally on the River](#) (Centennial Park, Davenport)

June 21: [Ride the River Bike Ride](#) (Mississippi River bike paths, Iowa & Illinois)

June 28: [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)

July 3: [Red, White & Boom!](#) (The District, Rock Island & Downtown Davenport)

July 2-4: [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)

July 4: [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (parade at 10 a.m.)
July 6-12: [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)
July 9-11: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 15-19: [Rock Island County Fair](#) (Fairgrounds, East Moline)
July 24-25: [Downtown Street Fest](#) (2nd Street in downtown Davenport)
July 25: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 2: [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 7-8: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 13-15: [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 15: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 28-29: [River Roots Live](#) (Downtown Davenport)
Aug. 28-30: [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
Sept. 5-6: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 5-7: [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
Sept. 12: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)
Sept. 12: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 12-13: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 18-19: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 19: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 19-20: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 27: [Quad Cities Marathon](#) (downtown Moline)
Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)



Island Insight



[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor

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DR. MARTIN LUTHER KING JR. HOLIDAY



Remember!
Celebrate!
Act!

A Day ON
NOT
A Day OFF

JANUARY 19, 2015



- ✓ Community Outreach
- ✓ Blood Drive
- Support Youth Program
- ✓ Food Drive
- Support Clothing Donation Drive



Volunteer
Meeting
TODAY!

