

Jan. 20, 2014



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

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

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Ask the Garrison Commander

ASC Certifies 6 Soldiers as Basic

Combatives Instructors: Six Soldiers from the Army Sustainment Command received their certificates of training after completing the weeklong Combatives Level I course here, Jan. 10, officially making them Basic Combatives Instructors. The graduation ceremony was held at the Rock Island Arsenal Physical Fitness Center. Sgt. 1st Class Jared Clapper, who serves in

Army Mobility, earned top honors as the class's distinguished honor graduate. "I feel it was because I kept a positive attitude from day one," said Clapper. "I volunteered for all the choke holds so they could practice on me. This has made me better, ready to train." The other graduates were Maj. Peter Studebaker, Field Support Office; Sgt. 1st Class Darrell Buck, Field Support Office; Sgt. 1st Class John McLaughlin,

Surgeon's Office; Staff Sgt. Shawn Hayden, Intelligence Office; and Sgt. Robert Hanners, General Supply Office. "This makes me more confident that I can defend myself if necessary," said Hanners. ([More](#))



"HOME OF US ARMY LOGISTICS"



Preparation Means 'Polar Vortex' Has Small Impact On Arsenal Ops:

While winter weather is nothing new in the Quad Cities, the responding to the extreme cold of the Polar Vortex invasion



provided some extra work for Rock Island Arsenal the week of Jan. 6. "We had to manage a lot of water issues," said Scott Bach, chief of grounds and maintenance for the Arsenal. "We lost some sprinkler heads (to freezing). Rock Island Integrated Services, our base-operations contractor did an excellent job of keeping the roads clean." ([More](#))

After 30 Years, Joint Munitions Command Professional Retires:

"Anytime I can sing the praises of a career with the government, I do," said Darlene Coffey. After more than 30 years, she's aptly qualified to tell the story of government life. Beginning her federal service as a GS-3 clerk-typist, Coffey made her career in human resources, specifically civilian



personnel. In early January with 30 years of experience, she officially retired as chief, Personnel Development and Policy Division for the Joint Munitions Command, Rock Island Arsenal. ([More](#))

Hagel Ordering Full Review of

Nuclear Force: Citing a string of setbacks in the nuclear missile force, Defense Secretary Chuck Hagel summoned senior military leaders to discuss serious personnel problems and other missteps that "threaten to jeopardize" public trust. In a memo Thursday to top Pentagon officials, Hagel also ordered an independent review of the nuclear force to determine whether setbacks, including numerous lapses and missteps revealed by The Associated Press, reflect endemic failures that could harm the nuclear mission and the safety and security of the nation's nuclear weapons. ([More](#))



Auditors OK DoD Conference Policy:

The Pentagon's conference spending policy generally aligns with governmentwide standards, and in some instances, exceeds them, a review has determined. The Office of Management and Budget's 2012 policy is the

Upcoming Dates

Jan. 24: Mississippi River Visitor Center Open House, 9 a.m. – 5 p.m.

Jan. 28: Monthly Community Information Exchange, 9 a.m., Arsenal Island Clubhouse

Jan. 28: RIA Retirement & Retreat Ceremony Dress Rehearsal, 2 p.m.

Jan. 28: Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.

Jan. 29: RIA Retirement & Retreat Key Leader Rehearsal, Heritage Hall, 2 p.m.

Jan. 30: RIA Retirement & Retreat Ceremony, 2 p.m., Bldg. 60, Heritage Hall

Feb. 3-7: Quarterly Transition Assistance Program Workshop, Bldg. 56

Feb. 5: Real Property Planning Board, Baylor Conf RM, 10 a.m.

Feb. 6: Community Health Promotion Council Meeting, Baylor Conf RM, 1 p.m.

Feb. 11-13: DA Photo Studio on RIA

Feb. 12: Health Fair, Fitness Ctr, 10 a.m. – 2 p.m.

Feb. 12: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

Feb. 12: Explosive Safety Council, Bldg. 90, RM 25, 10 a.m.

Feb. 13: Garrison Town Hall, Baylor, 1 p.m.

Feb. 26: RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.

Feb. 27: Community Information MTG, Arsenal Island Golf Clubhouse, 9 a.m.

Feb. 27: RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.

March 4: Installation Planning Board, Baylor Conf. Rm., Time TBD

March 10-14: Training- Unit Prevention Leader, Baylor Conf. Rm.

March 10-14: Real Property Master Plan, Standards Workshop (Schedule TBD)

March 11-13: DA Photo Studio on RIA



benchmark. DoD requires senior-level review and and pre-approval of all conference-related costs, while OMB requires senior-level review of conferences only when the estimated costs exceed \$100,000, according to the Government Accountability Office report. DoD also aligns with OMB policy by publicly reporting annual conference costs. In addition, the department requires quarterly internal reporting of conference costs. ([More](#))

Broad VA Bill Would Repeal Military Pension Cut, Cost \$30 Billion:

Sen. Bernie Sanders (I-Vt.) on Wednesday discussed details of the massive Veterans

Affairs bill he introduced last week, saying he is open to paying for the

measure with savings from winding down overseas contingency operations (OCO), formerly known as the global war on terror. The legislation would repeal a controversial pension cut for younger military retirees that Congress and President Obama approved in the budget deal last month, in addition to expanding certain veterans benefits, such as dental and medical care, education and caretaker stipends. ([More](#))



Retirement & Retreat Ceremony

Invitation: Major Gen. John F. Wharton cordially invites the Rock Island Arsenal Island Workforce to attend the 2nd Quarter FY14 Award, Retirement & Retreat Ceremony on Thursday, **Jan. 30**, at 2 p.m., in Heritage Hall (Bldg. 60), in honor of: David Muller, Department of the Army Civilian, ARDEC; Edwin Welch, Department of the Army Civilian, USAG-RIA; Major John Smith, First Army; Sergeant First Class Ionie Green, ASC; and Staff Sgt. Delena Robinson, ASC. Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual.



Help IMCOM Improve, Tell Us About Your Army Installation,

Services: Have you ever felt the need, as a customer, to have your voice heard - whether to recognize great service, point out a concern, or make a recommendation? Now is your chance to share your thoughts and help U.S. Army Installation



Management Command provide world class customer service. Customer feedback is a critical element to ensuring that IMCOM provides the highest quality programs, services and facilities to service members, families and civilian employees -- in keeping with their service and sacrifice. ([More](#))

Mississippi River Visitor Center -

Open House: You are cordially invited to attend an Open House at the U.S.

Army Corps of Engineers' Mississippi River Visitor Center located at Locks and Dam 15 on the



Rock Island Arsenal. The Open House will run all day on Friday, **Jan. 24**, 9 a.m. – 5 p.m. The Visitor Center has been remodeled with new display additions, historical corps artifacts and interesting interactive displays for people of all ages. During this time of the year you will also be able to view American Bald Eagles who winter around the locks and dams on the Mississippi River annually. Simple refreshments (coffee, hot chocolate and cookies) will be available throughout the day in the lobby. Water safety activity books for kids, brochures, and maps are



available for handout and also videos will be shown in the theater. There is a gift shop in the visitor center with souvenirs, clothing, books, and other educational items for purchase from the QCCVB Co-operating Association. Attendees can enter a drawing which will be held at the end of the day for a \$25 certificate good for items from the gift shop. ([More](#))

Army Family Team Building Brown Bag Seminars:

Bring your lunch and take Level (K): Knowledge of the Military one class at a time during your lunch hour. Each Tuesday lunch hour 11:35 a.m. – 12:25 p.m., **Jan. 21 through March 25.** Classes held at Army Community Service (ACS), Bldg. 110. To register call ACS (309) 782-0829 or on [TEDs](#). Please register no later than one day prior. ([Flyer](#))



Army Family Team Building Level (G):

Personal Growth and Resiliency: **Jan. 29-31**, 9 a.m. - 2:30 p.m. Class topics: Learn to Communicate, Effective Conflict Management, Problem Solving Strategies, Personality Traits, Improving Personal Relationships, Team Dynamics, Resiliency during Crisis and

Grief, Overcoming Stress, Time Management and more. Classes offered at Army Community Service, Bldg. 110. Please register no later than **Jan. 27.** To register, call ACS: (309) 782-0829. Civilians may register on [TEDs](#). Please register no later than **Jan. 27.** ([Flyer](#))

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.

Eagle Watches & Clock Tower Tours:

The park rangers with the Rock Island District, Corps of Engineers' Mississippi River Visitor Center will once again be conducting eagle watches and Clock Tower Building tours through the Visitor Center on **Jan. 25, 26**, as well as **Feb. 1, 2, 8, and 9.** These dates are on Saturdays and Sundays at 9-10:30 a.m. and 12:30-2 p.m. These events will combine both the eagle watches and historical Clock Tower Building tours. Reservations are required and group size is limited. For more information or to make reservations call the Visitor Center at (309) 794-5338.



Arsenal Attic Thrift Shop: Arsenal Attic Thrift Shop opens again after holiday break, every Tuesday and Thursday, 9 a.m. – 3 p.m. POC: (309) 782-6977.



Outdoor Show and RV Camping

Show: If you have a love for the outdoors and winter is keeping you from participating in your favorite recreational activities then come visit with our ranger staff at the QCCA

Expo Center in Rock Island and get geared up for summer while the cold air is still blowing outside. The Outdoor Show will be held **Feb. 13-16** and our rangers will be on hand to provide information on all the recreational opportunities our project has to offer. We will even have annual day use passes available for sale so that boaters can get ready for the season by purchasing their boat ramp sticker early. The RV Camping Show will be the following weekend **Feb. 21-23** and rangers will be on site to answer questions and provide information on all our camping and recreational areas. For more information on these shows check out the [website](#).

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



US Army Corps of Engineers
Rock Island District



on **Friday, Feb. 14 & 21, 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 **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on April 18 & 25**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. DMC to host Community Blood Drive on **Thursday, Feb. 13, 10 a.m. - 1:30 p.m.**, at Bldg. 350, in the MVRBC Donor Bus. Anyone who works in Bldg. 350 is invited to donate at this blood drive. To donate, please contact Brandon Cronise at (309) 782-3711 or visit bloodcenterimpact.org. The Rock Island District, U.S. Army Corps of Engineers is hosting a blood drive on **Thursday, Feb. 20, 8 a.m. - 1 p.m.**, in the Clock Tower Annex Building, Bldg. 217, in the ABC Conf. Rm. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Fall is definitely in the air. Did you know that when someone "falls," your blood donation helps to pick them up? In some cases, it is

the reason patients are able to get up and carry on in life. On behalf of the patients whose lives you have "picked up," thank you."

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](#).

Employee USAG-RIA Town Hall:

There will be a USAG-RIA Town Hall for Garrison employees on Thursday, **Feb. 13**, at 1 p.m., in the Baylor Conf. Rm., Bldg. 103. Please help us get a head start on answering questions by submitting your questions in advance to the [Ask The Garrison Commander mailbox](#). This will allow Garrison staff to due detailed responses to some questions, and the forum will still be open to new questions during the Town Hall.



VIOS Schedule for February, March, April and May: Official DA Studio Photography (DA, Government passport and command photos) will be offered at



Rock Island Arsenal **Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates). 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.

Texas Hold 'Em (No Limit): The Rock Island Arsenal Welcome Club presents Texas Hold 'Em (No Limit) on **Jan. 24** at the Rock Island Arsenal Golf Clubhouse. Open to the public, do not need to be a member of RIAWC to play. Doors open at 5:30 p.m. and cards fly at 7 p.m. There will be a \$1,000 first place prize with a minimum of 40 players. \$40 buy-ins and \$10 add-ons. This event is to help raise funds for college scholarships and community welfare grants. May register at the door, but pre-registration will guarantee your slot. [Email](#) or call (563) 514-2644.



Ambrose Military Appreciation Day: St. Ambrose University is holding a Military Appreciation Day on Saturday, **Feb. 1**, at the SAU Fighting Bees basketball doubleheader vs. William Penn at the PE Center on the SAU campus; 1 p.m. tipoff for the women's game, and a



3 p.m. tipoff for the men's game. Free admission for active duty military and veterans with valid DoD or Veterans affairs ID card, as well as anyone donating three non-perishable food items. For more information contact 563-333-5721.

Women in Defense Spring Fashion Show: Our WID spring fashion show is Saturday, **March 8**, at the Lodge in Bettendorf. Tickets are \$35 per person, \$65 for two or a table of eight for just \$240. There will be door prizes, a silent auction and 50/50 raffle. Sponsors include Younkers, Four Seasons, Teranga House of Diversity, CJ Banks, River Bandits, Gypsy Nails and the Fun Co. Tuxedos. Go to getmeregistered.com or call (309) 787-5076 to reserve your seats now. This is a WID fundraiser for WID scholarships and other locally sponsored charities. See more details at www.widiic.org. WID is a 501(c)(3) non-profit organization. Want to volunteer, model or sponsor? Call Peggy at (309) 787-5076. Time: **11 a.m.**

Arsenal Island Employee Local Discounts: *The following discounts are exclusively available to Arsenal Island employees – **The Slice:** right off the*



Moline Bridge exit, is offering \$2 off their pizza buffet with drink to Rock Island Arsenal workers. **Double Tap Firearms:** Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (🔗). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (🔗). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (🔗). **Goebel Family Dentistry:** Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (🔗). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Trivia Night - QC Warriors Baseball Team: The non-profit QC Warriors Baseball 9U/12U baseball teams are presenting Trivia Night at Heritage Hall, Bldg. 60, on Saturday, **Feb. 1.** Doors

open at 6 p.m. Eight players per table, \$10 per player. There will be 10 rounds of 10 questions each. First Place Table wins \$150. Also included: a 50/50 Raffle, Heads or Tails game, Dessert Silent Auction, and a Basket Silent Auction. Bring your own snacks. Please, no crock pots or outside beverages. Register as a single - we'll fit you into a table - or bring a whole team. To register or for more information, please contact Christian at (309) 373-4413
Time: **7 p.m.**

Arsenal Traffic/Construction



No Arsenal Traffic/Construction related announcements this week.

Building/Space Closures



No Building/Space Closure related announcements this week.

Active Duty/Reserve Zone



Army Announces Sergeant, Staff Sergeant Promotions: These soldiers

will be promoted to sergeant or staff sergeant in February, Army officials announced Thursday. They can expect to be promoted as of Feb. 1: ... ([More](#))

Premier Transitioning Now Available to Soldiers, But Command Support

Required: Soldiers now have the military's best career transition program, which the Army began re-engineering about three years ago, said the program's director. That re-engineering was the result of "a pretty detailed analysis and a lot of surveys and interviews and discussions with Soldiers," said Walter Herd, Army Career and Alumni Program, or ACAP, director. The program helps Soldiers with their transition from military to civilian life. Herd said discussions led to three important take-away messages. ([More](#))

Army Announces 33K Positions Now Open to Women:

One year ago this week, the Department of Defense (DoD) announced the end of the direct ground combat exclusion policy, which restricted female service members from serving in unit-level positions below the brigade level with the primary mission of direct ground combat engagement. Now a year later, the Army announces its recent notification to Congress, through the DoD, to open 33K positions



as part of its Soldier 2020 initiative. The Army's Soldier 2020 initiative sets the conditions for senior leaders to balance and transition the force in a way that makes the Army stronger, by having the best-qualified Soldiers for each job within the Army profession. Prior to the DoD rescinding the direct ground combat exclusion policy, the Army had already begun 'leaning forward' with a scientific approach to re-validate performance standards for each Military Occupational Specialty (MOS). ([More](#))

TRICARE Ready to Close 189

Customer Service Centers April 1: For years, military members or their families could walk into a TRICARE health facility to get administrative tasks done, like changing doctors. But no more. TRICARE is set to eliminate 189 customer service centers on April 1, ending walk-in service. Instead, beneficiaries will have to complete administrative tasks over the phone or online. Mary Kaye Justis, director of TRICARE Health Plan, told the Federal Drive with Tom Temin and Emily Kopp Tuesday the key point that people need to understand is that this change does not alter the availability of health care at all. ([More](#))

Tax Assistance Center: Income tax filing season is here, and 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., **Jan. 28 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.

Walk-In Pet Vaccination Clinic: The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, **March 20**, 1-6 p.m.; and Friday, **March 21**, 8 a.m. – 1 p.m., at the Rock Island Arsenal Fire Department. All active duty military, military reserve and National Guard, military retirees, and dependents with valid identification cards are eligible to use this service. There is a charge for all services provided with payment in cash or check only. Please see [our website](#) for prices. Questions? Please call at (847) 688-5740 ext. 4.

Responding to the Military Child with Exceptional Needs:

The Military Child Education Coalition is offering a Responding to the Military Child with Exceptional Needs (formerly know as SELI) on **Feb. 4 & 5**, at the Arsenal Island Golf Clubhouse.

You can find out more information about this training opportunities by visiting this [website](#). Select the "Training" tab to find the specific



training you are interested in. You may even find another training opportunity you wish to take advantage of as well. And don't forget, this is another free training event and open to anyone who wishes to attend.

Reserves Recruiting Soldiers for Duty in Davenport: The 416th Army Field Support Brigade, United States Army Reserves, is now recruiting Soldiers to perform duty in Davenport. The mission of the brigade is to provide integrated acquisition, logistics, and technology (ALT) support with organic and augmented capabilities to the supported Army Forces (ARFOR). We serve as the primary point of contact to the operational and tactical commanders for ALT support. Another role we perform is to support critically important aspects to emerging technologies. We are looking for senior enlisted and officer grade Soldiers who want to gain experience and test themselves in today's ever changing logistical fields of our future Army. If you would like to know more about the 416th Army Field Support Brigade please contact: Sergeant First Class Victor Adkins, Phone (563) 391-4715, Ext. 3502; or stop by 3440 N. Division, in Davenport and talk to him.



Safety Spotlight



There's Nothing Funny About Falls:

Slips, trips, and falls have been a sure way to get a laugh in many cultures over the years. Human beings have been falling over their own feet ever since they first began to walk. However, except in slapstick comedy, falls are simply not funny. In fact, the subject of falls is extremely serious. Did you know that falls are one of the top leading causes of accidental deaths? In case you are thinking that falls are only a danger to people who work on scaffolds and steel girders up in the sky, think again. Most falls actually occur on the same level and are caused by just tripping over an obstacle or slipping on something. Here are some ways to prevent falls:

- Keep walkways and floors free of obstacles such as boxes, cords, and litter. Even objects such as pencils on the floor have caused serious falls.
- Flooring surfaces must be even and secured. Watch out for obstacles such as loose tiles or carpeting.
- Close cabinet drawers and doors as soon as you are through with them. Many serious injuries have occurred when people fell over unexpected obstacles like an open bottom drawer on a desk.
- Don't run or walk too fast.
- Adjust your

walking speed and style to the surface you are traveling on. If the surface is rough, cluttered, slippery or at an angle such as a ramp, you need to slow down and take small careful steps.

- Wear safe footwear, with low heels and a good fit. Keep your shoelaces tied. Avoid slippery soles and be sure to wear shoes with adequate tread when walking on icy, greasy or wet surfaces. Keep shoes in good repair. A defect such as a nail coming through the heel can cause a person to slip.
- Make sure you can see over or around any load you are carrying. Wintery and icy weather conditions falls are a hazard at work any time of the year. But winter weather adds a greater element of danger:
- Report any hazardous conditions such as ice on a sidewalk or water in an entry area. It may not be your job to shovel snow or mop up spills, but it is certainly your responsibility to report hazards so they can be corrected before someone is injured.
- Outdoor walkways and steps should be kept free of ice, snow, mud, and wet leaves.
- Entrances and interior traffic areas should also be kept free of water and ice. There should be mats at the doorways to remove snow, water, and mud from footwear.
- Extra measures should be taken to ensure safe footing on sloped floor surfaces, such as ramps.
- When walking on slippery



surfaces go slowly and take small steps.

- Wear shoes or boots with non-slip soles. Special footwear with cleats is available for especially slippery conditions.
- Watch your footing as you get in or out of vehicles. When climbing in or out of equipment cabs, keep a firm grip on the handholds and watch out for ice on the footholds, and mud or ice on your shoes.
- Winter weather calls for extra caution when working at heights. Make sure surfaces such as ladder rungs and scaffold decks are free of ice and snow. Check your work area and your work habits frequently to make sure you are doing all you can to prevent slips, trips, and falls, and remember to watch your step to prevent falls, especially in winter conditions.

Beware of Icy Walking & Driving

Conditions: Melt - freeze - melt - freeze; it's a vicious cycle. The day time temperatures have been warm enough to melt the snow. Evening temperatures drop, and cause the melted snow to re-freeze, causing icy conditions on sidewalks and in parking lots in the mornings. This is yet another message to



inform you icy conditions. It may look wet, but it could be ice. Please take your time, look for and anticipate slippery conditions. Walk slowly and drive carefully.



Equal Opportunity Focus



DoD Approves Waiver Policy for Religious Observances: The Pentagon has approved a new policy that will allow troops to seek waivers to wear religious clothing, seek prayer time or engage in religious practices. The new policy took effect Wednesday, and the waivers will be decided on a case-by-case basis, according to defense officials. Approval of the waiver will depend on where the service member is stationed and whether the change would affect military readiness or the mission. Under the new policy, a request can only be denied if it is determined that the needs of the military mission outweigh the needs of the service member. ([More](#))



Morale, Welfare & Recreation (MWR)



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

all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

New Fitness Center Classes: Group fitness classes at the Fitness Center are a great way to get those New Year's resolutions off to a running start. With a wide variety of class styles including rowing, spinning, yoga, TRX and our new 20:20:20 & Fit For Life classes there is sure to be something for all. [Visit here](#) for full class schedules, descriptions and prices or call (309) 782-6787.

Carwash Notice: With all the salt on the roads this time of year the carwash bay located in the Auto Skills Shop (Bldg. 351) is a great place keep your vehicle clean, shiny and rust free. If you do use the carwash please remember to close the door to the wash bay when you are finished as this cold weather wreaks havoc on the water pipes and will shut down the system.

New Group Fitness Class: Fit For Life: Fit For Life is a class designed to help you stay healthy, fit, and active throughout all stages of your life. This class combines low impact cardio,



strength training, balance, and flexibility training. This class is also a great way to improve health, help you feel better, have fun, and socialize with others! Fit For Life will help individuals improve balance, posture, coordination, flexibility, strength, and endurance through instructed guidance using light weights, resistance bands, stability balls, medicine balls, indoor track and various other pieces of equipment. The class is offered in six-week sessions for \$18 for civilians and \$16 for military or just try 1 class and pay the drop-in fee of \$3/class. Call (309) 782-6787 for more info and to sign up. ([Flyer](#))
Time: **9-9:45 a.m.**

Super Bowl Party at the Arsenal

Island Golf Clubhouse: Come watch the best in the AFC battle the best in the NFC on Sunday, **Feb. 2**, at 4 p.m., for the title of Superbowl XLVIII Champions on multiple big screen TV's.



There will be food and drink specials including your choice of a hot dog or bratwurst and a bowl of chili for just \$5. Doors open at 4 p.m. and the hard-hitting gridiron action starts at 5:30 p.m.

Call (309) 782-4372 for more info. ([Flyer](#))

Trivia Night: Get up to seven of your smartest friends Thursday, **Feb. 6**, at 6 p.m., and come wage a battle of wits against other trivia enthusiasts. This fun, multi-media, family friendly trivia competition held in the Arsenal Club (Bldg. 60) features a wide range of topics and is open to the public so invite all your trivia junky friends, the more players we get the better the prizes become. Cost is \$5/player or \$30/table of 8. Call (309) 782-6319 for more info and to sign up in advance. ([Flyer](#))

Ghost Hunters Dinner and Tour of Historic Quarters One

The always-popular Ghost Hunters Dinners are back Friday, **Feb. 7**, 6:30 p.m., for 2014. Enjoy a delicious buffet featuring prime rib and sautéed chicken breast followed by ghost hunting in historic Quarters One led by the Rock Island Paranormal Society. Cost is just \$35 and reservations can be made by calling (309) 782-4372. ([Flyer](#))

Health Fair 2014: Brought to you through sponsorship by Unity Point Health-Trinity, the RIA Fitness Center's annual health fair is a great place to obtain lots of helpful information and

advice about your health. Stop by the Fitness Center on **Feb. 12** between 10 a.m. and 2 p.m. 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](#))

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

A Buddy Holly Story Circa 21: The Buddy Holly Story captures that unique mixture of innocence, determination, humor, and charm that was Buddy Holly and wraps it into a package that truly deserves the billing: “The World’s Most Successful Rock & Roll Musical!” Discount tickets for this **Feb. 15** show are available for \$45 at the Leisure Travel Office (Bldg. 60) or by calling (309) 782-5890. ([Flyer](#))
Time: **6 p.m.**



WWE Live: Don't miss all your favorite superstars for one night only on the Road to WrestleMania! World Heavyweight Champion John Cena, WWE Champion Randy Orton & WWE Tag Team Champions the Rhodes Brothers. Tickets on sale until **Jan. 21**. Discount tickets for this **March 2** show can be purchased for \$63.50 & \$43.50 at the Leisure Travel Office (Bldg. 60) or by calling (309) 782-5890. ([Flyer](#))
Time: **5 p.m.**

Sesame Street LIVE!: No matter where you're from or where you've been, everyone is special – so join in. Elmo, Grover, Abby Cadabby, and their Sesame Street friends welcome Chamki, Grover's friend from India, to Sesame Street. Together, they explore the universal fun of friendship and celebrate cultural similarities, from singing and dancing, to sharing cookies. Join the fun and make a memory with your friends and family. Leisure Travel Office has discounted tickets on sale until **Feb. 18**.
Date: **Thursday, March 13**
Time: **6:30 p.m.**

Tales of a Fourth Grade Nothing: Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a

younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok.
Discounted seats on sale until **April 5** ... \$9 per person.
Date: **Saturday, April 19**
Time: **10 a.m.**

Walt Disney Military Promotion
Tickets: Disney has renewed the Armed Forces Salute for yet another year. The offer will run **Sept. 29, 2013 – Sept. 27, 2014**. Qualified individuals may purchase up to a maximum of six theme park tickets during the period. Four-Day Park Hopper tickets \$169 Four-Day Water Park & More tickets for \$169 Four-Day Park Hopper tickets plus the Water Park & More option for \$198, **April 13** (no theme park or water park use) **July 4** (no Magic Kingdom use) Please allow three weeks for ticket arrival when ordering.

Universal Studios Orlando: This special ticket is good for unlimited admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike

anything else in Orlando. Ticket expires on **May 9**; unused days shall be forfeited.

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

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



Army Community Service (ACS)



ACS is located in Bldg. 110, 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

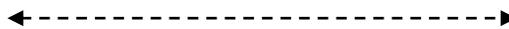


Military Saves Week: Military Saves Week promotes automatic savings to assist service members, their Families and DoD civilians reach their savings goals. As part of Military Saves Week 2014, scheduled for **Feb. 24 – March 1**, RIA Army Community Service Center and RIA Federal Credit Union are spreading the savings message, and urging the community to participate in Military Saves Week and take the Military Saves pledge. Military Saves Week is a great opportunity to help service members, their Families and DoD Civilians in our community to Set a Goal, Make a Plan, and Save automatically. The 2014 Military Saves Week theme is "Start Small. Think Big." To help the community save more successfully and encourage them to save, ACS and RIA Federal Credit

Union offer military Families and DoD civilian employees the Military Saves Week. Military Saves Week encourages people to build wealth, not debt. Military Saves Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. It is an annual opportunity for organizations to promote effective and responsible savings behavior and to provide an avenue for individuals to assess their own saving status. ([More](#))

Army Emergency Relief Scholarship Applications Now Available On-line:

AER scholarship on-line applications for Army Spouses and Dependent Children of Active Duty Soldiers, Retirees and the Fallen are now available through April at www.aerhq.org and look under the Scholarship button, or go directly to www.aerhq.org/dnn563/Scholarships.aspx. For more information call (309) 782-1499 or jon.c.cook.civ@mail.mil. The AER Scholarship brochure can be viewed at www.riamwr.com/acs/emergency-relief.



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder on **Feb. 11**, Tuesday, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are



mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Jan. 28 & Feb. 25**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., in the EAP office located in Bldg. 56, 1st floor, East Wing.



Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-

7901. Please visit our [website](#) to learn more.

Army Continuing Education System:

Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. ([More](#))

RIAWC Scholarships Available:

The Rock Island Arsenal Welcome Club is now accepting scholarship applications from High School Seniors and Continued Education Students. Applicants must meet eligibility requirements stated in the scholarship application. Merit-based scholarships will be awarded in the amount of \$750.00-\$1,500.00. Applications are available beginning **Jan. 15** from guidance counselors at local high schools and colleges, the Arsenal Attic (thrift shop), the fitness center, the commissary, by [email](#) or [download from our website](#). A link to the application can also be accessed on our [Facebook](#)

[page](#) under the events section.

Applications must be post-marked no later than **March 15**.

FEEA Taking Applications for 2014-15 Scholarships:

The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship Program. The program, which began taking applications **Jan. 2**, is open to civilian federal and postal employees with at least three years of service by **Aug. 31**, as well as to their spouses and dependents. Active duty and retired military service members and their dependents are eligible only through a sponsoring civilian employee spouse. Applications must be postmarked no later than **March 28**, FEEA said. ([More](#))

Scholarships for Military Children

Program Opens: Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at www.militaryscholar.org. Applications must be turned in to a commissary by close of business **Feb. 28**. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least



one scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

RIAFCU Scholarship: Do you or someone you know need money for college? R.I.A. Federal Credit Union is awarding three \$1,000 scholarships for the 2014/2015 school year. Any primary member of R.I.A Federal Credit Union with an account in good standing is eligible to apply. An individual may join R.I.A. for the sole purpose of eligibility. The IL Quad City Credit Union League is also awarding scholarship monies for the 2014/2015 school year. Applications for either scholarship program are due **Feb. 15**. Applications may be picked up at the R.I.A. branch in Bldg. 61 or [download an application here](#).

Tuition Assistance Changes to Take Effect For 2014: Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance, and tighter TA eligibility

rules. Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David. K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky. ([More](#))

NDIA Academic Year 2014-15

Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15:

Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

2014 IA/IL WID Scholarship:

Applications for the IA/IL Chapter WID 2014-15 academic year are now being

accepted. The application may be found at www.widiic.org, and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail: scholarships@widiic.org.
Date: **Monday, April 14**
Time: **3 p.m.**

Commissary / Exchange

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

Report: DOD Considering Slashing Commissaries Budget: The Defense



Department is reportedly discussing a \$1 billion cut over the next three years to the commissaries budget, which could lead to a widespread closure of stateside stores. With the budget tightening, the Pentagon's comptroller ordered the Defense Commissary Agency to produce a plan to close most stateside commissaries. According to a report on Military.com, the plan would close all but 24 rural stores stateside, while overseas stores would remain open. The military services are reviewing the plan, according to a food industry official. ([More](#))



Arsenal Archive



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

DOD to Preserve Historic Images: The Defense Imagery Management Operations Center recently signed a \$5 million agreement to digitize, store and provide access to hundreds of thousands of historical images. DIMOC is the

Defense Department's central repository for visual imagery. It exists to preserve visual records first for the DOD, and then for other agencies and members of the public, said Mike Edrington, DIMOC director. Those images are then made available via defenseimagery.mil. But, in addition to its digital archive, the agency has a massive backlog of images on physical, analog media that ranges from photographic negatives and slides to films and VHS tapes. ([More](#))

Rock Island Arsenal Historical Society Meeting:

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m., Thursday, **Feb. 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a tossed salad with breadsticks, pork tenderloin with gravy, garlic mashed potatoes, roasted Brussels sprouts, rolls and a chef's choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker Lt. Col. (retired) Harold Knudsen will talk about "Gen. James Longstreet, the Confederacy's Most Modern General." For reservations call Monica (563) 650-4349 or Linda (563)

355-6165 or [email](#). Reservations are due by noon on Monday, **Feb. 3**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at (309) 782-3518.

This Week in Rock Island Arsenal History – Jan. 20-26:

Col. Adelbert Rinaldo Buffington assumed command of RIA on Jan. 21, 1892. Col. David King, one of two RIA Commanders buried on the Island, died Jan. 27, 1932.



Healthbeat



Too Much Sitting May Raise Heart Failure Risk for Men:

Older men who spend a lot of time sitting around are more likely to face heart failure down the road, a new study shows. The research included more than 82,000 men between the ages of 45 and 69. Those who spent more time being sedentary outside of work hours, even if they exercised, had a higher risk for heart failure, reported the researchers from Kaiser Permanente Southern California. "Men with low levels of physical activity were 52 percent more likely to develop heart failure than men with



higher levels of physical activity," said study author Deborah Rohm Young, a senior scientist at Kaiser Permanente in Pasadena, Calif. Young said those who spent at least five hours per day sitting were 34 percent more likely to develop heart failure than those who spent less than two hours a day sitting. The research is published in the January issue of *Circulation: Heart Failure*. ([More](#))

Set Realistic Weight Goals, Eat

Sensibly, Attain Success: If you made a New Year's Resolution to lose weight, you are not alone. Losing weight ranks Number One on New Year's Resolution lists. Many individuals who make weight loss resolutions do not exercise, and some of these would-be dieters decide to join a gym. As soon as all the New Year's parties are over, gyms are packed with new members. But after this initial burst of enthusiasm, by the time February rolls around, many of these well-intentioned individuals go to the gym less frequently, and pretty soon they join the millions of Americans who have a gym membership but do not go to the gym. Why do many people give up on exercise so quickly? Part of the reason may be that some individuals set unrealistic goals for themselves. A busy, out-of-shape person might set a goal to

exercise six days a week. However, when it becomes clear this exercise goal is not attainable due to exercise-related injuries or busy schedules that make it hard to exercise almost every day, most people frequently give up and stop exercising. Setting a realistic goal such as initially deciding to exercise at least three times a week decreases the risk of injuries and increases the likelihood an individual will stick to his or her exercise goal. ([More](#))

Military Services Undergo Massive Health IT Consolidation:

Until recently, each of the military services had their own health information technology organizations, complete with separate data centers, contracting practices, infrastructure and applications. "We had a lot of duplication and redundancy across the services and across Tricare," Dave Bowen, chief information officer for the Defense Health Agency, said in an interview. "We found in many areas where there was a need for a specific health-related function supported by an IT system, the Army, Navy and Air Force all had their own systems." The formal establishment of DHA is changing that. The agency opened for business Oct. 1 to provide common health services that support operational

forces. The agency stood up initial capabilities for shared services in key areas, including health IT, medical logistics, pharmacy operations, facilities planning and Tricare contracts. ([More](#))

Rock Island Arsenal Health Clinic:

The Rock Island Arsenal Health Clinic will be closed for training on **Jan. 31** from 12 p.m. until end of day. This is recurring training every month on the last Friday of the month



Notes for Veterans



Senate to Take Up Major Overhaul of VA Benefits:

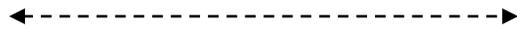
The chairman of the Senate Veterans Affairs Committee said Wednesday he has been assured the full Senate soon will take up a massive omnibus bill that veterans groups say is the most sweeping update to veterans' benefits in modern memory. The bill, first introduced last week by Sen. Bernie Sanders (I-Vt.), checks most of the boxes on the legislative wish lists of veterans' advocacy groups, many of whom already have formally endorsed the legislation. ([More](#))

VA Software Glitch Exposed

Veterans' Personal Information: A software glitch last week with an online



Veterans Affairs benefits portal exposed private information from military veterans to virtually anyone who could log onto the system, according to VA officials. The problem arose on a joint VA and Defense Department site that allows veterans and their dependents to access medical and educational benefits, disability claims, bank information and military personnel records, among other sensitive data. Initial estimates indicate more than 5,300 users may have been affected by the glitch, according to a VA official with knowledge of the situation. ([More](#))



Carpooling Announcements



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

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.



Around the Q.C.



- Jan. 25:** [Hand in Hand's Chili Cook-off](#) (New Fair Center, Mississippi Valley Fairgrounds)
- Feb. 1:** [Havana Daydreamin' – Honor Flight of the Quad Cities Benefit](#) (RiverCenter, Davenport)
- Feb. 2:** [St. Olaf Band in Concert \(Bettendorf High School Performing Arts Center, 3333 18th Street, Bettendorf\)](#)
- Feb. 7:** [Vietnam Veterans of America-Chapter 776 Trivia Night \(Davenport American Legion-Post 26, 702 W 35th Street\)](#)
- Feb. 9:** [MCCQC Annual Chili Cook-Off](#) (Fargo Lounge, 4204 Avenue of the Cities, Moline)

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

Feb. 13-16: [Outdoor Show](#) (QCCA Expo Center, Rock Island)

Feb. 23: [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)

March 15: [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)

March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)

March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)

April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)

April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)

April 26: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

May 2-3: [Army JROTC 7th Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)

May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)

May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)

May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)

May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)

May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)

May 17: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

May 26: [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)

June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)

June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)



June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)
June 7-8: [QC Pridefest](#) (Downtown Davenport)
June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
<http://www.hotrod.com/>
June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)
June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)
June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
June 20-22: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)
June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)
July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)
July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
July 19-20: [Heartland Jam](#) (Centennial Park)
July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)



Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight

Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island](#)

Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is available on-line.



The signs are all around.
It's up to YOU to recognize and act on them.

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

Training, Discipline and Standards
Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

 
ARMY STRONG <https://safety.army.mil>

