

Jan. 27, 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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Rock Island Arsenal-JMTC Unveils New National Guard Ambulance: The Rock Island Arsenal Joint Manufacturing and Technology Center rolled out the newest Humvee ambulance today. The M997A3, the most modern ambulance in the fleet, is fitted on a Humvee and headed to the National Guard. The ambulance boasts a number of improvements crucial to supporting the National Guard in

Homeland Security and natural disaster relief missions. These models feature a variety of upgrades from the ambulances they replace, including an improved drive train and electrical components, improvements inside the ambulance cabin, and elements that provide for greater storage of medical equipment. Enhancements also focused on the cabin lighting systems, giving medics brighter LED lighting, and greater control over

the ventilation system. "There is a control panel back here for the heating and air conditioning systems," Army Capt. Kevin Schierholz, light tactical vehicle system integrator at the National Guard Bureau. "In the older model, those systems were controlled up front in the cab. ([More](#))"



"HOME OF US ARMY LOGISTICS"



Two from ACC-RI Graduate from Naval Postgraduate School:

Two Army Contracting Command-Rock Island employees received their Master of Science degree in program management diplomas from the Naval Postgraduate School of Business and Public Policy Jan. 23. Beginning the program in May 2011, Marcia Larssen and Angela Calhoun found the program to be a lesson in patience and persistence. ([More](#))



Rock Island Arsenal Health Clinic

Hosts Open House: Improved services and expanded capabilities were on display at the U.S. Army Clinic, Rock Island Arsenal's open house on Wednesday, Jan. 22. Clinic Officer in Charge Capt. Katherine Converse said the clinic is focused on "Where we're at and where we're going." ([More](#))



Army Contract Specialist Finds Hope and Strength While Battling Combat

Injuries: Autumn 2013 was a memorable time for Mitch Chapman, an Army Contracting Command-Rock Island employee. It was memorable for wholly different reasons than during the same season 5 years ago. On October 13, 2008, Chapman, a then-infantryman serving with the Illinois National Guard, was driving the lead vehicle of a three-vehicle convoy on a road outside Kandahar, Afghanistan. ([More](#))



DoD Raises \$21 Million in CFC

Campaign: Despite a year of furloughs and a government shutdown, Defense Department civilians and military members raised \$21 million for 4,400 charities during the Combined Federal Campaign last year, Acting Deputy Defense Secretary Christine H. Fox said at the CFC awards ceremony at



Upcoming Dates

- 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
- March 12:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- March 19:** EQCC, Bldg. 90, Room, 10 a.m.
- March 27:** Community Information Mtg., Arsenal Island Golf Clubhouse, 9 a.m.
- March 27:** RIA General Officer Board of Directors, Arsenal Island Golf Clubhouse, 3 p.m.
- March 27:** Right Arm Night, 4:30 p.m.
- April 1:** Giant Voice Test, 10 a.m.
- April 8:** Holocaust Remembrance Day
- April 8-10:** DA Photo Studio on RIA
- April 9:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.



the Pentagon today. Fox is DoD's CFC vice chair. ([More](#))

Budget Proposal Put Off: The White House has put off until March 4 the release its annual

budget proposal, which under normal practices

would have come out next Monday. The delay gives employee organizations more time to advocate for a raise recommendation for January 2015 higher than the 1 percent paid out this month, potentially the 1.8 percent indicated by the underlying pay law. ([More](#))



Debt Ceiling Issue Arising Sooner:

One big budgetary testing point will arrive ahead of the budget proposal. An agreement of last fall suspended the federal debt ceiling through February 7, an event that has triggered brinksmanship many times in the recent past. Fiscal conservatives have said they



again will try advocate for deficit reduction steps tied to raising the limit, although it remains unclear what those steps might be; the chained CPI idea is one prospect that has been raised. Commonly, the response in similar situations has been to use several special budgetary maneuvers, including on involving the TSP's government securities G fund, to push off a firm decision. ([More](#))

Size of Civilian Federal Workforce Increases, But More Feds Eligible to Retire:

The number of civilians in the federal workforce increased from 1.88 million in 2004 to 2.13 million in 2012, with three agencies — the departments of Defense, Veterans Affairs and Homeland Security — accounting for 94 percent of that growth. ([More](#))

OPM Seeks to Improve Government

Morale: Does your agency have terrible morale? The Office of Personnel Management wants to help. Joseph Kennedy, the associate director at OPM, said in a Jan. 24 memo that pay freezes, budget cuts and sequestration had contributed to falling morale, but that



OPM can work with agencies to help improve employee satisfaction. ([More](#))

How Hard Has Sequester Hit DoD?:

Two top House Armed Services Committee members are seeking an independent

review of the sequester's long-term impact on Defense Department

operations. Under the 2011 Budget Control Act, the automatic spending cuts will cost DoD about \$500 billion over 10 years, Reps. Michael Turner, R-Ohio, and Loretta Sanchez, D-Calif., said in a letter to the committee's chairman, Rep. Howard "Buck" McKeon, R-Calif. In the letter, Turner and Sanchez ask McKeon to request a Government Accountability Office review. ([More](#))



Obama Looks to TSP to Create New Retirement Savings Plan for

Americans: President Obama unveiled a proposal in his State of the Union Address this week that would give many working Americans access to an offering within the Thrift Savings Plan, currently available only to federal employees. Obama announced his plan to create by executive order a program



called myRA, which would enable workers in households earning less than \$191,000 annually to enroll in an Individual Retirement Account, or IRA. ([More](#))

Key Federal-Employee Policies Have Changed During Obama

Administration: In Tuesday's State of the Union speech, President Obama announced no new initiatives directly affecting federal employees. That's not unusual for an annual speech that typically focuses on broad economic, national security and foreign policy themes. But even without such a jump-start, changes commonly are made each year in important aspects of federal employment, including pay, retirement and other benefits, and workplace policies. ([More](#))

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](#))

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](#))



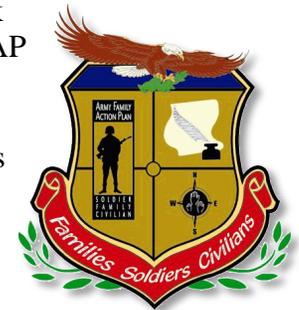
Army Family Team Building Level (L) Leadership Development:

Course covers: Leadership Styles, Effective Communication for Leaders, Developing Great Meetings, Establishing Team Dynamics, Resolving Conflict, Coaching and Mentoring, Virtual Meetings and more. Classes offered **Feb. 12-13**, 8:30 a.m. – 3 p.m. Please register no later than **Feb. 11.**

AFTB classes are held at Army Community Service, Bldg. 110. Classes are open to Military members, Family members, Civilians and Contractors affiliated with Rock Island Arsenal. To register, call ACS at (309) 782-0829. (Civilians can also register on [TEDs](#))

Army Family Action Plan

Conference: Sometimes people need a soapbox to stand on to get their issues heard. Let the Rock Island Arsenal AFAP be the microphone for voicing your issues and solutions to improve our quality of Army life. What do you think? We want to hear from you. Do you have an issue that negatively impacts the quality of life for Soldiers, DA Civilians, Families or retirees? Do you have ideas about what RIA or the Department of the Army can do to improve our organizations, systems, processes, or guidelines to better serve members of the Army community? The AFAP is a mechanism for identifying things that need to be fixed and providing concrete solutions to address them. Members of the Army community submit issues that are then placed in workgroups at our



AFAP conference for discussion. Issues must be measurable and within the purview of the DA or DoD to address. Issues may affect Soldiers (active duty, reservists, or members of the National Guard), family members, DA civilians, or retirees. Issues have to be submitted on [ArmyOneSource](#). Once on the site login and on the drop down menu “Family Programs and Services” click Army Family Action Plan Issue Management and “Submit Issue.” ArmyOneSource gives you the option of submitting issues anonymously or with your name. Be Heard.
Date: **Tuesday, Feb. 25**
Time: **8 a.m. - 4 p.m.**

Employees Rights To Be Represented By An Exclusive Union In An Appropriate Bargaining Unit:

The Federal Service Labor-Management Relations Statue (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 **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



US Army Corps of Engineers®
Rock Island District

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), 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.

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.**

WID Wisdom Lunch-n-Learn: WID is sponsoring a Wisdom Lunch-n-Learn on Thursday, **Feb. 27**, 11:15 a.m. to Noon in the Caisson Room, Bldg. 60. Dan Saskowski, Cardiac Rehab Program Administrator at UnityPoint Trinity, will present the topic "Symptoms of a Heart Attack in Women." Many of us know people who have had a heart attack but were either in denial or didn't know what was going on. Join us so you can recognize the signs of a heart attack and know what to do for yourself or others if a heart attack occurs. Delaying action

could have serious consequences. There is no charge for the lunch-n-learn, no RSVP required (but would be helpful for the room set-up). Bring your own lunch. Questions/RSVP may be directed to Dianne at (309) 912-2044 or dianne.wheeler5033@sbcglobal.net.

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 ([a](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



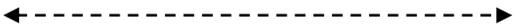
No Arsenal Traffic/Construction related announcements this week.



Building/Space Closures



No Building/Space Closure related announcements this week.



Active Duty/Reserve Zone



Army Piloting Teen Resilience Program to Strengthen Army Families:

Strengthening the resilience of teenage children of Army parents is critical to the resilience of the family and the readiness of Soldier-parents, said Army experts. Military teens face unique stresses, said Lt. Col. Stephen Austin, a chaplain with program

development for the Comprehensive Soldier and Family Fitness, or CSF2 program. ([More](#))

Army Launches Eight-Week SHARP

Pilot Course: The Army launched an eight-week Sexual Harassment/Assault Prevention and Response Program schoolhouse pilot program at Fort Belvoir, Va., Jan. 27, to better prepare sexual assault response coordinators, victim advocates and trainers. The pilot program extends the training by an additional six weeks, and was directed by Army Chief of Staff Gen. Ray Odierno and the G-1 Lt. Gen. Howard B. Bromberg, after they brought in sexual assault response coordinators, or SARCs, and victim advocates, or VAs, from across the Army for a panel discussion during the June 10, Sexual Harassment/Assault Response and Prevention, known as SHARP, program stand-down. ([More](#))

Army, Veterans Groups Focus on Reintegration for Soldiers:

As the Army draws down in Afghanistan and reduces its overall force strength, Army leaders and veterans groups remain focused on ensuring Soldiers have the support to be successful in the civilian world. Budget issues, challenges of transition, the Army's future, and the

health and wellness of the force were among the topics of discussion at the Pentagon, Jan. 24, as the Army hosted a quarterly meeting with members of veterans' service organizations and military service organizations. ([More](#))

Squad Leaders Motivate Soldiers

Toward Better Health: The Army's Performance Triad program -- which aims to increase Soldier performance through an increased emphasis on adequate sleep, physical activity, and proper nutrition -- is showing signs of success in part because responsibility for its implementation has been pushed to the lowest level of command. "By putting the onus on squad leaders, Performance Triad has reinforced the notion of delegating responsibility to the lowest level," said Maj. Jay A. Bessey, operations officer of 4th Battalion, 6th Infantry Regiment, 1st Armored Division. ([More](#))

Pentagon to Review All Military

Medals: With the politically dicey issue of how to recognize service by drone pilots and cyber warriors still awaiting an answer, the Pentagon announced Tuesday a broad-ranging review to settle not only that question, but examine the full range of medals and awards. Officials said the review, ordered by



Defense Secretary Chuck Hagel, would likely kick off within a month or so and be complete by late 2014 or early 2015. ([More](#))

Soldiers Can Use New Online Tool to Get Fit: The Army has launched a new online, interactive tool to help soldiers stay fit mentally and physically. ArmyFit was launched by the Comprehensive Soldier and Family Fitness program. It provides videos, information and other resources based on a soldier's individual needs. ArmyFit is linked to the Global Assessment Tool 2.0, which is a survey that helps soldiers identify how they're doing. ([More](#))

Warrior Transition Command Launches Website Providing Direct Access to Information for Wounded and Ill Soldiers: To provide wounded, ill and injured Soldiers greater ownership of their recovery and transition, the Warrior Transition Command (WTC) launched a new public website that provides robust, detailed information on the Warrior Care and Transition Program (WCTP). In the digital world of the 21st century, advocating for wounded, ill and injured Soldiers means that everyone needs virtual access to resources. The new WTC website's responsive design

enables Soldiers to easily access information on smartphones, tablets and computers no matter where they are in the recovery and transition process. ([More](#))

Army Enlisted Involuntary Early Separation Program: The Enlisted Involuntary Early Separation Program is one means Army senior leaders selected to sustain appropriate total force readiness, manage talent and achieve congressionally mandated end-strength. In fiscal year 2012, Congress amended legislation that expanded the Army's authority to separate regular Army enlisted Soldiers prior to their contractual Expiration Term of Service (ETS), from three months to one year. The Army began using this expanded authority in June 2012 to address readiness in deploying units. Application of this program to deploying units remains in effect; however, the Army has further expanded use of this authority. ([More](#))

Comprehensive Soldier and Family Fitness extends Resilience & Performance Training for Teens: The Comprehensive Soldier and Family Fitness program (CSF2) has tailored its training for teenagers. The Resilience & Performance Training for Teens

curriculum is a direct translation of existing resilience and performance skills that are already being taught to Army Soldiers, their spouses, and Army civilians. Examples of skills that are taught include lessons on gratitude, self awareness, self regulation, energy management, and goal setting. Scientific studies have found that Soldiers who receive this training demonstrated significant improvements in engagement, promotions, and overall well-being, while also decreasing anxiety, depression, and behavioral problems. Army life can be tough for teens, and this training teaches them how to proactively manage challenges with healthy coping strategies and skills. ([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

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



Rock Island Arsenal Celebrates Dr. Martin Luther King Jr.: Residents and employees of Rock Island Arsenal, Ill., celebrated the life and legacy of Rev. Dr. Martin Luther King Jr. at a ceremony in Heritage Hall here, Jan. 23. Rev. Joseph D. Williamson III, pastor of the Second Baptist Church in Rock Island, Ill., spoke at the event. "He [Dr. King] was not a utopian dreamer," said Williamson. "He believed equality was a realistic, achievable goal through nonviolence." Williamson, a native of East St. Louis, Ill., earned his jurist doctorate from Texas Southern University and has spent the last 20 years serving as pastor of Second Baptist Church where service to community is part of his mission statement: "To Seek, To Save and To Serve." "Dr. King was saying humans are dependent upon each other," Williamson preached. "Brothers and

Sisters, these were the tenets of Dr. King's rallies and meetings ... he believed the violation of rights to one potentially violated the rights of all." Before the pastor spoke, the audience watched a five-minute video presentation chronicling King's triumphs and struggles; from the Montgomery Movement where he organized a year-long protest campaign against the public transit system of Montgomery, Ala., to the day a sniper shot him on the balcony of his second floor motel room in Memphis, Tenn. ([More](#)) ([Video](#))

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](#))

RIA Annual Health Fair: Brought to you through sponsorship by Unity Point Health-Trinity (no official U.S. Army endorsement implied), 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. Don't feel like walking to the fair in the cold or losing your parking space? No problem, just jump on the free shuttle bus that will be making loops around the island. Call (309) 782-6789 for more info. ([Flyer](#))

Valentine's Wine Dinner: Looking for something special for your special someone this Valentine's Day? What could be more romantic than a gourmet five-course candlelit meal perfectly paired with five extraordinary wine selections? Get your reservations now for Friday, **Feb. 14**, 6:30 p.m., for this limited seating dinner at the beautiful and historic Arsenal Island Golf Clubhouse. See the flyer in the link below for the complete menu including



wines and more info. Call (309) 782-4372 to reserve your seats before they are gone. ([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)

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ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS



classes. [Find us on Facebook click here.](#) **24/7 Sexual Assault Hotline: (309) 229-8412**

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.



National Eating Disorders Awareness Week – February 2014:

We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year their initial diet or weight loss tricks spiraled out of control into a mess of isolating rituals, despair, and medical complications. Organizations across the U.S. are working to raise awareness of eating disorders and their prevention during National Eating Disorders Awareness Week, **Feb. 23- March 1**. The Rock Island Arsenal Employee Assistance Program would like to help you increase your personal awareness by reminding you of confidential counseling available to you and your dependent family members. Master-level counselors offer short-term counseling and referral assistance. The EAP is located in Bldg. 56, 1st floor, East Wing and appointments are available Monday through Friday, 7:30 a.m. until 5 p.m. Call (309) 782-4357 to schedule an appointment. The Rock Island Arsenal Employee Assistance Program staff hopes you will take advantage of this free and confidential

service because eating disorders are treatable and you can feel better. Learn more about eating disorders at <http://nedawareness.org>. You can also access an anonymous mental health screening at www.militarymentalhealth.org.

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. **Feb. 25**, Tuesday, 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.



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 effective 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.

NDIA Lifetime Achievement Awards: Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions

to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or jimcmorgan@aol.com. Application details at www.ndia-ia-il.org.

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](#).

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](#))

Dempsey: No Plans to Close Military Commissaries:

Contrary to some news reports, there are no plans to close military commissaries, the chairman of the Joint Chiefs of Staff said. But Army Gen. Martin E. Dempsey added that the budget environment is forcing the department to look for savings anywhere possible. The chairman first addressed this issue during his Facebook town hall meeting last month. ([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](#))

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. 27-Feb.2: Burial ceremony for Col. David King was held at Arsenal Island on Jan. 30, 1932. Col. King joined Gen. Rodman as the only two RIA commanders to be buried on Arsenal Island. In February 1918, the first battalion of the 10th U.S. Infantry arrived for guard duty at the Rock Island Arsenal. The battalion comprised nearly 1,000 Soldiers. On Feb. 1, 1958, the Ordnance Management Engineering Training Program was transferred from the RIA and assigned as a special mission support activity of the Headquarters of Ordnance Weapons Command. The forerunner to AMETA. On Feb. 3, 1966, the commanding officer of Springfield Armory requested that two mechanical engineers and four armorers from RIA be trained to support the National Match activities at Camp Perry. Boresighting method of targeting rifles adapted at RIA in February 1920.

Healthbeat



Antiseptic Mouthwash Raises Heart Attack Risk, Blood Pressure:

Chlorhexidine Kills Off 'Good'

Bacteria That Helps Blood Vessels

Relax: Antiseptic mouthwash is commonly used to quickly refresh and clean the mouth after brushing your teeth in the morning, after eating, and before going to bed. Frequently replacing mouthwash with toothpaste as a quick fix to kill off lingering germs, however, can become a deadly habit that you may need to spit out. According to a recent study published in the journal Free Radical Biology and Medicine, using a mouthwash twice daily — such as Corsodyl — may increase blood pressure up to 3.5 millimeters of mercury (mmHg), raising your heart attack risk. ([More](#))

TRICARE Tip of the Week: "Please remember, when traveling, it is your responsibility to call Tricare if you need to be seen while on leave. Without a prior call to Tricare, you could be held responsible for any charges. Retroactive referrals may not be authorized in the future." - RIAHC



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



System Lets Vets, Service Members File Education Benefits Complaints:

Six departments and agencies have banded together to launch a new online complaint system that lets veterans, service members and families provide feedback on problems with educational institutions that receive funding from federal military and veterans educational benefits programs. The centralized system—launched by the Departments of Veterans Affairs, Defense, Education and Justice, and the Consumer Financial Protection Bureau and Federal Trade Commission—is designed to collect user complaints about institutions that receive educational funding through federal programs such as those provided by the Post-9/11 GI Bill and the DOD Military Tuition Assistance Program. ([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.



- 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:** [NCMA QC Chapter Trivia Night with Mr. Trivia \(Knights of Columbus Hall 1111 W. 35th St. Davenport\)](#)
- 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

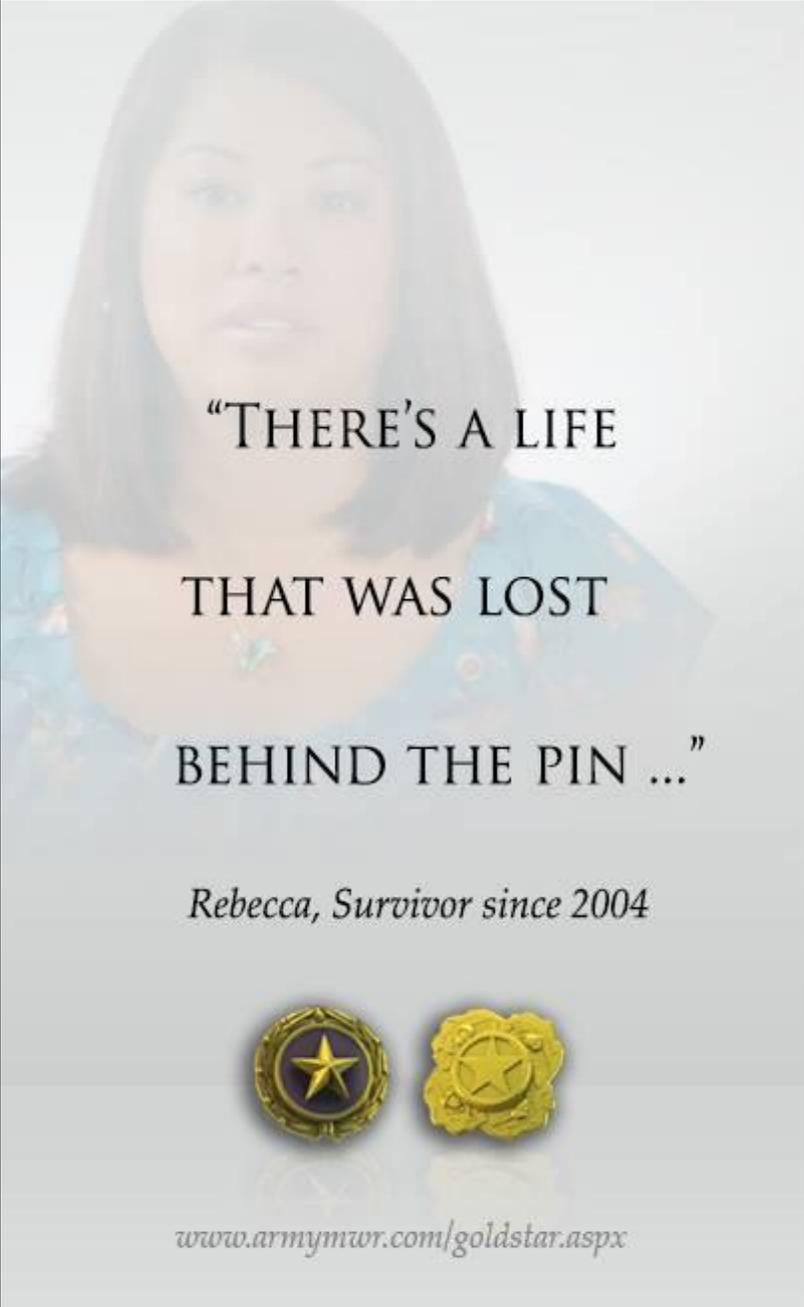


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