



Feb. 9, 2015

Island Insight

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

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

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Around the O.C.](#)

ASC Combatives Instructor Teaches Women Self-Defense

The Rock Island Arsenal Modern Army Combatives Program instructor has more on his mind than training Soldiers. He's also teaching women self-defense. Sgt. 1st Class David Stephenson, U.S. Army Sustainment



Command, and his wife, Lori, led a three-hour seminar at the Rock Island Arsenal Fitness Center, Feb. 7, where they taught six women techniques to defend themselves against an attacker. "The first step in self-defense is awareness," said Stephenson. "Knowing your surroundings is the first line of defense, but if a person is not confident, or doesn't look confident, they can become a target." Tracy Smyser, a Quad Cities real estate agent, said her job puts her at risk for attacks. "I'm really interested in self-defense because we are vulnerable as realtors," Smyser said. "There are always clients behind me, or my hands are full. We drive people around in our cars that we don't know that well. We enter vacant houses." ([More](#))

Upcoming Dates

- Feb. 10-12:** DA Photos, Bldg. 56, Basement, 7:20 a.m. – 3:40 p.m.
- Feb. 11:** RIA FMWR Health & Fitness Fair, Fitness Center, 10 a.m. – 2 p.m.
- Feb. 11:** Tenant Senior NCO, Arsenal Island Clubhouse Veranda, 11:30 a.m.
- Feb. 11:** JMC Change of Responsibility Ceremony, 1 p.m. (Location TBD)
- Feb. 14:** Valentine's Wine Dinner, Arsenal Clubhouse, 6:30 p.m.
- Feb. 16:** President's Day (*Federal Holiday*)
- Feb. 17:** Installation AT Level 1 Training (new employees), Bldg. 90, DPTMS Conf. Rm., B13, 8 a.m.
- Feb. 21:** Annual Kids vs Parents Dodge Ball, Bldg. 150, 11:30 a.m. – 1 p.m.
- Feb. 22-28:** National Engineers Week [📄](#)
- Feb. 23-28:** Military Saves Week
- Feb. 23-27:** SFL-TAP Workshop, Bldg. 56, Rm. 122, 8 a.m. – 4:30 p.m.
- Feb. 25:** African American/Black History Observance, Heritage Hall, Bldg. 60, 2-3 p.m.
- Feb. 25:** Military Saves Lunch n Learn, Heritage Hall, Bldg. 60, 11:30 a.m.
- Feb. 26:** Council of Colonels, Arsenal Island Clubhouse Veranda, 11:30 a.m.
- Feb. 26:** Newcomers Orientation, Arsenal Island Clubhouse, 8 a.m. – 12 p.m.
- Feb. 26:** Council of Colonels, Arsenal Island Clubhouse Veranda, 11:30 a.m.
- March 2-6:** Severe Weather Awareness Week
- March 5:** Installation Information Forum, Lock & Dam Lounge, Bldg. 60, 3 p.m.

DMC Hosts Materiel Management Summit

Col. William Krahling, Distribution Management Center commander, opened the three-day Materiel Management Summit at Heritage Hall, Feb. 10, welcoming senior army logisticians from around the world. Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, said Materiel Management is a complex topic. "The direct support structure has changed over time; we now have small elements to do Materiel Management functions," said O'Connell. "We must be efficient, yet support commanders when and where they need it." ([More](#))



Enlisted Aide's Mission Is To Attend To the Details

First Army Staff Sgt. Reynaldo Liberato is a soldier who also is a personal chef, dietitian, household manager and program manager. As an enlisted aide, his mission is to attend to the details so Lt. Gen. Michael S. Tucker, Commanding General at the Rock Island Army, can focus on his mission. Staff Sgt. Liberato is one of 70 enlisted aides in First Army, and serves in the general's home on the Arsenal. He's responsible for creating and maintaining a suitable environment in which the general can conduct official business and entertain dignitaries and heads of state. ([More](#))



First Army Hosts Award Ceremony for Patriot Guard Ride Captain

Lt. Gen. Michael S. Tucker, First Army commanding general, hosted a special ceremony honoring a local Patriot Guard ride captain. Tucker presented Eric Swanson with a state of Illinois resolution commemorating his nine years of service as the Patriot Guard captain for western Illinois and eastern Iowa. "What a great privilege it is to be able to preside over a ceremony honoring a local patriot and dedicated veteran such as Eric Swanson, who has selflessly served as the volunteer Patriot Guard Ride Captain for the Quad Cities area since 2006," Tucker said. ([More](#))



IMCOM Human Capital Plan Shapes 2025 Workforce

The newly developed U.S. Army Installation Management Command Strategic Human Capital Plan lays groundwork for re-shaping its workforce and culture to answer the future needs of the Army, provide premier installation management and become one of the premier federal workplaces by the year 2025. Lt. Gen. David Halverson, commander of the U.S. Army Installation Management Command, approved the SHCP, the first plan of its kind, Jan. 29, with eyes on both today's challenges and tomorrow's installation workforce needs. "We have to adapt ourselves," Halverson said. "The old ways of doing business no longer apply." ([More](#))



Dunne Oversees Piece of American History

It's the only bridge of its kind in the world, connecting Illinois and Iowa for rail and road traffic, and allowing vessels to lock through dams to navigate up and down the Mississippi River. Michael Dunne has worn several hats since 1980, when he was hired to work at the Government Bridge, also known as the Arsenal Bridge, connecting Rock Island and Davenport. Today, Dunne is the bridge supervisor.



He has worked in bridge maintenance. For years, he was the bridge operator, sitting 55 feet atop the swing span in a control room in the middle of the bridge. ([More](#))

ASC CG Defies Winter Storm to Visit Lawmakers on Capitol Hill

Not even a winter storm could deter Maj. Gen. Kevin O'Connell, commanding general of U.S. Army Sustainment Command and senior mission commander of Rock Island Arsenal, Illinois, from getting to the U.S. capitol to accomplish his assigned mission of meeting with newly elected Sen. Joni Ernst of Iowa and nine other lawmakers, Feb 3-4. Due to the thousands of flight delays or cancellations caused by the storm, O'Connell and his staff drove to St. Louis, Missouri in time to catch a flight to Washington, D.C. via Atlanta. The purpose of the visits, which were directed by the Department of the Army, were to assist Secretary of the Army John McHugh's and Chief of Staff of the Army Gen. Ray Odierno's efforts to strengthen the strategic partnership between the U.S. Congress and Army senior leaders. ([More](#))



Illinois State Official Visits Rock Island Arsenal

Lt. Gov. Evelyn Sanguinetti, Illinois, visited here, Feb. 6, to learn about the various commands on the island, their missions and how they economically impact the state. Her visit began with a windshield tour highlighting the island's general layout, facilities and historical landmarks. After the tour she visited the Corps of Engineers, Rock Island Division, which is responsible for five river basins in five states at the heart of the Upper Mississippi River basin. The tour then continued to U.S. Army Sustainment Command headquarters. ([More](#))



Bill Would Lower Employee Pension Contribution Rate

A House lawmaker has reintroduced the Federal Employee Pension Fairness Act, which would repeal measures that increased the amount that newer federal employees must contribute to their pensions. The bill, sponsored by Rep. Donna Edwards (D-Md.), would rescind the changes contained in the Middle Class Tax Relief and Job Creation Act of 2012 and the Bipartisan Budget Act of 2013 that increased the amount of salary new federal employees contribute to their pensions from 0.8 percent to 4.4 percent. Federal employees hired after Dec. 31, 2012, pay an additional 2.3 percent toward their pensions, and those hired after Dec. 31, 2013, pay an additional 3.6 percent. ([More](#))



Ready and Resilient

Ready and Resilient enables and empowers commands and unit leaders to take care of Soldiers, Army civilians and their families. Commands and Army leaders must be able to identify risks and support the overall personal and professional growth of those in their organizations. They must foster an environment based on Army values where individuals treat themselves and others with dignity and respect, build trust, encourage help-seeking behaviors and enable their teams to recognize warning signs and become interveners instead of bystanders. A Ready and Resilient force is optimized and able to thrive in uncertain and complex environments. ([More](#))

Weingarten Rights

In accordance with law, this agency is required to post an annual notice of bargaining unit employee rights, under 5 USC 7114(a)(2)(b), to union representation during investigations. These rights, commonly referred to as "Weingarten Rights." These rights include the following: (2) An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at-- (b) any examination of an employee in the unit by a representative of the agency in connection with an investigation if--(i) the employee reasonably believes that the examination may result in disciplinary action against the employee; and (ii) the employee requests representation.

Tax Season Is Here

Income tax filing season is here and the Rock Island Arsenal will again host a free tax assistance center. The Rock Island Arsenal Tax Center, located on the 1st Floor of Bldg. 390, will be operational effective Jan. 28. The tax center serves members of the RIA community eligible for legal assistance services - primarily active duty service members, military retirees, and family members.

In a change from recent years, an appointment is required and there is no "drop-off" service. Appointments will be available weekdays, 8 a.m. to 3 p.m., starting the last week of **January through April 15**. Most appointments can be expected to take about an hour, with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most – but not all – federal and state income tax returns. For example, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call 309-782-1709/8457. 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.



Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (first floor, Bldg. 60), on **Friday, Feb. 13 & 20, 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.



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

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

VIOS Schedule for February and March

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal on **Feb. 10, 11, 12**; and **March 10, 11, 12**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo

Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in [VIOS](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

Newcomer's Orientation and Tour

Are you new to the Arsenal or do you have new employees or service members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour taking place Thursday, **Feb. 26**, 8 a.m. - 3 p.m. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union and free childcare is also available but you must RSVP for care by **Feb. 19**. To RSVP for care, call Leslie 309-782-6793. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

Save the Date – RIAWC to Host First Denim & Diamonds Auction

The Rock Island Arsenal Welcome Club is hosting their first Denim & Diamonds Auction on Friday, **April 10**, 6-10:30 p.m., at the Arsenal Island Golf Clubhouse. Point of contact is Norricia Speights, vice president, RIAWC, at 309-206-4763, RIAWCVP@yahoo.com.

Honor Flight Golf Outing

Join us for the Inaugural R.I.A. Federal Credit Union Honor Flight Golf Outing, Friday, **April 24**. Check-in begins 11 a.m. - 12 p.m. with a shotgun start at 12:30 p.m. Cost is \$300/team or \$75/person. There's a 36 team limit. Lunch will be provided at check-in. A 19th Hole Party at the Clubhouse is also included. Proceeds will benefit Honor Flight of the Quad Cities. Send registration and/or sponsorship payment(s) to: Jake Ward, R.I.A. FCU, PO Box 4750, Rock Island, IL 61204. POC for the event is Jake at 563-355-3800 ext. 7004 or jward@riafcu.com.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Roosters Sports Bar and Grill**: All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt**: Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Future Ft. Armstrong Construction

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

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



The Army Network Campaign Plan

The Army Network Campaign Plan supports mission readiness by providing the vision and direction that set conditions for and lay a path to the network of 2020 and beyond. It is the overarching plan unifying the Army's efforts to provide a modern network designed to meet the Army's warfighting and business needs, today and tomorrow. The ANCP supports The Army Plan and is aligned with the Army Operating Concept. The ANCP and two accompanying documents, the ANCP - Implementation Guidance, Near-Term (2015-2016) and the ANCP - Implementation Guidance, Mid-Term (2017-2021), are intended to be used together to achieve the overall vision. The near-term guidance focuses on execution-level activities and reflects the realities of Army mission obligations, acquisition planning and resourcing. The mid-term guidance charts network modernization from a capabilities perspective to steer resource planning and shape the Program Objective Memorandum. ([More](#))

Café for Parents

Military parents, bring your experiences and be a part of a new program called "Café 4 Parents," Wednesday, **Feb. 18**, 11 a.m. - 12 p.m., in Bldg. 110. Collaborate with other military parents and develop a program that will enhance your family's feelings of support and togetherness. Each month there will be a selected topic of discussion and information sharing. This month's topic is: "Parenting in the Military." We will take time to get to know one another and talk about various community activities that are happening as well as discuss what it means to be a parent in the military. Feel free to bring your lunch or grab a snack from the USO. Call 309-782-0829 for more info. ([Flyer](#))

Military Spouse Fun Night

It's Game Night! Join your fellow active duty military spouses Tuesday, **Feb. 24**, 6 - 9 p.m., in the USO spaces (Bldg. 110), for what will surely be a night filled with fun and roaring laughter. New to the area? This is a great way to make new friends and meet other military spouses. If time permits, bring a dish to share. Soft drinks will be hosted by the USO. This activity is open to all active duty military spouses. (No couples or kids please) For more info please call 309-782-4736. ([Flyer](#))

Military Saves Lunch and Learn

Military personnel and spouses are invited to a free Military Saves Campaign Lunch & Learn, Wednesday, **Feb. 25**, 11:30 a.m. – 1 p.m., at the Arsenal Island Golf Clubhouse, hosted by the R.I.A. Federal Credit Union. Guest speakers include Nichole Foutch and Chris Gegenheimer, who will present "Saving and Investing: Set a Goal, Make a Plan, and Save Automatically." Please RSVP by **Feb. 20** to [Chris Gegenheimer](#) 309-782-0829. ([Flyer](#))

Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense.

Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**.

"We are honored and excited to be able to bring this program to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at arts.gov/national/blue-star-museums.



Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Motorcycle Program Provides Guidance for Riders

The Motorcycle Mentorship Program keeps Soldiers sharp and safe on the roads with their two- and three-wheeled vehicles by assigning a mentor to familiarize riders with the area and safety protocols. Commanders assign mentors to the Soldiers, said Shawn King, Maneuver Center of Excellence safety and occupational health specialist and MMP contracting officer representative. A mentor is always a rider, usually a senior NCO, and has years of safe riding experience, making him the most competent rider of his command, King said. Mentors keep records, hold refresher training for riders in their area and are accountable for all riders in their area. ([More](#))

Equal Employment Opportunity Focus



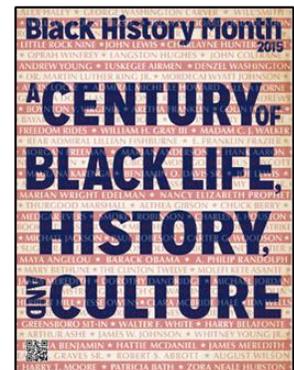
Rock Island Arsenal African American Black History Month Observance

The Army Sustainment and First Army EEO/EO Office cordially invite you to attend the Rock Island Arsenal African American Black History Month Observance on **Feb. 25**, 2-3 p.m., at Bldg. 60, in Heritage Hall. The guest speaker will be the U.S. Navy's first African American submarine commanding officer, Navy Capt. (Ret.) C. A. "Pete" Tzomes. The Arsenal Island workforce can sign-up for the event in [TEDs](#), keyword "Black History." For any additional information or accommodations please contact [Sgt. First Class Marion Wilson](#) at 309-782-3021. Go to <http://1.usa.gov/1DngPt5> to read a background story on Capt. (Ret.) C. A. "Pete" Tzomes written by Navy Mass Communication Specialist 2nd Class Patrick House, Defense Media Activity.



African American/Black History Month: "A Century of Black Life, History, and Culture"

Each February, the United States Army honors the remarkable contributions of African American men and women in the building of the nation. The 2015 theme, selected by the Association for the Study of African American Life and History is "A Century of Black Life, History, and Culture." This theme highlights the fact that over the past century, African American life, history, and culture have become major forces in the United States and the world. A tri-signed letter signed by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army honors the remarkable contributions of African American men and women. This letter pays tribute to the sacrifices and contributions African American Soldiers, civilians and families have made to the nation. The Army leadership has asked the entire Army family to publicly commemorate the significant contributions that continue to make the Army the premiere fighting force in the world. Army Strong! ([More](#))



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

Date Night Dance Classes

Come join local dance group, QC SoDa (QC Social Dancing), every Thursday, at 7 p.m., in Heritage Hall (Bldg. 60), for a fun evening of dance lessons in various styles including Swing, Salsa and more. Classes are \$8/person/class or \$35/individual or \$60/couple for the full six week session. Sign up and pay the first night you attend class. ([Flyer](#))

Fitness Center, RIA FMWR Annual Health Fair

Brought to you through sponsorship by Unity Point Health-Trinity, the RIA Fitness Center's annual health fair, taking place Wednesday, **Feb. 11**, 10 a.m. - 2 p.m., is a great place to obtain lots of helpful information and advice about your health. Stop by the Fitness Center to visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and cancer treatment to name just a few. There are always lots of goodies and freebies available as well. Our [free shuttle running this route](#) makes it convenient to get to the fair and back without walking in the cold and/or looking for parking close to the Fitness Center. Call 309-782-6789 for more info. ([Flyer](#))

Valentine's Day Wine Tasting Dinner & Dancing

Treat your sweetheart to a delightful evening of fine dining & wine Saturday, **Feb. 14**, at 6 p.m., at the Arsenal Island Clubhouse and then dance the night away to the romantic live music of local duo, Central Standard Time. Cost is \$45/person which includes a delectable five course meal perfectly paired with five fine wines. CYSS will offer childcare for couples attending the Valentine Dinner at the Clubhouse. Care will be provided from 6-10 p.m. at the CDC. Cost will be \$20 for the first child and \$15 for each additional child. All children must have been registered in our CYSS programs by Feb. 6. All fees must be paid in advance and are non-refundable. Space is limited so parents need to reserve ASAP; dinner reservations must be made by 12 p.m. on **Feb. 11** for guaranteed seating. Call 309-782-4372 for more info and to make your reservations. ([Full Menu & Flyer](#))

Auto Skills Shop, Paintless Dent Repair Service

Back by popular demand, Thursday, **Feb. 26**, 9 a.m. - 7 p.m., the paintless dent repair technician will be available for repairs. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

New Group Fitness Class at the Fitness Center

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. Instructor chooses from more than 150 routines per-choreographed to the freshest music and makes a unique play-list to deliver a calorie crushing WERQout. The 3Q1 method of cuing makes it easy to follow, and the hottest music makes WERQ highly addictive. Experience WERQ with the expert in this

dance fitness session. Class will be held Mondays & Fridays, 11:30 a.m. - 12:15 p.m., and Tuesdays & Thursdays, 5:45-6:45 p.m. Fees are on a drop-in basis only and are \$3/class. Call 309-782-6787 for more info and to sign up. [Check out all the Fitness Center group fitness classes here.](#)

Group Fitness Punch Cards Now Available at the Fitness Center

According to the University of Scranton Journal of Clinical Psychology it is estimated that only 64 percent of New Year's resolutions make it into February before being abandoned. Don't be a part of that other 36 percent, take advantage of our new punch card program that saves money and eliminates the hassle of stopping to pay at the front desk for every class. Buy a 12 class punch card for \$35 (civilians) or \$18 (military & dependents). Punch card not valid for yoga classes. Try out your new card on our newest class offering, CrossCamp, which is a time efficient training using Boot Camp & CrossFit type exercises to tone you up and slim you down. Not sure if you'll like a class and don't want to waste money to find out? Come try any (or all) of the classes at the below link and your first class is on us. Visit www.riamwr.com/community-recreation/fitness-center-adult-sports for full class schedule & more info or call 309-782-6787.

Lunch Services Suspended at Arsenal Island Clubhouse

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

MWR Leisure Travel Office



Office Hours

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

MWR Storage

Outdoor Recreation has several storage units available for rent. Each unit is approx. 10'x15' and rents for \$70 per month. There are also several spaces available for outdoor RV storage. The cost is \$20-\$25 per month. Call Outdoor Recreation at 309-782-8630 for more details. ([Flyer](#))

Discount Tickets to Shen Yun at the Adler Theater

A Performance 5,000 Years in the Making comes to the Adler Theater Tuesday & Wednesday, **Feb. 17 & 18**, at 7:30 p.m. The New York-based Shen Yun is the first company to present classical Chinese dance on a global scale and has taken the world by storm, performing in more than 100 cities. In a collection of vignettes, audiences journey from ancient legends to contemporary tales of courage, from the highest heavens to the dusty plateaus of the Middle Kingdom. Get your discount tickets at the Leisure Travel Office (Bldg. 333, next to the PX). Tickets available until **Feb. 12**. Prices range from \$85-\$115. ([Flyer](#))

Les Miserables – the Broadway Sensation

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

Date: **Saturday, March 7**

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

Church Basement Ladies (The Last Potluck Supper)

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

Date: **Saturday, April 25**

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

Cubs vs. Cardinals Bus Trip

MWR Leisure Travel has a Cubs vs. Cardinals bus trip scheduled. Cost will be \$99 per person to include transportation and ticket to game. Seats are located in Upper Deck Box Outfield. Departing from RIA at 6 a.m. from the COL Davenport Pavilion. Limited alcohol permitted on chartered bus. Coolers must fit under the seats and not block the aisle. No glass bottles. No smoking permitted on motor coach. Estimated return time will be 8 p.m.

Date: **Saturday, Sept. 19**

Time: **12:05 p.m.**

Davenport Cinemark 53rd 18 + IMAX Theatre

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

Child, Youth & School Services



Tiger Woods Foundation Tuition Scholarships for Military Families

For the past four summers the Tiger Woods Learning Center in Anaheim, California, has hosted a week-long overnight camp for children of active duty military and underserved youth from the Southern California area. The Summer Academy is a one-of-a-kind opportunity for children ages 11 – 13 to participate in our unique S.T.E.M. (science, technology, engineering and math) and golf programs. Summer Academy participants will spend an action-packed and educational week building robots, conducting chemistry experiments, designing video games, racing cars and golfing at the beautiful Tiger Woods Learning Center campus in Southern California. The Tiger Woods Foundation will be offering a limited number of tuition scholarships for military families. Detailed information about the camp and how to apply for a military scholarship. ([More](#))

2015 Military Child of the Year Award – Recognizing Young Patriots

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



Army Community Service



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

Date Safe Class for Teens

The Armed Forces Services Corporation, through Army Community Service, is conducting a free class Tuesday, **Feb. 17**, 4:30-6 p.m., that parents and teens (ages 12-17) will take together. They will be learning about the dynamics of teen dating violence and will discuss awareness, prevention and intervention aspects, and what healthy relationships look like. Part of the class time the parents and teens will be separated to foster open discussion and customized presentation. For more information & to RSVP please email the AFSC domestic violence victim advocate at chassity.r.morse.ctr@mail.mil or call 309-782-3773 ([Flyer](#))

Hearts Apart Support Group

Hearts Apart Program is part of the Army Community Service Relocation Assistance Program for spouses of service members and Department of Defense civilians and who are separated because of military commitments (deployments, temporary duties, remote tours). Services offered include on-base and off-base resource information, personal support and group activities. Hearts Apart is now being offered on the third Friday of each month (the next meeting is Friday, **Feb. 20**, 10-11 a.m.) and participants are encouraged to stick around for free hotdogs at Franken Friday at the USO afterwards. If you want to receive the latest information on the Hearts Apart Program, contact Ann Wood, relocation program manager, 309-782-0816. ([Flyer](#))

Moline Public Library, Date Safe Class for Teens

This is a free class that parents and teens (ages 12-17) will take together. We will be learning about the dynamics of teen dating violence Thursday, **Feb. 26**, 6-7:30 p.m. We will discuss awareness, prevention and intervention aspects, and what healthy relationships look like. Part of the class time the parents and teens will be separated to foster open discussion and customized presentation. For more information & to RSVP please e-mail: chassity.r.morse.ctr@mail.mil or call: 309-782-3773. ([Flyer](#))

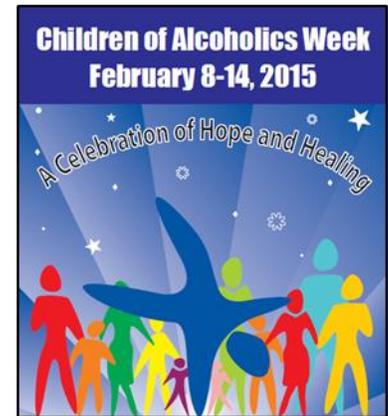
Employee Assistance Program



Children of Alcoholics Week – Feb. 8-14

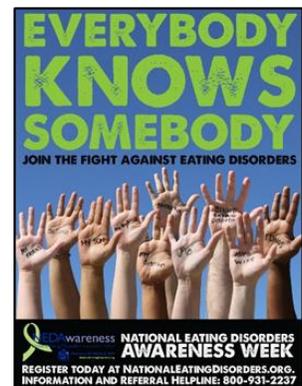
An estimated 25 percent of all children in the United States, approximately 27.8 million children, are affected by or exposed to a family alcohol problem. SAMHSA supports the National Association for Children of Alcoholics during its Children of Alcoholics Week. COA Week celebrates the recovery of the many thousands of children (of all ages) who have received the help they needed to recover from the pain and losses suffered in their childhood, and it offers hope to those still suffering from the adverse impact of parental alcohol and drug addiction. Children of alcoholics are at an increased risk of a range of problems, including physical illness, emotional disturbances, behavior problems, lower educational performance, and susceptibility of alcoholism or other addiction later in life, according to NACoA.

During COA Week, we acknowledge the millions of children affected by a parent's substance use disorder and celebrate that there is hope and healing for these children now and throughout their lives. This week—and throughout the year—remember to ask, "What about the children?" when speaking about recovery from substance use disorders.



National Eating Disorders Awareness Week – Feb. 22-28

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. 22-28**. 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. - 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.



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.](#)

Continuing Education Survey

In accordance with AR 621-5, the Garrison's Army Continuing Education Services office is required to administer an education survey to all military personnel on the installation every three years. Currently we have an MOU with St. Ambrose University which allows us to offer college courses on the installation at a reduced rate. For these reasons, the education survey has been developed for all military members and federal civilian employees on RIA. All responses are voluntary and anonymous; they will be tallied and taken into consideration when making decisions regarding educational choices at RIA. To help us meet the educational needs of the Rock Island Arsenal population, [please take the time to complete this survey at this link](#). This survey will end **Feb. 28**. If you have issues opening this link please [contact the education center](#). Your opinion counts.

NDIA Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 scholarship. This scholarship is available to high school senior students of the NDIA chapter members and civilian and military employees on Arsenal Island. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than **March 24**. Call John Masengarb, 563-650-3252, for additional information.

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.

Sgt. Paul Fisher Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 Sgt. Paul Fisher Scholarship. This scholarship is available high school seniors of active military, reserve, National Guard, or veteran in zip codes 61200-61699 in Illinois and 50000-52899 in Iowa. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than **March 24**. Call John Masengarb, 563-650-3252, for additional information.

Update: CLEP & DSST Testing Now at WIU-QC

CLEP/DSST testing will no longer be offered at the National Testing Center on post. Western Illinois University - QC will now be administering the exams at the Riverfront campus in Moline. Spring 2015 Testing Hours: Monday - Thursday: 9 a.m. - 12 p.m. & 1:30 p.m. - 4:45 p.m. Friday:

8:30 a.m. - 12 p.m. & 1:30 p.m. - 4:15 p.m. Saturday: by appointment. POC: Leslie Mose, Site Administrator. WIU - QC Testing Center, 3300 River Drive QC Complex - Room 2215, 309-762-3999 Ext 64567, LA-Mose@wiu.edu

Rock Island Arsenal Welcome Club Scholarship

The Rock Island Arsenal Welcome Club Scholarship applications are now available at the Thrift Shop and Education Center. There are two applications: high school seniors and continuing education students. The merit-based scholarship is open to applicants who have not previously received an RIAWC scholarship and who meet the RIA affiliation qualifications set forth in the application. Completed applications must be postmarked by **March 16**. Questions can be sent to scholarship chair Nicole Kirschmann at RIAWCScholarships2015@yahoo.com. Information for the 2015 RIAWC Scholarship can be found at www.facebook.com/RIAWC and <https://sites.google.com/site/rockislandarsenalwelcomeclub>.

Army Emergency Relief Announces Opening of Scholarship Application Period

Army Emergency Relief has announced the opening of its scholarship application period. Applications will be accepted from **Jan. 2** until **May 1**. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and the applications are available on [AER's website](#). The Spouse Scholarship can be used for full or part-time students, while the Ursano Scholarship is only for full-time students. Last year AER awarded 3,637 scholarships, totaling more than \$8.8 million to Spouses and Children of Soldiers. "The entire scholarship process is on line," said Tammy LaCroix, manager for AER's scholarship programs. "Last year we found that the on line process worked best for those who downloaded the step-by-step instructions and used them as a checklist." "Applicants are able to create their own profile, submit their documentation online, and check their status," added LaCroix. "This proved to be a huge time saver for both the applicants and the scholarship staff." ([More](#))

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **April 21**, and **July 23**; • Black Hawk College, **April 9** and **July 9**; • Eastern Iowa Community College, **March 5**, **April 2**, **May 7**, **June 4**, **July 2**, **Aug. 6** and **Sept. 3**; • Kaplan University, **Feb. 12**, **May 14**, and **Aug. 13**; • Saint Ambrose University, **April 16**, and **July 16**; • Trinity College of Nursing & Health Sciences, **Feb. 19**, **May 21**, and **Aug. 20**; • Upper Iowa University, **Feb. 11**, **May 13**, and **Aug. 12**.

Inaugural Eastern Iowa / Western Illinois Veterans Conference

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

KHAN Academy SAT Prep

The College Board has partnered with KHAN Academy to provide no cost SAT Preparation tutoring. Download and take a real, full-length practice test. Watch videos showing step-by-step solutions to problems you missed or found challenging, and get even more practice with unreleased questions from real SATs provided by College Board. After all that practice, it wouldn't hurt to take the full-length test again so you can get used to the feeling of answering all of the questions correctly. ([More](#))

Defense Commissary Agency / PX



©

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

Valentine's Day

As Valentine's Day approaches, we want you to know that we love serving you. Whether it's offering recipes on our website, checking product availability or placing a deli/bakery order, we're here to help with your plans. If you need assistance, please don't hesitate to contact a manager at your commissary.

Exchange Opens Earlier, Serves Breakfast

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



Arsenal Archive

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

This Week in Rock Island Arsenal History – Feb. 9-15

Construction of the second phase of Project REARM began in February 1986.

Healthbeat

Army to Soldiers: Get Some Sleep

As part of a major public health campaign called the "performance triad," the Army wants its soldiers to have healthy exercise, nutrition and sleep routines. But interestingly, it's the sleep part of the "triad" that's most worrisome to Lt. Gen. Patricia Horoho, the Army's surgeon general. Speaking with a small group of reporters at the Pentagon Friday, she noted with concern that the average soldier gets about six hours a sleep each night compared with eight hours 30 years ago, and pointed to medical studies that indicate a sustained six-hour sleep schedule dulls an average person's cognitive functions by 20 percent, and is roughly equivalent to a 0.08 percent blood alcohol concentration. So Horoho said she's been working to persuade the Army's senior leadership of the importance of sleep, and leaders up to and including Gen. Ray Odierno, the Army Chief of Staff have gotten the message started changing their behavior. ([More](#))

Rock Island Arsenal Health Clinic Premiers Newsletter

The personnel at the Rock Island Arsenal Health Clinic are now producing a monthly newsletter with news you can use and other information in relation to the clinic. The newsletter, titled the "[Rock Island Arsenal Clinic Connect](#)," will be completed at the end of each month for publication. Capt. Katherine Converse, the CNOIC at the clinic, took the initiative to create the informational product and is also establishing a distribution list so it can be sent out directly to personal or work emails. "We need to ensure people are getting accurate, useful information," said Converse." The sign-up for the publication is on the last page of the newsletter. ([Rock Island Arsenal Clinic Connect](#))

Show Your Heart Some Love

Did you know that your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year! February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay 'heart healthy.' So, show your heart some love this month. ([More](#))

Will You Make It Past February 18?

It's that time of year again when weight loss tops the resolution list of many Americans. Weight-loss commercials have begun flooding the airways; health clubs are promoting discounts and new books and phone apps are hitting the marketplace. Nearly half of all Americans make New Year's resolutions, and nearly 40 percent of these resolutions are related to weight loss. In the end, however, the only thing that drops is the resolution itself. According to a recent study by Gold's Gym, Feb. 18 marks the day when most people abandon their New Year's resolution to lose weight and get more fit. This is the date when gym member check-ins take a nose dive. How can you keep your weight loss efforts from fizzing out? Follow the steps below to turn your New Year's resolution into a lifestyle resolution. ([More](#))

February 19 is Great American Spit Out

On Feb. 19, join others across the nation in recognition of the Great American Spit Out, a time to quit the use of smokeless tobacco products such as chewing tobacco, snuff, snus and dissolvable products (i.e., lozenges, strips, sticks) for a period of 24 hours or more. Despite media advertisements promoting smokeless tobacco products as less harmful than smoking tobacco products (i.e., cigarettes), any form of tobacco use is dangerous and increases the users susceptibility to oral cancers. ([More](#))

TRICARE Tip of the Week – Do Military Pharmacies Now Accept Electronic Prescriptions?

Electronic prescribing (also known as e-prescribing) is now accepted at many military pharmacies in the United States, Puerto Rico and Guam. This change allows your civilian providers to send prescriptions electronically to military pharmacies near you, reducing the need for handwritten prescriptions. Electronic prescribing from a health care provider to a pharmacy reduces medication errors and offers more convenience. You can ask your provider to look for your local military pharmacy in the electronic prescribing database/network. Have a Great Tricare Day!

Notes for Veterans



Around the Q.C.



Feb. 12: [Spirit Tasting](#) (QC Botanical Center, Rock Island)

Feb. 12-15: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA)

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

Feb. 13: [Romance at the Zoo](#) (Niabi Zoo)

Feb. 13-14: [From the Factory with Love](#) (Factory of Fear, 5027 4th Ave., Moline)

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

Feb. 17: [Mardi Gras Rajun Cajun Fest](#) (Figge Art Museum, Davenport)

Feb. 17: [Quad Cities Largest Career Fair](#) (iWireless Center, Moline)

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

Feb. 21: [Iowa Freedom Rock Chili Cook-off](#) (Road House, 701 N Cody Rd, LeClaire, Iowa)
Feb. 21: [Free Family Day](#) (Figge Art Museum, Davenport)
Feb. 22: [Daddy Daughter Dance](#) (RiverCenter, Davenport)
Feb. 25: [Eastern Iowa/Western Illinois Veterans Conference, 12–5 p.m.](#) (Rogalski Center, St. Ambrose University, Davenport)
Feb. 28: [2nd Annual Big Bacon Bonanza](#) (RiverCenter, Davenport)
March 2-8: [3rd Annual Quad Cities Restaurant Week](#) (Greater Quad Cities)
March 7: [24th Annual Women's Health & Lifestyle Fair](#) (RiverCenter, Davenport)
March 13: [Gathering of the Clan Luncheon](#) (TBD)
March 14: [St. Patrick's Day Parade](#) (The District, Rock Island & Downtown Davenport)
May 16: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
March 26-29: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
March 28: [Havana Daydreamn' 11th Annual Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)
April 11: [18th Annual Public Swap Meet](#) (QCCA)
April 18: [Quad Cities on Tap Craft Beer Festival](#) (QCCA)
April 25: [March of Dimes March for Babies](#) (Rock Island Arsenal, Memorial Park)
April 25: [Quad Cities Cruisers Cruise-In](#) (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
May 2: [Festival of the Arts' Village in Bloom](#) (Village of East Davenport)
May 4-10: [Navy Week Quad Cities](#) (Quad City Area)
May 9-10: [29th Quad City Air Show, featuring the U.S. Navy Blue Angels](#) (Davenport Municipal Airport)
May 9-10: [Beaux Arts Fair](#) (Figge Art Museum Plaza, Downtown Davenport)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA)
May 22-31: [Historic Homes & Gardens of the Scottish Highlands](#) (QC Botanical Center, Rock Island)
May 25: [50th Annual Quad Cities Criterium](#) (Village of East Davenport)
June 1-6: [25th Annual Quad Cities Senior Olympics](#) (1800 3rd Ave, Rock Island)
June 3, 4: [U.S. Army & NDIA Small Business/APBI Symposium](#) (iWireless Center)
June 5-6: [Rhubarb Festival](#) (Aledo, Ill.)
June 6: [QC Pridefest](#) (Downtown Davenport)
June 12-13: [Gumbo Ya Ya](#) (The District, Rock Island)
June 13: [Quad Cities Cruisers Cruise-In Carshow](#) (4-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
June 13-21: [Quad Cities Museum Week](#) (Greater Quad Cities)
June 17-20: [Rally on the River](#) (Centennial Park, Davenport)
June 20: [2nd Annual Micro Brew Mile & 6K Road Race](#) (Moline)
June 21: [Ride the River Bike Ride](#) (Mississippi River bike paths, Iowa & Illinois)
June 28: [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)
July 3: [Red, White & Boom!](#) (The District, Rock Island & Downtown Davenport)
July 2-4: [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)
July 4: [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (parade at 10 a.m.)
July 6-12: [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)
July 9-11: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 11: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
July 15-19: [Rock Island County Fair](#) (Fairgrounds, East Moline)
July 24-25: [Downtown Street Fest](#) (2nd Street in downtown Davenport)
July 25: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 2: [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 6: [Freedom Run 5k](#) (Moline)
Aug. 7-8: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 8: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Aug. 13-15: [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 15: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 28-29: [River Roots Live](#) (Downtown Davenport)
Aug. 28-30: [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
Sept. 5-6: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 5-7: [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
Sept. 12: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)
Sept. 12: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 12: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Sept. 12-13: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 18-19: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 19: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 19-20: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 27: [Quad Cities Marathon](#) (downtown Moline)
Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
Oct. 10: [Quad Cities Cruisers Cruise-In](#) (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)



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.](#)

