

Feb. 25, 2013



# 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](http://www.ria.army.mil) under "About USAG-RIA" and then "News" and "Local News."

**Island Insight Submission:** <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>



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INCLEMENT WEATHER OPERATING STATUS

## **RIA Fire Department Offers Life-Saving Classes to ASC Personnel:**

Teaching the steps to save lives is a process the Rock Island Arsenal Fire Department is focused on presenting Arsenal-wide. Since the installation of the new Automated Electronic Defibrillators (AED) in several buildings, Arsenal employees recognized a need for life-saving training. "The most important aspect of these classes is that it gives the

employees the knowledge and skills to utilize a defibrillator safely and effectively," said Sgt. 1st Class John McLaughlin, the senior medical noncommissioned officer for the Army Sustainment Command's Surgeon's Office. The two-hour classes will enable employees to learn skills that could save lives in the workplace or elsewhere. One bit of advice offered by McLaughlin is to not let personal reservations prevent learning a life-saving procedure. For the

nine participants in the first morning training class on Jan. 31, it was an opportunity to learn the appropriate aid required in the first critical minutes while a person is suffering a cardiac arrest. The chance of surviving a heart attack outside a hospital setting increases with immediate hands-only CPR and an AED. "If Cardiopulmonary



Resuscitation (CPR) and defibrillation are performed within the first minute of cardiac arrest, the victim's odds of survival are 90 percent," said McLaughlin. ([More](#))

## **Entertainment & Lessons Convey Black History's Role in Freedom, Equality:**

Stimulating blues, architectural abstracts and a brief history lesson defined the African-American/Black History Month observance here Feb. 11. The Army Sustainment Command and First Army Equal Opportunity offices hosted the observance at Heritage Hall in Building 60. ([More](#))



## **Army Analysis: Automatic Budget Cuts Would Cost RI Arsenal \$197M:**

A new Army analysis says the Rock Island Arsenal would take a \$197 million hit from automatic budget cuts this year. It also says Iowa and Illinois would experience a \$455 million economic loss. The analysis is the first to come from the Army that forecasts the bite that budget



cuts would take out of Arsenal this year. The cuts include the much-talked-about sequestration, the \$85 billion in reductions to overall federal spending that are scheduled to begin March 1 and last through the end of September. ([More](#))

**Arsenal \$197 Million Budget Hit is 'Worst-Case Scenario':** The U.S. Army estimate that the budget stalemate in Washington, D.C., will deliver a \$197 million hit to the Rock Island Arsenal's Joint Manufacturing and Technology Center is based on a "worst-case scenario" in which the factory would get no new work for the rest of this fiscal year, officials say. The clarification came days after the Army unveiled a state-by-state analysis purporting to tell the fiscal impact across the country that would result from budget cuts that would begin March 1. The analysis, which was produced by the Army's Office of Program Analysis and Evaluation, forecast a \$402 million economic loss in Illinois and a \$53 million hit in Iowa as a result of the cuts. ([More](#))



## Upcoming Dates

- Feb. 24-March 2:** National Eating Disorders Awareness Week
- Feb. 25-March 2:** Military Saves Week
- Feb. 26:** Spay Day USA
- Feb. 28:** National Science Day
- Feb. 28:** Public Sleeping Day
- March 2:** Read Across America Day
- March 2-8:** National Consumer Protection Week
- March 3:** Navy Reserve 98<sup>th</sup> Birthday
- March 3:** Army Dental Corps 102<sup>nd</sup> Anniversary
- March 3:** Cerebral Palsy Awareness Day
- March 3:** National Grammar Day
- March 3-9:** Save Your Vision Week
- March 3-9:** Patient Safety Awareness Week
- March 3-9:** Dental Assistants Recognition Week
- March 8:** International Women's Day
- March 10:** Daylight Saving Time Begins
- March 10:** National Women and Girls HIV/AIDS Awareness Day
- March 10:** Salvation Army 133<sup>rd</sup> Birthday
- March 10-16:** Pulmonary Rehabilitation Week
- March 11-17:** Brain Awareness Week
- March 12:** World Kidney Day
- March 13:** Registered Dietitian Day
- March 14:** Pi Day ( $\pi$ )
- March 15:** American Legion 94th Birthday
- March 15:** International Day Against Police Brutality
- March 15:** Red Nose Day
- March 17:** St. Patrick's Day
- March 17-23:** Inhalants & Poisons Awareness Week
- March 17-23:** Health Care HR Week
- March 18-24:** World Salt Awareness Week
- March 19:** 10<sup>th</sup> Anniversary of First Bombs of Iraq War
- March 26:** American Diabetes Association Alert Day
- March 30:** International Doctors' Day



## **AUSA: U.S. Army Chief Approves New Sequester Strategy:**

The U.S. Army has completed a modernization strategy based on the effects of sequestration over the next decade, a top service official said on Feb. 22. Army chief of staff Gen. Ray Odierno has already signed off on the document, and it is currently awaiting the signature of Army Secretary John McHugh. ([More](#))



## **Federal Employees Worry About Paying Bills If Hit With Unpaid Furlough Days:**

Patricia McGinn loses sleep fretting about lost wages. Mary Watkins paid off a couple of bills early, just in case. ... “It is possible that furloughed employees may become eligible for unemployment compensation,” says the Office of Personnel Management’s “Guidance for Administrative Furloughs,” published this month. But state requirements differ, so employees would have to check locally to learn if they are eligible. If the furloughs hit, some could seek loans from the Federal Employee Education & Assistance Fund ([FEEA](#)). It is a private charity dedicated



to helping federal employees with small, no-interest loans or, in some cases, grants. ([More](#))

## **In Army, Sequestration Will Force About-Face on Acquisition Reforms:**

The Army has made huge progress over the last two years in reforming its acquisition processes and lowering the costs of major programs. But leaders say the current year's budget chaos threatens to make that work irrelevant. The service took a lot of heat over the past decade over costs and schedule overruns in its major acquisition programs. One recent Army-commissioned study found that the service was throwing away, on average, a billion dollars per year on programs that were ultimately cancelled because of their ballooning price tags. ([More](#))



## **A Sequestration Break for Defense?:**

The Defense Department could have some wiggle room to avoid major cuts in readiness as the sequester looms, according to a recent Congressional Research Service analysis by Amy Belasco, a specialist in U.S.



defense policy and budgets. ... She writes that the Army has the greatest mismatch, a gap this year of \$6 billion, because of the reset costs of forces returning from Afghanistan. However, Belasco says, that may be softened because the Army may have overestimated the funds needed to cover inflation and a requirement for a civilian pay increase that has not taken place. The Army may gain another \$2.6 billion with the transfer of funds from the overseas war account to the base budget that also took place in fiscal 2012. ([More](#))

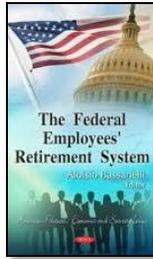
## **Lawmaker Again Calls for Feds to Contribute More Toward Retirement:**

A top House Republican says that the federal government’s retirement program needs to look more like that of the private sector, the Washington Post reports. According the report, House Majority Leader Eric Cantor (R-Va.) on Feb. 21 again called for revisions to the Federal Employees Retirement System and the Civil Service Retirement System that would have employees contribute more to their retirement, and require less generous



matching contributions from the federal government. ([More](#))

**Federal Deficits and Your Federal Employee Retirement:** Will the federal deficit impact your federal retirement? In the past several weeks, some readers have asked variations of this question: “Is our federal retirement fully funded” or “Is the federal retirement system the same as Social Security where Treasury has to borrow more money to pay current benefits because the money in this fund has already been spent?” ([More](#))



**Sequestration Furloughs Will Severely Delay Air Travel, Transportation Secretary Say:** Transportation Secretary Ray LaHood said furloughs from sequestration would cause severe air travel delays at airports throughout the country. Speaking to White House reporters on Friday, LaHood said across-the-board cuts from sequestration could result in 90-minute delays during peak travel



times for flights to major cities -- such as New York, Chicago and San Francisco – due to fewer air traffic controllers and shuttered control towers. “This will be very painful for the flying public,” LaHood said. ([More](#))

**Storm Spotter Training:** Storm Spotter Training is available on Rock Island Arsenal on Wednesday, **March 6**, Bldg. 90, 2nd floor, Room 25, 1-3 p.m. The training will be provided by the Garrison NWS Warning Coordinator. To sign up TEDs users sign up in TEDs key phrase Storm Spotter; Non TEDs users contact the [POC](#). If you are a current storm spotter and need to recertify, if you are interested in becoming a storm spotter, or if you are just interested in severe weather this class is for you. Class sign up will be limited to 50 students. Spotter training classes cover severe weather hazards including thunderstorms and tornadoes. This includes the general structure and movement of severe thunderstorms, identification of important storm features, and safety concerns.



## **Rock Island Arsenal Celebrates 15<sup>th</sup> Annual National Consumer**

**Protection Week:** Looking to protect yourself from fraud, identity theft, and scams? Maybe you’re wondering about the best way to use credit, how to shop for a used car, or maximize your security online. The National Consumer Protection Week is being observed **March 3-9**. Rock Island Arsenal is celebrating National Consumer Protection Week along with other government agencies, advocacy organizations and private sector groups nationwide. Go to [www.ncpw.gov](http://www.ncpw.gov), your Information Destination, for free educational resources and read blog posts from national consumer protection experts. Also check out the [Federal Trade Commission’s web site for Consumer Protection](#). For additional information please contact Army Community Service at (309) 782-0815 or [Jon Cook](#).



**Arsenal Attic Thrift Shop & Boutique:** Now available at the Thrift Shop: Couch and love seat, reasonable and like new. Plus coffee tables, end tables, and lamps. Many items half off. Open every Tuesday, Thursday and 3<sup>rd</sup>



Saturday, 9 a.m. – 3 p.m. Located in Bldg. 60 Basement. Visit Arsenal Attic on Facebook. POC: (309) 782-6977.

## **Official DA Studio Photography:**

Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **March 12, 13 and 14.**

Appointments may be scheduled online by submitting a DA3903 Work



Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **March 12**, 7 a.m. – 3:40 p.m.; Wednesday, **March 13**, 7 a.m. – 3:40 p.m.; Thursday, **March 14**, 7 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" 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 DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, March 8, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on March 22.** A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on March 1.** To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



[\(Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive\)](#)



**Charlie Corpuscle Says,** "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

**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.](#)**

## **Funeral, Inurnment, Half-staffing of**

**Flag:** The funeral for Gen. Norman Schwarzkopf will be held at the United States Military Academy at West Point in New York, Thursday, **Feb. 28**, 12:30 p.m. (EST), at the Cadet Chapel.

Inurnment to immediately follow at the West Point Cemetery with full military honors. As a mark of respect to the memory of Gen. Schwarzkopf, the national flag will be flown at half-staff at all installations, activities, and vessels



of the Department of the Army in the District of Columbia and throughout the United States and its territories and possessions, from reveille to retreat on the day of inurnment, **Feb. 28** ([ALARACT 020/2013](#)). ([More](#)) ([Inurnment](#))

## **Telework Week: Now Is Your**

**Chance:** If you have not been part of the teleworking crowd, this year's annual Telework Week may provide you with an opportunity to try it out. In its third year, Telework Week 2013 runs from **March 4 to March 8**. The event is sponsored by Telework Exchange, a public-private partnership that works to increase the use of telework and development of a more mobile workforce. It promotes Telework Week to encourage greater adoption of telework by asking agencies, organizations and individuals to pledge to telework for any period of time during that work week. ([More](#))



**Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming:** Thursday, **March 14**, in the Gold Room,

Hotel Blackhawk, Davenport, 6-6:30 p.m.; registration, buffet dinner, cash bar from 6:30-8:30 p.m. The presentation will be presented by John Mundt, Ph.D., licensed clinical psychologist and national trauma-informed treatment expert with special guest speaker U.S. Army Maj. Jeffrey Hall, PTSD Survivor. For more information, contact Stephanie Burrough at (309) 779-3077.

## **Inaugural Veterans and Active Duty Military Pheasant Hunt:**

The Beckridge Hunting Preserve in Sabula, Iowa, will hold at pheasant hunt for veterans and active duty military on **March 16** at 8 a.m. / 1 p.m. Our goal is to give back to our military men, women, and veterans and thank them for all they have done by providing a fun day of camaraderie and pheasant hunting. Open to all veterans, active duty, retired and reserve military men and women in the greater Quad Cities area. This day is meant to bring together those who have served and are currently serving, to share their experiences and honor them



as a community. What you need to know: • Veterans hunt for free (no charge) • Half day pheasant hunt (your choice, 8-11 a.m. and 1-4 p.m.) • Open to all veterans, active duty, retired military and reserve. Disabled are encouraged to attend • Breakfast and lunch will be provided • Hunting licenses will be provided • Ammunition will be provided • Firearms can be supplied on a limited basis. ([More](#))

## **Army War College Speakers to Visit**

**Campus:** Students of the U.S. Army War College and members of the Eisenhower National Security Series will speak on current social issues and the impact on America's Armed Forces on Wednesday, **March 20**, at 7 p.m. in Centennial Hall (3703 7th Ave.). The event is free and open to the public. This is an opportunity to hear high-ranking military officers discuss the military and how they help solve world problems of diplomacy. In addition to the lecture, members of the Eisenhower National Security Series will visit classes throughout the day. Each member serves as the team's specialist on specific national public policy issues such as defense



transformation, stability, operations, peacekeeping, future threats, information warfare, international terrorism, weapons of mass destruction, cyber-attacks, the Wounded Warrior program and other topical issues. ([More](#))

**Garrison Job Fair:** The Rock Island Arsenal-Garrison will host a Job Fair in the Baylor/Jordan/Schull Conference Center, 3<sup>rd</sup> floor, Bldg. 104 (tentative location) on Wednesday, **April 17**, 9 a.m. - 1 p.m. In support of this effort, the Garrison Manager asks that Arsenal Island organizational leaders, commanders and first sergeants encourage our transitioning Soldiers, Civilians and Family members to attend this important job opportunity event. Details regarding expected participating employers and jobs will follow as plans firm up.



**Review Your Official Personnel Folder Before June 1:** The CPAC reminds Arsenal Island employees that there is a need for you to access your eOPF (electronic Official Personnel Folder) record in order



to ensure your records are correct and complete in advance of the destruction of the hard-copy OPF, currently scheduled for June 1. Effective Oct. 31, employees should have had access to their Official Personnel Folder electronically. Please review the information and follow the instructions to gain access to view your eOPF in the links at the end of this announcement, which link to a packet that also contains a welcome letter for new eOPF users, a screen-shot guide to access, FAQs as well as password reset information. For questions or concerns with the eOPF system, please contact eOPF by calling the Help Desk at 1-866-275-8518 or by contacting them via email at [eOPF\\_hd@telesishq.com](mailto:eOPF_hd@telesishq.com). ([eOPF Welcome Letter & Packet](#)) ([Additional information on eOPF](#))

## Arsenal Traffic/Construction

**North Avenue Repair & Closures Update:** Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly

backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

## Building/Space Closures

**Closure of Third Floors in Bldg. 61, Bldg. 62:** The Directorate of Public Works plans to close Bldg. 61 3<sup>rd</sup> floor and Bldg. 62 3<sup>rd</sup> floor, East and South Wings, **Sept. 10 - 3<sup>rd</sup> week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

## Active Duty/Reserve Zone

**Military Fatherhood Program at the RIA Fire Station:** Last week's Fatherhood program was rescheduled to this Thursday, **Feb. 28**, 5:30-7:30 p.m. This event is open to all active duty, guard, and reserve Dads and their



children. The RIA firefighters will cook chili and hot dogs for everyone and give a tour of their facility. There is no cost for this event. Please RSVP to the Family Advocacy Program at (309) 782-3049.

## **Military Saves Week – Promoting Automatic Savings to Help Servicemembers and Their Families Reach Their Savings Goals:**

Rock Island Arsenal, as part of Military Saves Week 2013, scheduled for **Feb. 25 – March 2**, is spreading the saving 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 servicemembers and their families in our community to "Set a Goal, Make a Plan, and Save Automatically." To help people save more successfully and encourage more people to save, Army Community Service is partnering with RIA Federal Credit Union, our local military banking institution, to offer military families and DoD civilian employees information they can use to "Build Wealth, Not Debt." Please visit [militarysaves.org](http://militarysaves.org) for more information and activities, or call



or visit [Army Community Service's Financial Readiness program](#), (309) 782-0815 / -0829, [email](#). Military Saves Week is coordinated by America Saves and the Consumer Federation of America in partnership with the Department of Defense. The Week is an annual opportunity for organizations to promote good savings behavior and a chance for individuals to assess their own saving status. Military personnel and civilian employees are gently reminded to properly account for their time with their supervisors. ([Arsenal Island Proclamation](#)) ([Army News Article](#))

**Possible Furloughs Could Affect Guard Members Nationwide:** National Guard members nationwide -- especially military technicians -- could be affected by the Defense Department's furlough without pay of civilian employees that could begin in late April unless Congress overrides a "sequestration" provision in budget law that would mandate deep spending cuts beginning March 1. Many of the Defense Department's 800,000 civilian employees perform critical functions such as maintenance, intelligence, logistics, contracting and health care. Officials have expressed concern that furloughs would substantially harm the

Defense Department's ability to reset and restore the force's full-spectrum combat capability after more than a decade of hard fighting in Iraq and Afghanistan. ([More](#))

## **Sequestration May Affect Reset From Afghanistan:**

he reset of equipment returning from Afghanistan may be affected by sequestration, said the commander of U.S. Army Materiel Command. The cancellation of reset would affect post-combat repair for about 1,000 vehicles, 14,000 communications devices and 17,000 weapons, U.S. Army Materiel Command, or AMC, Commander Gen. Dennis Via told an audience of about 500 Thursday at the Association of the United States Army Institute of Land Warfare Symposium. ([More](#))

## **Troops Getting Gear From Charity As U.S. Military Braces For Budget Cuts:**

Defense Secretary Leon Panetta warned this week that looming military spending cuts "will result in a serious erosion of readiness across the force." The caution comes as no surprise to Aaron Negherbon, whose nonprofit helps soldiers circumvent government fiscal challenges and red tape to get critical equipment to combat troops. ([More](#))



## **RIA Tax Center is Here for You This**

**Tax Season:** The Rock Island Arsenal Tax Center is here to assist you with your Federal and State returns. The Internal Revenue Service has implemented the 2013 American Tax Relief Act and is now accepting the great majority of returns, to include those including educational credits and rental property deductions. The Tax Center is scheduled to remain open through **April 10**. Against the backdrop of potential sequestration and evolving fiscal risk mitigation policies, individuals are strongly encouraged not to delay filing. If in doubt, contact the Tax Center today. As in years past, the Tax Center principally uses a drop off service. Drop off and follow-up appointments should be coordinated with [Laura McSparin](#), (309) 782-8327. The Tax Center hours of operation are Mon.-Fri., 9 a.m.–4 p.m. If your circumstances necessitate special accommodations, we're happy to adjust our standard operations try to accommodate you but this requires prior coordination. In order to assist you with your tax returns, you will need to obtain and provide documents detailing all



sources of income, as well as, those necessary to support eligible deductions and credits. You should be on the lookout for W-2s, 1099s and interest and dividend statements, which should show up in your mailbox or your online accounts. Required documents are outlined in greater detail in the "[RIA Tax Client Letter](#)." In addition to required substantiating documentation, clients will need to complete the "[RIA Tax Center Client Intake](#)." If this is your first time using the RIA Tax Center, please make sure you have your social security number or your tax identification number, the social security cards for any claimed dependants, and a copy of your last year's tax return and all accompanying documents. If you are an Iowa resident and intend to file a state return, we cannot complete your return unless we have your 2011 federal and state return into order to complete this year's tax return for you. If you intend to claim the American or Lifetime Learning education credits for yourself or a dependant, a recent change suggests you will need to provide a copy of your 2011 and 2012 1098E showing amounts paid and any scholarship funds received. These can be downloaded from most college or university websites. You will also need the name and complete mailing address for each college and

university attended. The Tax Center is located in Bldg. 390, first floor, Suite 102 / Room 102B. If you are unfamiliar with Bldg. 390, please note that it is a controlled access facility. If you do not have access to Bldg. 390, you will need to call the Tax Center upon arrival using one of the access phones located at the East, South, and West entrances (dial extension 2-8327; alternate extensions 2-8076/ 2-6978).

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## Safety Spotlight

**Measuring Up:** One of the perennial questions in safety is, "How do we measure what we're doing?" Too often, the only metric we have available is how many Soldiers died in accidents during any particular period. We've gotten into the habit of looking at those numbers and attributing our safety programs' success or failure to them. This isn't necessarily a bad thing; we obviously want the arrow pointing downward on accidental deaths. But, I don't believe it's enough to quantify what we do every day with only a single figure — safety is much bigger and more complex than that. In my mind, metrics should be about accountability, not simply numbers. Getting your unit to 100 percent on training requirements or



mandated inspections is a noble goal, but it never falls to a single person or event to do it. We must hold our leaders to task in meeting stated metrics, not just the safety officer and not merely against the number of fatalities to accidents. The same is true for developing metrics; every leader should be involved in the process, and honestly, Soldiers should be too. Talking to your troops will give you a good idea of reasonable goals, and then, based on your experience and judgment, you can dial up the “hard” in the process. ([More](#))



## Equal Opportunity Focus



**OPM Rule Change Makes Hiring Disabled Workers Easier:** The Office of Personnel Management issued final regulations that will make it easier to appoint people with certain disabilities to positions using Schedule A hiring authority. The final rule simplifies the hiring process for applicants with disabilities who have work, educational, or other relevant experience, by dropping the requirement that they produce “certificates of readiness” as a condition of appointment. The new regulations are in line with an executive order that aims to encourage employment of individuals with

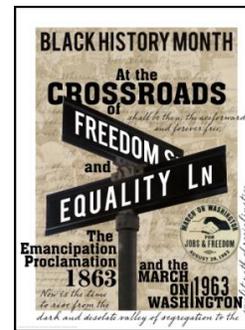
disabilities in the federal workforce. ([More](#))

### **EEOC Becoming One by Meeting Strategic Goals:**

One year into its 16-point strategic plan, the Equal Employment Opportunity Commission is doing more than just improving performance across its mission areas. Claudia Withers, the EEOC's performance improvement officer and chief operating officer, said the strategy is changing the agency's culture to create a "One-EEOC." ([More](#))

### **National African American History Month, 2013:**

*Presidential Proclamation* – In America, we share a dream that lies at the heart of our founding: that no matter who you are, no matter what you look like, no matter how modest your beginnings or the circumstances of your birth, you can make it if you try. Yet, for many and for much of our Nation's history, that dream has gone unfulfilled. For African Americans, it was a dream denied until 150 years ago, when a great emancipator called for the



end of slavery. It was a dream deferred less than 50 years ago, when a preacher spoke of justice and brotherhood from Lincoln's memorial. This dream of equality and fairness has never come easily -- but it has always been sustained by the belief that in America, change is possible. Today, because of that hope, coupled with the hard and painstaking labor of Americans sung and unsung, we live in a moment when the dream of equal opportunity is within reach for people of every color and creed. National African American History Month is a time to tell those stories of freedom won and honor the individuals who wrote them. We look back to the men and women who helped raise the pillars of democracy, even when the halls they built were not theirs to occupy. We trace generations of African Americans, free and slave, who risked everything to realize their God-given rights. We listen to the echoes of speeches and struggle that made our Nation stronger, and we hear again the thousands who sat in, stood up, and called out for equal treatment under the law. And we see yesterday's visionaries in tomorrow's leaders, reminding us that while we have yet to reach the mountaintop, we cannot stop climbing. ([Presidential Proclamation](#)) ([StandTo!](#))



**Save the Date:** There will be a Women's History Month observance on Monday, **March 11**, at 11 a.m., in Bldg. 60 (Heritage Hall). Information about the speaker and other details will be forthcoming.

## Morale, Welfare & Recreation (MWR)

☪  
**Morale, Welfare & Recreation**  
**(MWR):** Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

**No Limit Texas Hold 'Em Deep Stack Tournament:** See if you can bet, bluff and win to the top on Saturday, **March 2**. Doors open at 4:30 p.m. and the tournament starts at 6:30 p.m. The cost is \$50 with a \$20 add-on. First place is guaranteed to walk away \$1,000 and payouts to the rest of the top 10 percent. Call (309) 782-4372 to register. ([Flyer](#))

**Arsenal Island Golf Course Clubhouse Reopening:** Due to the ongoing construction and renovation projects at the Arsenal Island Golf Course Clubhouse we will not be re-

opening for lunch until **March 5**. All previously scheduled events including the football party, beer pairing dinner and poker tournament will not be affected and will happen as planned. Additionally, all previously booked private parties in the Clubhouse will not be affected. We thank you for your patience as we improve our facility and hope that when you visit us for lunch after we re-open you'll agree that it was worth the wait. Please call (309) 782-6319 with any questions or concerns.

**Trivia Night at the Arsenal Club (Bldg. 60):** Join us Thursday, **March 7**, at 6 p.m., for our monthly trivia night presented by Mixx Master Entertainment. This new, fun multi-media format will test your knowledge on a variety of topics ranging from world history and literature to pop culture and sports. The cost is \$5/player or \$30 for a table of eight, maximum of eight players/team. Prizes for winning teams and lots of other door prizes and drawings as well. Call (309) 782-6319 for more info or to sign up. ([Flyer](#))

**MWR Garden Plot Signups:** The sign up dates for this year's Garden Plots are: Active Duty Military **March 4**, Retired Military **March 11**, RIA Civilians **March 18**. Cost is \$25 per plot and a

\$100 cleaning deposit per household. For details contact Outdoor Recreation at (309) 782-8630.

**Electronic Marquee Outage:** The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

## 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](#))

**How I Became a Pirate:** Aaaaaaaarrrr you ready for fun on the high seas? Based on the acclaimed children's book of the same name, How I Became a Pirate is a new musical adventure about a young boy named Jeremy Jacob who gets recruited by the friendly Captain Braid Beard and his mates. Seats only \$8. On sale until **March 3**. ([Flyer](#))



Date: **Saturday, April 13**  
Time: **10 a.m.**

**BranDisa Tour (Brandon Heath & Mandisa)**: Collaborating to bring their celebrated sounds into one highly anticipated live experience, Dove Award winners and Grammy®-nominated artists Brandon Heath and Mandisa will perform at the Adler Theatre on Thursday, **March 21**.  
Time: **7 p.m.**

**Rock of Ages (Adler Theatre)**: In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50  
Date: **Wednesday, April 24**  
Time: **7:30 p.m.**

**Monster Jam**: Monster Jam returns to the iWireless Center. Leisure Travel has discounted tickets for **April 27** at 7 p.m. and **April 28** at 2 p.m. Adult tickets lower bowl are \$20.50/upper bowl \$17.50. Children under 12 only \$12.50. Discounted seats on sale until **April 1**.

**Movie Night Gift Cards at Leisure Travel**: Stop by the Leisure Travel

Office and pick up a gift card for \$26 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

**MWR Outdoor Recreation**: Remember Outdoor Recreation for all of your winter outdoor recreation activities. Downhill skis, Cross country skis, snowboards, ice skates, snowshoes and many other items are available for you to check out and enjoy this winter season.  
Time: **8 a.m. - 4 p.m.**

**MWR RV Storage and Storage Units**: MWR has several openings for RV storage and Indoor Storage units. For more information or to sign up, please contact Outdoor Recreation at (309) 782-8630.  
Time: **8 a.m. - 4 p.m.**

**Free Universal Military Only**: Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military identification. Admission is valid for up

to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30**. Contact LTO at (309) 782-5890.

## Child, Youth & School Services

**Army Certified Family Child Care Provider**: Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

## Army Community Service (ACS)

ACS is located in Bldg. 110, 1<sup>st</sup> 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

**National Consumer Protection Week 2013:** The National Consumer Protection Week for 2013 will be observed **March 3-9**. Learn ways to be a better consumer and protect yourself and your loved ones. Visit [www.ncpw.org](http://www.ncpw.org) for more information. Also visit the Federal Trade Commission's web site for consumers at [www.consumer.gov](http://www.consumer.gov).



## 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, 1<sup>st</sup> floor, East.**

**PTSD Support Groups:** You don't have to go through this alone. 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.

**Smoking Cessation Group:** Spring is right around the corner. What better time to kick the habit. The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1<sup>st</sup> floor.

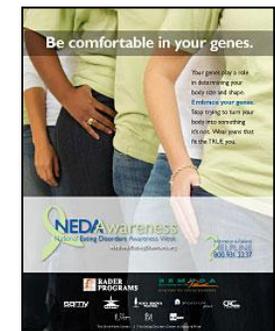
**Stress Management:** The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-11:30 a.m., on the following dates: **March 5, April 9, May 7, June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

**Understanding PTSD:** The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-11:30 a.m., on the following dates: **March 19, April 23, May 21, June 25, July 23, and Aug. 27.** Call (309) 782-4357 to enroll.

**Grief Support Group – For Individuals Mourning the Death of a Loved One:** Beginning Tuesday,

**March 5**, the Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group will meet on Tuesdays, 3-4 p.m., in Bldg. 56, 1<sup>st</sup> floor, Room 122. Each individual grieves in their own unique way. Every loss is different in some way but the grief process shares common features such as isolation and loneliness. Through support groups, individuals can find validation and feel like they are not alone in their journey. For more information contact Rita Baugh, EAP counselor, at 782-2552.

**National Eating Disorders Awareness Week – February 2013:** 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. 24 - March 2](#). 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, 1<sup>st</sup> floor, East Wing and appointments are available Monday through Friday, 7:30 a.m. - 5 p.m. 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. ([InfoGraphic](#))



## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> 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.**

**Tour Scott Community College Blong Tech Center:** Join us on a tour of the Eastern Iowa Community College Blong Technology Center. Located in Davenport and designed for the working learner and Soldier, the BTC offers advanced programs in six areas: Electromechanical controls, welding, logistics, renewable energy systems technician, mechanical design, and machining. All programs are offered in eight week blocks with attendance scheduled around students' work obligations. Every program as a certificate, diploma, and degree (AAS) option, or can be taken for non-credit and articulated back to a credit program if and when the student chooses to do so. The Army Education Center is sponsoring a tour of the facility on Friday, **March 1**, 10:30 am - 1:30 pm. A van will be transporting attendees. To find out more, contact POC [Stephanie Allers](#), (309) 782-2065.

**Get Ready, Get Set, Go-Go-Go To School!:** Seeking or Pursuing a College Degree? Have Questions? The Army Education Center welcomes visits from the following schools. • **March 4:** Upper Iowa University • **March 13:** Kaplan University • **March 20:** St. Ambrose University • **March 7:** Eastern Iowa

Community College (Scott, Clinton, and Muscatine, IA) • **Feb. 28:** Ashford University. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Augustana College, Black Hawk Community College, and Trinity College of Nursing and Health Sciences representatives are available by appointment only at this time. All scheduled times are 10 a.m. – 2 p.m., in Bldg. 56, 1<sup>st</sup> Floor, Room 120. Education Center POC: [Stephanie Allers](#), (309) 782-5895.

**Eastern Iowa Community College Blong Technology Center:** The Army Education Center invites you to join us on a tour of the Eastern Iowa Community College Blong Technology Center. The BTC specializes in associates level technology degree programs and offers flexible learning



options. The BTC offers the latest technical training equipment: Laser/water cutters, the newest CNC machines, an extensive welding lab with a virtual welder, a wind turbine and sustainable energy system set-up, and much more. The tour is scheduled for



Fri., **March 1**, 11 a.m. - 1 p.m.  
Instructors will be on hand for Q&A, and a light lunch will be provided. Participation is on a first-come, first-serve basis with priority given to Service Members. Please direct questions and RSVPs to POC [Stephanie Allers](#). Information on the BTC is [available HERE](#).

**Rock Island Army Education Center Publishes Newsletter:** The latest edition of the Rock Island Army Education Center's quarterly newsletter is available through their [RIA Intranet site](#). This quarter's edition of the newsletter features a listing of the upcoming school visits to the center, information about the ACES Education Fair coming up on **March 21**, and articles about the Blong Technology Center's job opportunities March 1 and "Making Careers More 'Portable,' Achievable for Spouses."

**NDIA Scholarships:** The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship applications and eligibility criteria may be found at [www.ndia-ia-il.org](http://www.ndia-ia-il.org) under Scholarships. Applications must be postmarked NLT **March 31**. For more information, call (563) 650-3252.

**Sgt. Paul Fisher Scholarship:** The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking [www.ndia-ia-il.org](http://www.ndia-ia-il.org). Application submission must be postmarked NLT than midnight **March 31**. For more information, call (563) 650-3252.

**Women in Defense Scholarship:** WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later than midnight **April 13**. For more information, call (309) 792-4102.

## Commissary / Exchange

☉  
**The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of 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](http://www.commissaries.com) ([Facebook](#))**

**Commissaries Make Plans to Close Wednesdays:** Commissary officials will close all stores on Wednesdays if sequestration takes effect, according to a memo to all commissary employees sent Feb. 21. Defense Commissary Agency headquarters will also close on Wednesdays. The closures would begin in late April and continue through September. "These actions, in effect, will furlough every DeCA employee one day a week for up to 22 days," DeCA Director Joseph Jeu wrote in the memo, a copy of which was obtained by Military Times. The Wednesday closures of the stores would be in addition to any normal closure days. Jeu said there may be some exceptions at overseas locations with enough local national employees to keep the stores open. Local national employees are not subject to the Defense-Department-wide furlough. If sequestration cuts take



effect March 1, they will trigger a \$46 billion reduction in overall defense spending over the last seven months of this fiscal year. Defense officials have directed that all DoD organizations develop a plan to furlough personnel for 22 days for the period beginning April 23 and ending Sept. 30. ([More](#))

## **Your Commissary Celebrates Heart Healthy Promotions in February:**

In support of the American Heart Association's National Heart Health Month, your commissary offers shoppers a myriad of special events and in-store promotions highlighting health, nutrition and great savings. "Take a look around your commissary in February and you'll find what we call healthy 'bundling' promotions," said Chris Burns, DeCA sales director. "Companies are combining their efforts to offer shoppers even better savings. An example of this is having name-brand breakfast cereals positioned next to fresh fruit." Throughout February, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

**Food Safety Alerts:** For information about the latest food-safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](http://www.commissaries.com) and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

**Sales Flyers:** Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

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## 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.

## **Rock Island Arsenal Historical**

**Society Meeting:** Jim and Maureen Schebler will talk about the Davenport School Museum at the Arsenal Island Golf Course Clubhouse. If you join us for dinner, advanced reservations must be made with Linda at (563) 355-6165,

by **March 4**. The 7 p.m. program is free and open to the public.

Date: **Thursday, March 7**

Time: **6 p.m. Dinner, and 7 p.m.**

**Speaker**

**RIA Museum Website:** The Army's second oldest museum, the

[Rock Island Arsenal](#)

[Museum](#), has a new

website created in

conjunction with the

RIA Historical Society.

The Museum first

opened to the public on

July 4, 1905, and continues its primary

mission to collect, preserve, and

interpret the history of Rock Island

Arsenal and Arsenal Island by focusing

on "People, Processes, and Products."

Immerse yourself in history and

celebrate the heritage of Fort Armstrong,

Rock Island Arsenal, and the Quad

Cities here on Arsenal Island via its new

home, [here on the Internet](#).



←-----→

## Healthbeat

**Study: Mediterranean Diet Can Ward**

**Off Heart Disease:** A Mediterranean diet high in olive oil, nuts, fish and fresh fruits and vegetables may help prevent heart disease and strokes, according to a



new large study from Spain. Past research suggested people who eat a Mediterranean-like diet have healthier hearts, but those studies couldn't rule out that other health or lifestyle differences had made the difference. For the new trial, researchers randomly assigned study volunteers at risk of heart disease to a Mediterranean or standard low-fat diet for five years, allowing the team to single out the effect of diet, in particular. ([More](#))

## **Pure Element Arsenal Island**

**Discount:** [Pure Element](#), a local health and wellness shop serving nutritional smoothies/shakes in Rock Island, is offering an exclusive discounted price to Arsenal Island employees. For \$5.75 Arsenal patrons will receive their meal and a 10 percent discount on their products through April 15.



**Health Clinic Announcement:** Sick Call hours 7-8 a.m. Clinic closed Staff meeting/training **Feb. 22** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

**VA Hires More Mental Health Professionals to Expand Access for Veterans:** The Department of Veterans Affairs (VA) today announced that it has made significant progress in providing increased access to mental health care services for our Nation's Veterans by hiring new mental health professionals. Last year, Secretary Eric K. Shinseki announced a goal to hire 1,600 new mental health clinical providers and 300 administrative support staff. The President's Aug. 31, Executive Order requires the positions to be filled by June 30, 2013. As of Jan. 29, VA has hired 1,058 mental health clinical providers and 223 administrative support staff in support of this specific goal. "We aren't slowing down our efforts even after these initial positive results," said Shinseki. "We still need to hire more mental health professionals in order to reach our goal, but each new hire means we can treat more Veterans and provide greater access to our mental health services." ([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.

## **Carpool:**

- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.
- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **Carpool:** Looking to join a carpool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.
- **Carpool:** Looking to join a carpool or ride and pay. IL-84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.

## Around the Q.C.

**March 1-3:** [Antique Spectacular](#) (QCCA Expo Center)



**March 2:** [American Red Cross Family Safety Day](#) (River Center, Davenport)  
**March 2-3:** [2013 KWQC Women's Health & Lifestyle Fair](#) (River Center, Davenport)  
**March 16:** [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)  
**March 22-24:** [Flower & Garden Show](#) (QCCA Expo Center)  
**March 23:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)  
**April 6:** [Bandits Race to Home 5K](#) (Modern Woodmen Park)  
**April 7:** [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)  
**April 20:** [Earth Week Fair](#) (QCCA Expo Center)  
**April 27:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**May 4:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)  
**May 4:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)  
**May 11:** [11<sup>th</sup> Annual Miles for Melanoma](#) (Augustana campus)  
**May 11-12:** [Beaux Arts Fair](#) (Figge Art Museum plaza, Davenport)  
**May 25:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**May 27:** [Quad Cities Criterium](#) (Downtown Rock Island)  
**June 1:** [Mel Foster Color the Quads 5K](#) (Cumberland Square, Bettendorf)  
**June 1-2:** [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)  
**June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)  
**June 8:** [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)

**June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)  
**June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)  
**June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)  
**June 22-23:** [27<sup>th</sup> Annual Quad City Air Show](#) (Davenport Municipal Airport)  
**June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)  
**June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)  
**June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)  
**July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)  
**July 4-6:** [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)  
**July 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)  
**July 13:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**July 19-21:** [USA BMX National Championships](#) (East Moline BMX Speedway)  
**July 19-20:** [Heartland Jam](#) (Centennial Park, Downtown Davenport)  
**July 26-27:** [Downtown Street Fest](#) (Downtown Davenport)  
**July 27:** [Bix 7 Run/Walk](#) (Downtown Davenport)  
**July 30-Aug. 4:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)  
**Aug. 1-4:** [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)  
**Aug. 8-10:** [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

**Aug. 9-10:** [Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 10:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Aug. 10-17:** [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)  
**Aug. 16-17:** [River Roots Live](#) (Downtown Davenport)  
**Aug. 17:** [Floatzilla](#) (Sunset Marina, Rock Island)  
**Aug. 24:** [Quad Cities Irish Festival](#) (Rock Island)  
**Aug. 22-25:** [World Series of Drag Racing](#) (Cordova Dragway)  
**Aug. 31-Sept. 1:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 7:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)  
**Sept. 7:** [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)  
**Sept. 7-8:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 14:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Sept. 21:** [Brew Ha Ha](#) (LeClaire Park, Davenport)  
**Sept. 21:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 21-22:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)  
**Sept. 22:** [Quad Cities Marathon](#) (Downtown Moline)  
**Sept. 27-29:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 12:** [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)  
**Oct. 12:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)  
**Oct. 24:** [Fright Night](#) (The District, Rock Island)



**Oct. 26:** [Witches Walk](#) (Downtown LeClaire)

**Oct. 26:** [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

**Oct. 26-27:** [Boo at the Zoo](#) (Niabi Zoo, Milan)

**Nov. 15-24:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

**Nov. 16:** [Festival of Trees Parade](#) (Downtown Davenport)

**Nov. 16:** [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

**Dec. 1:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)



## Island Insight



**Joel Himsl**, Garrison Manager; **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 processor 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: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).

**The discipline to disconnect.**

*Is your battle buddy overly dependant on a mobile device?*

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

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

U.S. ARMY  
ARMY STRONG.

U.S. ARMY COMBAT READINESS/SAFETY CENTER  
<https://safety.army.mil>





## 2013 MILITARY SAVES WEEK

by the

Garrison Manager, USAG Rock Island Arsenal, IL

### A PROCLAMATION

**WHEREAS**, personal and household savings is fundamental to America's stability and vitality; and

**WHEREAS**, adequate emergency savings, retirement funds, and safe debt-income ratios are critical components of personal financial security; and

**WHEREAS**, personal financial security of Servicemembers is a crucial aspect of military readiness; and

**WHEREAS**, Military Saves is a national social marketing campaign to persuade, encourage, and motivate Servicemembers and their families to take financial action in building wealth through saving money and reducing debt;

**WHEREAS**, USAG Rock Island Arsenal is a partner in the Military Saves campaign and is committed to helping its Military Family, including Officers, Warrant Officers and Enlisted Personnel, Family members, Retirees, and Civilian Employees take immediate financial action to build wealth, not debt;

**NOW, THEREFORE**, I, Joel G. Himsl, Garrison Manager, do hereby proclaim the week of 25 February through 2 March 2013 as:

### MILITARY SAVES WEEK

I **HEREBY** call upon all members of our Military Family to set a personal savings or debt reduction goal, make a simple savings plan, and take action on that plan, or take another positive wealth-building action during MILITARY SAVES WEEK, and **pledge** to sustain that action during the following year.

**IN WITNESS WHEREOF**, I have hereunto set my hand this 18 day of February, 2013.

A handwritten signature in blue ink, appearing to read "Joel G. Himsl".

Joel G. Himsl  
Garrison Manager