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Island Insight



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

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



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Johnson Hosts First Town Hall as

Executive Director: Melanie Johnson, Army Contracting Command-Rock Island executive director, held her first town hall as the center's leader Feb. 12. Following an awards ceremony and a presentation on Sexual Harassment/Assault Response and Prevention, Johnson focused on the results from the ACC-RI Anonymous E-mail Program. The program began in

October. "I have personally read every single email that has come in and we take these seriously," Johnson said. "We are going to move on those that can be easily answered and solve those. For those that aren't, we'll have to do a collaborative effort to pull people in and come up with some kind of workable solution." As of Feb. 12, 60 emails were received. Within those came 102 suggestions on varying topics, including

31 regarding process, 25 regarding morale and 23 regarding quality and training. "If you add those up, there are more than 60, but that's because there are crossovers," said Johnson. As a result of the input, the ACC-RI Policy Branch is already working on a process change



"HOME OF US ARMY LOGISTICS"



intended to reduce staffing burden while increasing quality assurance, said Johnson. ([More](#))

Lawmakers: 1 Percent Federal Pay Raise Faces Opposition, Bigger Raise Off the Table:

While federal unions push for a bigger pay raise than the 1 percent President Obama will propose in his 2015 budget, lawmakers say that any raise faces a fight. Rep. Steny Hoyer, D-Md., the House minority whip, said a larger pay raise faces stiff opposition from Republicans and even 1 percent will be a challenge. "I think they think zero is better, and a matter of fact some would reverse," Hoyer said. ([More](#))



Locality Pay, That Federal Pay Raise: Quad Cities Locality Pay:

Buried in the Office of Personnel Management website, minutes of the Federal Salary Council from November 2012 included new federal locality pay areas recommended for addition in 2014. For those who do not follow the



minutiae of the complicated federal pay system, the Federal Employees Pay Comparability Act of 1990 replaced the nationwide General Schedule (GS) with a method for setting pay for white-collar employees that uses a combination of across-the-board and locality pay adjustments. ([More](#))

DOD Ties Another Round of BRAC to Sizable Civilian Personnel Cuts:

The Defense Department will struggle to significantly reduce the civilian workforce without another round of base closures. A majority of the DoD civilians work outside of the Pentagon at bases, depots and other places that may or may not be needed any longer as the military reorganizes and shrinks. ([More](#))



DOD Takes Holistic View of Slowing Military Compensation Growth:

The Defense Department can no longer put off slowing the growth of military personnel costs, and the fiscal year 2015 budget request DOD is recommending to the president begins



Upcoming Dates

March 2-8: National Severe Weather Preparedness Week

March 5-7: First Army Spring Commanders Conference

March 9: Daylight Saving Time Begins

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

March 11-13: DA Photo Studio on RIA

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

March 14: Shamrock Sock-Hop, Heritage Hall, 6 p.m.

March 15: CASI St. Patrick's Day Road Race 5K, Government Bridge, 9 a.m.

March 19: EQCC, Bldg. 90, Room 25, 10 a.m.

March 20-21: Pet Vaccine Clinic, Bldg. 225 Bays,

March 20: AAFES and PX Advisory Committee, 1 p.m. (T)

March 25: Women's History Month Observance, Heritage Hall, 2 p.m. (T)

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

March 27: RIA General Officer Board of Directors, Arsenal Island Golf Clubhouse, 3 p.m.

March 27: Right Arm Night, 4:30 p.m.

April 4: Installation Planning Board, Baylor Conference Room, 10 p.m.

April 5: ACS & CYS Child Abuse Awareness and Recognition of Month of Military Child, Fitness Center, TBD

April 6-11: Volunteer Appreciation Week

April 8: Holocaust Remembrance Day

April 8: Installation Volunteer Ceremony (TBD)

April 8-10: DA Photo Studio

April 9: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

April 12: Free Spring Vehicle Inspection (TBD)

April 12: QC Bandits Race to Home 5K Run, Government Bridge, 8 a.m.



that process, defense leaders said here today. Saying they are ready to take on the hard task of curbing growth in compensation, Defense Secretary Chuck Hagel and Army Gen. Martin E. Dempsey, the chairman of the Joint Chiefs of Staff, previewed the fiscal 2015 budget request for reporters. [\(More\)](#)

Hagel Is Trying to Get Ahead of the 'Tough' Defense Budget Battles:

The first shots in this year's battle over the Defense Department budget have been exchanged, with Defense Secretary Chuck Hagel's opening salvo fired Monday and quickly drawing heat from Capitol Hill, veterans' groups and K Street. [\(More\)](#)



SMA: Army Remains Strong Despite 'Daunting Fiscal Challenges':

Despite "daunting fiscal challenges and strategic uncertainty," the Army will continue to be the best in the world, the service's top enlisted advisor told lawmakers. "This past year has brought some significant changes to the Army,



including the impacts of sequestration, a government shutdown, furloughs, and the effects of a drawdown and budget reductions," said Sgt. Maj. of the Army Raymond F. Chandler III. [\(More\)](#)

Cone Shares Army Focus for Force

2025: Leaner but still mean -- if not meaner -- is the future of the Army in 2025, and the time to prepare for that future force is now.

"We have a consensus and an opportunity, and really a need, to move ahead very quickly as we look at Force 2025," said Gen. Robert Cone, commanding general of U.S. Army Training and Doctrine Command. [\(More\)](#)



Federal Health-Insurance Program Won't Add Self-Plus-One Option

Until 2016: A self-plus-one coverage option won't be available in the health insurance program for federal employees and retirees until 2016, according to the Office of Personnel Management. Currently, enrollees in the



Federal Employees Health Benefits Program may choose between self-only coverage and self and family coverage. Family coverage rates are substantially more expensive and don't vary by how many additional persons are insured. [\(More\)](#)

Feeding Deer on Post:

Per the Illinois Department of Natural Resources: Illinois residents and visitors are to refrain from feeding wild deer and other wildlife in areas where wild deer are present. A ban on feeding wild deer was enacted in 2002 as part of the state's continuing effort to limit the spread of Chronic Wasting Disease in the Illinois wild deer herd. The ban includes food, salt, mineral blocks and other food products. "Making food and mineral products available where wild deer are present is a petty offense carrying a maximum \$1,000 fine." Recently unknown persons have taken to placing corn on an empty stump near Rodman Avenue just short of the cemetery. Deer are beginning to congregate in this area increasing the potential for a vehicle to hit these deer as they cross the way. These actions are not only illegal, but are also creating an



extreme hazard for personnel driving onto the island. We have children that wait for the buses in the morning that could be struck by a swerving vehicle should these deer begin to run across the road more frequently. There is also the potential that other animals will begin to gather around this area with a potential for having rabies. Please refrain from feeding the wild animals on the Arsenal. Should residents or workers on the Rock Island Arsenal be caught performing this activity, they will be charged to the full extent. Additional charges could also apply: "If the investigation reveals that the bait was hunted over, the violator is subject to an additional Class B misdemeanor ticket, which may result in up to six months in jail and/or a fine of up to \$1,500, seizure of any items used for the hunt and loss of hunting privileges.

Ash Wednesday Service: Father Mottet will offer Catholic Mass in the Arsenal Club, Bldg. 60, for those on Rock Island Arsenal wanting to participate. Protestants are welcome to attend and receive the imposition of ashes. POC: Sgt. DeLong at (309) 782-0910



Date: **Wednesday, March 5**
Time: **11:30 a.m. - 12:15 p.m.**

Army Family Team Building Brown Bag Seminars: Bring your lunch and take Level (K):

Knowledge of the Military one class at a time during your lunch hour. Each Tuesday lunch hour 11:35 a.m. – 12:25 p.m., **Jan. 21 through March 25.**

Classes held at Army Community Service (ACS), Bldg. 110. To register call ACS (309) 782-0829 or on [TEDs](#). Please register no later than one day prior. ([Flyer](#))



Army Family Team Building Level K Class (Knowledge of the Military):

This fun, free interactive classroom training taking place Thursday & Friday, **March 6 & 7**, 9 a.m. - 2:30 p.m., for Military spouses, Military personnel, community leaders, FRGs, volunteers, DA civilians, and contractors will give you a base knowledge of Military life including acronyms, chains of command, customs ceremonies and traditions and much more. Please register no later than **March 4** by calling Army Community Service at (309) 782-0829 or sign up in [TEDs](#). ([Flyer](#))

Arsenal Attic Thrift

Shop: Shop at the Arsenal Attic Thrift Store every Tuesday, Thursday and 3rd Saturday, 9 a.m. – 3 p.m. POC: (309) 782-6977.



VIOS Schedule for February, March, April and May: Official DA Studio

Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available



digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Women in Defense Spring Fashion

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

or sponsor? Call Peggy at (309) 787-5076.

Time: **11 a.m.**

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, March 14 & 21, 10 a.m. – 12 p.m.**



If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on April 25**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 16**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Can you donate blood if you have recently gotten a tattoo? Yes! As long as you went to a licensed facility for the



procedure. If the facility you went to was licensed, there is no waiting period before you can again donate blood."

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](#).

RIA Army Education Center Co-Hosting Employment-Education

Event: The U.S. Army Garrison-Rock Island Arsenal is hosting a combined Employment-Education Event on Wednesday, **April 16**, 9 a.m. to 2 p.m., in Heritage Hall, Bldg. 60. If you missed our last big Event in September, mark your calendars now. This event combines our education fair with our employment event. We will have expanded employer participation, veteran service organizations to assist with resources and resume development and up to 20 local and online academic institutions in attendance to provide information regarding educational opportunities for



Soldiers, veterans, family members and government employees. A brief list of schools and organizations attending includes: Black Hawk and Scott Community colleges, Western Illinois, St. Ambrose, and Upper Iowa universities, American Intercontinental, Ashford, and Kaplan universities, Palmer School of Chiropractic and Trinity School of Nursing and Health Sciences, the U.S. Small Business Administration, Iowa National Guard Family Assistance program, and more. Please join us to learn more about educational opportunities and how they can benefit you. Point of contact: [Stephanie Allers](#), or (309) 782-5895 for further information.

SAME Engineering and Construction Summer Camps: The Rock Island Post of the Society of American Military Engineers is looking to send high school students (currently in grades 9-11) to one of two Engineering and Construction Summer Camps. Applications are due by **March 21**. ([Application & POC Details](#))

Arsenal Island Employee Local Discounts: *The following discounts are exclusively available to Arsenal Island employees –* **The Slice:** Right off the Moline Bridge exit, is offering \$2 off

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

Arsenal Traffic/Construction

Ⓢ **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

Ⓢ *No Building/Space Closure related announcements this week.*

Active Duty/Reserve Zone

Ⓢ **Pentagon Budget Would Cut Military Health Benefits, Commissary Funds:** The Pentagon's 2015 budget proposal would raise health-care costs for certain members of the military community and drastically trim subsidies for the



commissaries that provide discounted groceries to troops and their families. Defense Secretary Chuck Hagel said Monday that the proposed changes to the Tricare program would involve fee increases for active-duty family members and military retirees, but he provided no specifics on how much the rates would rise. “We will ask retirees and some active-duty family members to pay a little more in their deductibles and co-pays, but their benefits will remain affordable and generous, as they should be,” he said. ([More](#))

Facebook Group to Servicemembers: Don't Be an Idiot on Social Media: A new Facebook group created Tuesday is slamming servicemembers who post controversial photos and comments on social media. The group — Military Social Media Idiots — has one message: “If you are wearing the uniform, DON'T POST PICTURES OF YOURSELF THAT WILL DISGRACE THE UNIFORM.” The group's mission is to expose servicemembers who post these kinds of images and comments so that the offenders will get punished and others will be deterred from such activity, according to the administrators. ([More](#))

Summer Moving Tips: With the busy summer moving season soon arriving, the Transportation Office would like to pass on some key moving tips to the community. The Defense Personal Property Program (DP3) is in its third successful year providing improved quality of life for our service members, civilian employees and their families. DPS not only provides direct and empowered communications between the service member and the Transportation Service Provider 24/7/365 days a year but now also provides shipment status and storage notifications by email. ([More](#))

CSA Strategic Priorities - Waypoint #2: Waypoint #2 articulates Chief of Staff of the Army Gen. Ray Odierno's vision and strategic priorities for the U.S. Army in the years ahead. The CSA's vision for the future is as follows: The All-Volunteer Army will remain the most highly trained and professional land force in the world. It is uniquely organized with the capability and capacity to provide expeditionary, decisive landpower to the Joint Force and ready to perform across the range of military operations to Prevent, Shape, and Win in support of combatant commanders to defend the Nation and its interests at home and abroad, both

today and against emerging threats. ([More](#))

Integrated Personnel and Pay System: The Integrated Personnel and Pay System-Army (IPPS-A) is a web-based system designed to provide integrated personnel and pay capabilities to the active Army, Army National Guard, and Army Reserve. This system will ultimately create a comprehensive personnel and pay record for each Soldier for their entire Army career. The Army intends to develop the remaining four releases of IPPS-A after it fields the system's first release this year. The most up-to-date information is available on the IPPS-A website. ([More](#))

Operation Family Time Out: Open to military kids and kids of deployed civilian ages 6 weeks to 12 years. This past January at the Two Rivers YMCA, the kids had a 4-H science activity on magnets. They learned how to levitate objects using magnets. They had a super fun time learning how magnetic force works. Not only were they interested with the experiment but they had many questions about the topic. Frank, a 4-H volunteer, engaged the children in interactive, hands-on learning. We hope you can join us for another new science experiment and other educational



programs that are coming up. Upcoming Programs will meet at the following YMCAs, 1-5 p.m. Upcoming programs are as follows: • **March 8** at the Two Rivers YMCA • **April 12** at the Davenport YMCA • **May 10** at the Two Rivers YMCA.

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



Tax Assistance Center: Income tax filing season is here, and Rock Island Arsenal will again host a free tax assistance center. The tax center serves members of the RIA community eligible

for Legal Assistance services— primarily active duty service members, military retirees, and family members. In a change from recent years, an appointment is required and there is no “drop-off” service. Appointments will be available weekdays, 8 a.m. to 3 p.m., **Jan. 28 through April 15**. Most appointments can be expected to take about an hour, with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most – but not all – federal and state income tax returns. For example, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call (309) 782-8457/1894. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support any deductions/credits; copy of last year’s return; direct deposit information; dependents' birth dates.

Bix 7 Road Race 40th Anniversary: Ed Froehlich, race director of the Bix & Road Race, has informed the community

that this year's race will be free to all active duty military. The race is on **July 26** in Davenport. The 7 mile road race is annually held during late July, in the streets of downtown Davenport. The race was founded in 1975 by John Hudetz, a resident of Bettendorf, Iowa. After competing in the 1974 Boston Marathon, Hudetz was inspired to bring the excitement to the Quad-Cities with a race of his own. The inaugural race had a field consisting of eighty-four runners. Today the race is often run by 12,000 to 18,000 runners. ([More](#))

Safety Spotlight



Beware of Icy Walking & Driving

Conditions: Melt - freeze - melt - freeze; it's a vicious cycle. The day time temperatures have been warm enough to melt the snow. Evening temperatures drop, and cause the melted snow to re-freeze, causing icy conditions on sidewalks and in parking lots in the mornings. This is yet another message to inform you icy conditions. It may look wet, but it could be ice. Please take your time, look for



and anticipate slippery conditions. Walk slowly and drive carefully.



Equal Opportunity Focus



Rock Island Arsenal Honors African American Heritage:

Rock Island Arsenal honored African American heritage during the Black History Month observance at Heritage Hall here, Feb. 26. Guest speaker, Dr. Christopher Whitt, and blues performer, Kevin "BF" Burt, were special guests. This year's Black History Month theme was "Civil Rights in America" in honor of the 50th anniversary of the Civil Rights Act of 1964. The act made employment discrimination illegal and allowed for the integration of schools and other public areas. Whitt said our civil rights issues have evolved through the years but are rooted from the same era. ([More](#))

Army Celebrates Accomplishments of African-American Women:

African-American women have been trailblazers in the U.S. military and will continue to make great strides for the nation, said the deputy chief of the Army Reserve. "African-American women have made tremendous contributions to our military since the Civil War, and I would even argue prior to that, but a lot of it is just

not recorded," said Maj. Gen. Marcia M. Anderson. Anderson, the Army's first female African-American two-star, spoke at a Department of Defense Reserve Affairs Black History Month event at the Pentagon, today. ([More](#))



Morale, Welfare & Recreation (MWR)



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

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

Sign-up for Adult Dodgeball League:

Friday, **Feb. 28**, is the last day to sign-up. Get your team of up to eight players

together and get ready to duck, dodge and dominate the dodge ball court. Sign-up for this co-ed adult league ends on Feb. 28 and games start on March 11. Games will be played on Tuesday nights and cost is \$80/team. For more info and to sign up, please call (309) 782-6787 or just stop into the Fitness Center. ([Flyer](#))

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

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



New Group Fitness Class: Fit For

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

MWR 2014 Garden Plot Sign Ups: Do you have a green thumb but no place of your own to dig in the dirt? Sign up to use one of our garden plots this spring to grow all your favorite fruits, veggies, flowers, etc. Each plot is approx. 20' x 20' and can be rented for the entire growing season for just \$25 + \$100 refundable cleaning deposit. Sign-ups will be staggered and allotted based on

patronage eligibility. Signups for this season's MWR Garden Plot Program at Outdoor Recreation Bldg. 333 are:
Active duty military – **March 3**; retired military – **March 10**; and RIA civilians – **March 17**. For more information and complete details phone Outdoor Recreation at (309) 782-8630. ([Flyer](#))
Time: **8:15 a.m. - 4 p.m.**



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](#))

Vendor Day: Four vendors will be visiting Bldg. 60, Heritage Hall, dining area, 9 a.m. - 1 p.m. Vendors will include 31-Gifts, Tastefully Simple, Mary Kay and Two River Massages.
Date: **Thursday, March 6**

St. Patty's Day BUNCO: Calling all BUNCO players ... get ready to shake, rattle & roll Thursday, **March 6**, at 6 p.m., during a fast paced night of BUNCO action in Heritage Hall (Bldg. 60). For just \$5 you can join in on this exciting and highly social dice game fun. There will be door prizes and this event is open to the public so bring all

your friends even if they don't work on the Arsenal. RSVP is required by calling (309) 782-5890. ([Flyer](#))

Family Shamrock Sock Hop: Join us for a rockin' boppin' good time **March 14**, 6-9 p.m., in Heritage Hall, Bldg. 60, as we dance all night, like we're at the hop and keep the fun going, until we drop. There will be music, door prize drawings, games, children activities, contests (sack race, hula hoop, simon says, best costume award, best 50s dance couple.) Hot dog, chips, and soda combo for \$5. So, be there or be square. For more info please call (309) 782-4420. ([Flyer](#))



Miss Abigail's Guide to Dating,

Mating & Marriage: This is the story of Miss Abigail, the most sought-after relationship expert to the stars (think Dr. Ruth meets Emily Post), and her sexy sidekick Paco, as they travel the world teaching Miss Abigail's outrageously funny "how-to's" on dating, mating, and marriage. Let Miss Abigail take you back to a simpler time, before booty calls and before speed-dating. Back when the divorce rate wasn't 50 percent



and when "fidelity" was more than an investment firm. Discounted seats on sale until **March 1**.

Date: **Saturday, March 15**
Time: **5:45 p.m.**

Books Are Fun: Books Are Fun will be visiting Bldg. 60, Heritage Hall dining area for two days, 9 a.m. - 2 p.m. Stop by and check out all the discounted books and gift ideas they have to offer.
Date: **Wednesday, March 19**

Tales of a Fourth Grade Nothing: Circa 21 children's theatre presents: Tales of a Fourth Grade Nothing. It is a humorous look at family life and the troubles that can only be caused by a younger sibling. This play teaches children about responsibilities and how to recognize certain feelings they have, whether with family or friends, and that the emotions they have are ok.
Discounted seats on sale until **April 5** ... \$9 per person.
Date: **Saturday, April 19**
Time: **10 a.m.**

Monster Jam: Monster Jam will be coming to the iWireless Center for two days. Leisure Travel has discounted tickets available for \$20 for adults and \$13.50 for children under 12-years-old. On sale until **April 28**.

Date: **Saturday, May 17**
Time: **7 p.m.**

FMWR's 1st Nationwide NASCAR Race Bus Trip: Leisure Travel/Auto Shop have seats available for the bus trip to the Iowa Speedway in Newton Iowa. Bus will depart from the Auto Shop at 6:30 a.m. please arrive early for refreshments compliments of the Auto Shop. ½ stop to and from the Iowa Speedway. You are allowed to bring a small cooler. Cost of trip is \$69.
Date: **Sunday, May 18**
Time: **6:30 a.m.**

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

Universal Studios Orlando: This special ticket is good for unlimited

admission for three days over a seven consecutive day period from first redemption. Universal Orlando Resort is more than a theme park, it is an entire universe of action and thrills featuring two spectacular theme parks unlike anything else in Orlando. Ticket expires on **May 9**; unused days shall be forfeited.

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

←-----→

Child, Youth & School Services

Exploring Theatre Arts at the School Age Center: The kids at the School Age Center have had 4-H lessons on Theater Arts. They are learning how to become more confident and expressive in front of others. In February they will participate in activities that enhance their voices, facial expressions and body language. They will perform simple pantomimes in small groups. They will also be telling jokes and reciting tongue twisters in front of their peers. Last, they



will participate in Reader's Theatre. The kids will practice scripts and then read them in front of an audience. This is a great way to encourage and develop reading skills while engaging in a cooperative and fun activity. Coming up in March, the kids will be participating in service learning activities. On **March 31** there will be a guest presenter from the American Red Cross. She will be teaching the kids about basic first aid. [For more information on what the School Age Center offers.](#)

Youth Summertime Activities Expo:

Help us kick off Month of the Military Child and Child Abuse Prevention Month. Parents bring your children and join us for the Youth Summertime Activities Expo at the Fitness Center on Saturday, **April 5**, 10 a.m. – 1 p.m. Vendors from area organizations will be there to help you find the right activities to keep your child and family busy all summer long. The Expo will have vendors from four major categories: summer fun and activities; day and resident camps; volunteer opportunities; and education. All booths will have crafts and activities for children to do at the event plus there will be food available for purchase at the Island Oasis. QCA Children are invited to help "plant" a pinwheel garden with the Child

Abuse Council, 8:30-9:45 a.m., in honor of Child Abuse Prevention Month. The pinwheels stand for the chance at the healthy, happy and full lives all children deserve. The pinwheel garden will remain in place for the entire month of April. For more information about a booth or the Expo contact [Katie Mettee](#) at (309) 782-2165. ([Flyer](#))
Date: **Saturday, April 5**
Time: **10 a.m. – 1 p.m.**

Army Community Service (ACS)

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



Special Needs Informational Forum:

Have you ever wondered what the term "learning disabilities" encompasses, or what the signs are? What do you do if you suspect your child has a learning disability? Join us to learn the answers to these questions and to learn more. This forum will be held in Bldg. 150

(School Age Center) and free childcare for children registered with CYSS will be provided with advance RSVP. Please RSVP by **March 3** by calling (309) 782-4736. For more information contact [Jan Saito](#) at (309) 782-4736. ([Flyer](#))
Date: **Thursday, March 6**
Time: **5:30-7:30 p.m.**

Employee Assistance Program

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

National Sleep Awareness – March 2014:

Did you sleep well last night? Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep ([ScienceDaily, 2007](#)). To anyone who has suffered a sleepless night, these



results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Because sleep is so important to your mental health, Rock Island Arsenal Employee Assistance Program is honoring National Sleep Awareness Week, **March 2-9**. Contact the EAP at (309) 782-4357 for free and confidential counseling and referral assistance. You can also access an anonymous mental health screening at www.militarymentalhealth.org. Don't let depression or another mental health condition get in the way of your good night's sleep.

Assertiveness Training: Do you want to learn strategies to communicate effectively and to enhance yourself personally and professionally? Sign up for Assertiveness Training. Classes will be offered **March 11, April 8, May 6, June 10, July 8, Aug. 12**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word

'assertiveness') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

Time Management: Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Sign up for a Time Management class. Classes will be offered **March 25, April 22, May 13, June 24, July 22, Aug. 26**, Tuesdays, 10:30-11:30 a.m., Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (key word 'Time Management') or call (309) 782-2552 to reserve your spot. Sponsored by: Employee Assistance Program

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.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., at Bldg. 56, 1st Floor, Room 122. For more

information, contact Rita Baugh, EAP counselor, at (309) 782-2552.

Smoking Cessation Group: Spring is just around the corner. What better time to kick the habit. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st Floor, East Wing.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. **Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.**

RIAWC Scholarships Available: The Rock Island Arsenal Welcome Club is now accepting scholarship applications from High School Seniors and Continued Education Students. Applicants must meet eligibility requirements stated in the scholarship application. Merit-based scholarships will be awarded in the amount of



\$750.00-\$1,500.00. Applications are available effective Jan. 15 from guidance counselors at local high schools and colleges, the Arsenal Attic (thrift shop), the fitness center, the commissary, by [email](#) or [download from our website](#). A link to the application can also be accessed on our [Facebook page](#) under the events section. Applications must be post-marked no later than **March 15**.

Don't Let Drugs Darken Your Future

Free Date Log Planners: There may not be such a thing as a free lunch, but there is such a thing as a free 2014 date log planner. The Army Substance Abuse



Program/Employee Assistance Program is giving away free date log planners to RIA Civilian and Military personnel. Just come to the ASAP/EAP, Bldg. 56, first floor, East Wing, and receive your free planner. Plan for tomorrow, and don't let drugs darken your future.

FEEA Taking Applications for 2014-15 Scholarships: The Federal Employee Education and Assistance Fund announced it is taking applications for its 2014-2015 FEEA Scholarship

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

Army Emergency Relief Scholarship Applications Now Available On-line:

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

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.

NDIA Academic Year 2014-15

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

Sgt. Paul Fisher Academic Year 2014-15:

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



2014 IA/IL WID Scholarship:

Applications for the IA/IL Chapter WID 2014-15 academic year are now being accepted. The application may be found at www.widiic.org, and must be postmarked by April 14. Questions: Contact Chioma Ezeugwu, (309) 269-7148 or e-mail: scholarships@widiic.org.
Date: **Monday, April 14**
Time: **3 p.m.**

Commissary / Exchange

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

Arsenal Archive

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

Rock Island Arsenal Historical Society Meeting:

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m., Thursday, **March 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse, 1838 Gillespie Street. The menu will be a tossed salad with breadsticks, corned beef with cabbage, potatoes, rolls and a Chef's Choice dessert, all prepared by the Golf Club kitchen, \$14, including tax and tip. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Mary Wildermuth, executive director of the Muscatine History and Industry Center. For reservations call Monica (563) 650-4349 or Linda (563) 355-6165 or email chiicaliinda@aol.com. Reservations are

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

Healthbeat

'Small Steps to a Healthier You' Challenges Guard Soldiers,

Community: Guard Your Health will launch the Small Steps to a Healthier You, also known as Small Steps, on Saturday to help Army National Guard Soldiers and their families create long-term healthy habits by changing their daily routines slightly. Small Steps was inspired by the fact that almost 90 percent of New Year's resolutions fail each year -- largely because they are too ambitious or ill-defined. By early spring, many Soldiers find their aspiration turning into frustration and ditch their healthy living efforts. The challenge is designed to encourage these individuals to take a more realistic approach to self-improvement for the remainder of the year. Small Steps represents the first push in the Guard Your Health team's effort to teach Soldiers, their families



and communities about how easy and impactful small changes can be. ([More](#))

Military Psychological Counseling Programs Faulted:

A \$50-million Army program to aid service members and their families does not show clinically meaningful gains, nor does it reduce post-traumatic stress disorder, a study finds. Many federal programs aimed at preventing psychological problems in military service members and their families have not been evaluated correctly to determine if they are working and are not supported by science, a new report commissioned by the Defense Department says. "A lot of their programs don't have any good data behind them," said Kenneth Warner, a professor of public health at the University of Michigan who led the Institute of Medicine committee that produced the report. "We remain uncertain about which approaches work and which ones are ineffective." ([More](#))



Notes for Veterans



Veterans Benefits Bill Blocked: A comprehensive veterans benefits bill was derailed in the Senate Feb. 27 after Republican lawmakers used a procedural maneuver to block further

action on the bill. Although Sen. Bernie Sanders (I-Vt.), chairman of the Senate Veterans Affairs Committee and sponsor of the bill, succeeded in getting a 56-41 vote on a motion to advance the bill, Republicans invoked a rule that required 60 votes to proceed. "I had hoped that at least on this issue—the need to protect and defend our veterans and their families—we could rise above the day-to-day rancor and party politics that we see here in Congress," Sanders said after the vote. "I am proud that we received every Democratic vote and that two Republicans also voted with us. In the coming weeks I will be working hard to secure three additional Republican votes and I think we can do that." ([More](#))

Study Supports Claims of Agent Orange Exposure After Vietnam War:

The C-123 transport planes that sprayed Agent Orange during the Vietnam War may have sickened service members who worked with the aircraft after the conflict, according to a new study. The report, published last week in the scientific journal "Environmental Research," supports claims that exposure to the toxic defoliant after the war is greater than previously believed. ([More](#))



Carpooling Announcements



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

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a

program where Army employees can qualify for up to \$245 in reimbursements for use of mass transportation (to include van pooling). ([More](#))



Carpool:

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



Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.

C

March 1: [USO Show "Salute Your Soldier," 10:10 a.m.](#) (RiverCenter, Davenport)
March 1-2: [KWQC-TV6 Women's Health & Lifestyles Fair](#), (RiverCenter, Davenport)
March 4: [Mardi Gras Rajun Cajun Festival](#), (Figue Art Museum, Davenport)
March 15: [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)
March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)
March 21: [NCMA QC Chapter Trivia Night with Mr. Trivia](#) (Knights of Columbus Hall 1111 W. 35th St. Davenport)
March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
March 28-30: [2014 Writing My Way Back Home: Midwest Veterans Writing Workshop](#) (Cedar Rapids Veterans Memorial Building)
March 29: [Davenport Chordbusters Spring Show](#) (Bettendorf High School Performing Arts Center)
April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)
April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
April 26: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
May 2-3: [Army JROTC 7th Annual "Blue Devil" Raider Challenge](#) (Naval Operations Support Center, Bldg. 218, Arsenal Island)
May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)

May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)
May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)
May 17: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
May 26: [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)
June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)
June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)
June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)
June 7-8: [QC Pridefest](#) (Downtown Davenport)
June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf) <http://www.hotrod.com/>
June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)
June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
June 14: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)
June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
June 21: [Inaugural Micro Brew Mile & 6K Road Race](#) (Moline)
June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)

June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)
July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)
July 12: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 9: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
Aug. 9-10: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)



Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)

Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)

Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)

Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)

Sept. 5-21: [East West Riverfest](#) (Various QC Locations)

Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)

Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)

Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 13: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 20: [15th Annual WQPT Brew Ha Ha](#)

Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)

Sept. 28: [17th Annual Quad Cities Marathon](#)

Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 4: [Night of the Running Dead 5K](#) (Davenport)

Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)

Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

Oct. 11: [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)

Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)

Oct. 23: [Fright Night](#) (The District, Rock Island)

Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)

Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)

Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)

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



Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
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