



Oct. 12, 2015

Island Insight

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

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

Sections:

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

Illowa Bi-State CFC Kicks Off at Rock Island Arsenal

Federal employees kicked off the 2015 Combined Federal Campaign Oct. 7, here, to jumpstart a new year of giving to local, national and international charities and make a lasting difference in people's lives in the Quad Cities and beyond. Federal employees at Arsenal Island and from the Bi-State area, gathered to show their support for the Combined Federal Campaign. More than 30 local charities staffed booths to showcase their programs and to discuss how Federal employees' donations to CFC impact those charities. Last year Illowa CFC federal employees pledged more than \$374,000. Forty-two percent of donations stayed in the Quad City area, and 58 percent of donations went to national and international organizations. Employees donated to 776 different charities of which the top three were St. Jude Children's Hospital, American Red Cross and the Humane Society of Rock Island County. "I like how CFC gives the breakdown for each charity, showing how much of my donation goes directly to their program and how much goes to



Upcoming Dates

- Oct. 19-23:** DA Photo Studio, Bldg. 90, Basement
- Oct. 21:** Paintless Dent Repair Service, Auto Skills Shop
- Oct. 21:** RIAWC Ghosts and Goblins Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Oct. 21:** Trunk or Treat, Memorial Park, 3 p.m.
- Oct. 24:** Military Retiree Appreciation Day, Heritage Hall, Bldg. 60, 7 a.m. - 1 p.m.
- Oct. 25:** Pillars of Honor, Traveling WWII Memorial, Camden Center, Milan, Ill. [📍](#)
- Oct. 27:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- Oct. 31:** Ghost Hunters Dinner & Tour of Quarters One, Arsenal Island Clubhouse, 6 p.m.
- Nov. 7:** Self Defense Seminar, RIA Fitness Center, 9 a.m. - 12 p.m.
- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 11:** *Federal Holiday*
- Nov. 11:** QC Mallards Annual Military Appreciation Night, iWireless, 6 p.m.
- Nov. 13:** RIAWC Denim & Diamonds Charity Auction, Arsenal Island Clubhouse, 6 p.m. - 12 a.m.
- Nov. 16-20:** DA Photo Studio, Bldg. 90, Basement
- Nov. 18:** RIAWC Decorating for the Holidays Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Dec. 16:** RIAWC Favorite Things Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.

their overhead," said Justine Barati, a federal employee with the Joint Munitions Command. ([More](#))

Speaker Calls for Action on Domestic Violence

Keynote speaker Russell Strand, chief of the Behavioral Sciences Education and Training Division, U.S. Army Military Police School, discussed the seriousness and the difficulty of addressing domestic violence during Rock Island Arsenal's Domestic Violence Awareness Month Symposium, Oct. 8. Strand said it is important to change the way that people in society see domestic violence. "The prevalence rates for domestic violence, sexual assault and child abuse has not decreased one iota in the past 40 years I have been in law enforcement" he said. "This has to change, for if we don't change our direction, we're likely to end up where we are headed, and that is simply unacceptable." Throughout his speech, Strand attempted to connect with his majority Soldier audience by talking about his own experiences as a non-commissioned officer. He used military language like "casualty" instead of "victim" or "survivor" to describe those adversely affected by domestic violence. "The battlefield is our homes, families, and communities -- it couldn't be more personal because the casualties include our family members, friends and co-workers," he said. ([More](#))



ASC Colonel Lauds Hispanic Contribution at Community Ceremony

Col. James Baker, G-2 (Intelligence), U.S. Army Sustainment Command, spoke about the contributions of Hispanic Americans in U.S. military history at a community event in LeClaire Park, Davenport, Iowa, Oct. 15. The event was held to recognize the closing of National Hispanic Heritage Month, which runs every year from Sept. 15 to Oct. 15. Baker talked about how Hispanic service members contribute to the nation both in and out of uniform. "Not only have many of these brave military personnel served with honor on hallowed battlefields, stood the midnight watch, guarded the boundaries of freedom, and provided assistance to the poor and destitute, many continued to contribute to our nation after they took off the uniform," he said. ([More](#))



Locality Pay Issues to Get Attention

The Federal Salary Council has scheduled for November 6 its annual meeting where the official "pay gap" figure is announced, based on Labor Department comparisons of federal versus non-federal pay by locality. This year there will be an additional focus, since the administration intends to launch 13 new GS localities (Albany, Albuquerque, Austin, Charlotte, Colorado Springs, **Davenport**, Harrisburg, Kansas City, Laredo, Las Vegas, Palm Bay, St. Louis and Tucson) effective in January, as well as to expand the boundaries of most of the existing localities. Both changes would mean moving employees from the lowest paid locality, the catchall "rest of the U.S.," into a metro zone where salary rates are higher. Rules to create the localities have been proposed but not yet finalized, and it remains unclear exactly where the new boundary lines would fall. The meeting could provide further details and also could provide the first solid indicator of how much the affected employees would stand to benefit, since the data presented there break out pay gaps by locality. Creating the new localities is projected to benefit just above 100,000 employees, while the number affected by expanding existing localities is less certain; an earlier estimate put that figure around 20,000. Congress continues to pursue a



strategy of allowing a January 2016 federal raise to take effect by default rather than enact one into law. Unless there's a change of direction, that will result in a 1 percent across the board raise for GS employees, plus the money equal to another 0.3 percent of payroll being divided up and paid in varying amounts by locality. As things stand, another long-standing practice of paying the same raise to wage grade employees, who are under a separate locality system, would continue. ([More](#))

Senior Leaders: Budget Cuts May Jeopardize Family Readiness

Caring for the health, happiness and well-being of Army Families is not only a moral obligation, it's a readiness issue. And it's one that is being threatened by budget cuts, senior Army leaders told Family members during a forum at the Association of the United States Army annual meeting here Monday. The Army can't expect Soldiers to undertake dangerous and vitally important missions if they have to worry about their Families, explained outgoing Army Secretary John M. McHugh. "Army Family programs do just that: They provide something else for Soldiers to focus on: namely the mission, being safe," he said. "They can rest assured that back home the Army is doing its part to keep their Family members safe and secure." "If you take care of your people, your people will take care of the mission. I'm committed to that," said new Army Chief of Staff Gen. Mark A. Milley. "It's all about readiness because our Soldiers, when we go overseas and we are in harm's way, we need to, we want to focus on our jobs and destroy our enemies. For us to do that, we have got to know that our children are in good schools and our Families are in good houses, that we've got good medical care." ([More](#))



Family Programs Evolve To Meet Changing Needs, Budget Restrictions

Budget cuts do not mean the end of Family programs, Army officials said. In fact, many units, especially the Reserve component, have increased their outreach. Finding new ways to provide support to Families in the face of budget cuts requires a little creativity, said Dee Geise, chief of the Soldier Family Readiness Division at Installation Management Command, or IMCOM, and assistant chief of staff for installation management. Family program representatives from the active-duty Army, the Army Reserve and the Army National Guard spoke about their challenges during a Family forum at the 2015 Association of the United States Army Annual Meeting and Exposition, Oct. 14. Facing major budget cuts under sequestration, former Army Chief of Staff Gen. Ray Odierno directed a task force to look at every Family program. ([More](#))



Army Surgeon General: 'Engagement' Key to Civilian Readiness

Civilian workforce "engagement" is another way to bolster Army readiness, Army Surgeon General Lt. Gen. Patricia Horoho said. Readiness, which has been identified by the Army's chief of staff as the service's top priority, is not only the domain of Soldiers, Horoho said. It's a responsibility shared by the Army's civilian workforce. Horoho spoke at the Civilian Awards Luncheon during the 2015 Association of the United States Army Annual Meeting and Exposition in Washington, D.C., Oct. 14. The No. 1 way to bring about readiness to the civilian workforce, she said, is "engagement," which is another term for esprit de corps. Engagement, she said, doesn't correlate with employment



longevity or paygrade. Instead, it's the "cumulative effect of five variables: culture, brand, values, trust and mission." ([More](#))

Bad News for Retirees: No Social Security Cost-Of-Living Increase, Higher Medical Costs for Many

Tens of millions of seniors will see no annual cost-of-living adjustment in their Social Security checks in 2016, the government said Thursday, unwelcome news that also will flatten benefit payments for retired federal workers and service members. It is only the third time in 40 years — all of them during the Obama administration — that the Social Security Administration has not increased its payments. The raises are tied to the consumer price index (CPI). About 65 million retired and disabled workers, spouses and children collect Social Security benefits every month, the equivalent of about 1 in 4 households. Another 15 million are disabled veterans, federal retirees and their survivors, and those on Supplemental Security Income, the disability program for the poor. The raises are tied to the consumer price index (CPI), which has been flat because of lower gasoline prices. ([More](#))



Obama Adjusts Troop Levels for Continuing Afghanistan Mission

President Barack Obama announced at the White House today that he will keep U.S. troops in Afghanistan through 2016 and a lesser number into 2017 to sustain coalition efforts to train and strengthen Afghan forces. Joining Obama at the podium were Vice President Joe Biden, Defense Secretary Ash Carter and Marine Corps Gen. Joseph F. Dunford Jr., chairman of the Joint Chiefs of Staff. As part of a four-step plan that he said would best ensure lasting progress in Afghanistan, Obama said he would maintain the current posture of 9,800 troops in Afghanistan through most of 2016. Rather than reduce troop levels to a normal embassy presence in Kabul by the end of 2016, Obama said the United States will maintain 5,500 troops and a small number of bases, including at Bagram and Jalalabad in the east and Kandahar in the south. The mission in Afghanistan will not change, the president said. ([More](#))

Thanksgiving Care Packages

RIA Army Community Service and the Quad Cities Military Resource Group at John Deere® are putting together their annual Thanksgiving care packages to send to deployed service members. Due to heightened security measures commands are often reluctant to give out an APO address for their service members. However, in this particular situation, the ACS mobilization and deployment program manager, Casey Noe, will be the only one with those addresses and will be addressing the packages that they have put together, so none of the addresses will be made public. If units or organizations have service members or civilians who will be deployed over the holiday season, or if one of their children is deployed and they would like a care package sent to them; they can email the name and deployment address of the individual or they can send the deployed member's email address and the mobilization and deployment program manager will contact them directly to see if they are interested. As these packages are put together the first week in November, ACS would like to extend the invitation to anyone who knows someone that would like to have a care package. If you know of someone please email casey.l.noe.civ@mail.mil no later than Friday, **Oct. 30**, to have their names added to the shipping list.



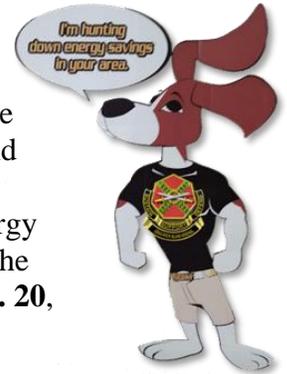
Cards for the Troops Thanks Volunteers, Participants

This year's Cards for the Troops held on Tuesday, Sept. 29, at Heritage Hall was the best ever with more than 300 participants and 10,200 beautiful rubber stamp art cards made to send to our deployed military located in Iraq, Afghanistan, Kuwait, Jordan, Qatar, to the Landstuhl Regional Medical Center Fisher House and USO in Germany, and to the 5,000 Sailors and Marines aboard the deployed aircraft carrier USS Harry S. Truman. A huge thank you to all of our volunteers, and see you again next September. Heartfelt thanks, *Mary Sue Sipple, Cards for the Troops (Rock Island Arsenal) founder & coordinator*

Energy Awareness Month

During the month of October, Energy Awareness Month, the energy manager has the following items planned for Rock Island Arsenal. "Rocky," the RIA Energy Dog, will be on display in various buildings looking for energy waste.

Consequently, the energy manager will be alerting occupants of energy issues that are identified where he is displayed. Building occupants need to organize and register and update their building energy monitors from **Oct. 6-19** on the [Energy Awareness Website](#). The energy manager will walk through various buildings with building energy monitors inspecting their building for energy waste. During the evening of **Oct. 15**, the energy manager will perform a drive by night survey and publish his results. On **Oct. 20**, there will be training for the building energy monitors in the Bldg. 102 basement conference room from 10-11:30 a.m. On **Oct. 27**, 11 a.m. – 1 p.m., Mid-American Energy consultants and the energy manager will provide an energy display with giveaways for attendees in Heritage Hall in Bldg. 60. During October there will be two energy awareness articles published and on about **Nov. 5** the 2015 Annual Energy Management Report will be published. If there are question, please contact the energy manager located at Public Works in Bldg. 102 at 309-782-2496 or jay.d.richter.civ@mail.mil.



VIOS Schedule for October & November, Opportunities Extended to 5 Days

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 19, 20, 21, 22, and 23**; and **Nov. 16, 17, 18, 19, and 20**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 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. 90, Basement, Room B11). 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. All scheduled dates can be found on the [RIA VIOS website](#).

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Nov. 13, 10 a.m. – 3 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.

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](#).



Share Your Story of Service

Friday, **Oct. 23**, St. Ambrose University will serve as one host site for WQPT's Stories of Service Day, a QC community wide effort to collect veteran experiences for inclusion in the Library of Congress Veterans History Project. Veterans from all eras are welcome to be interviewed during this all-day event, which will take place at eight locations throughout the QC. If you or someone you know would like to participate as a veteran, please contact Jamie Lange at jl-lange2@wiu.edu or 309-764-2400, or fill out the online contact form at www.wqpt.org/contact. Anyone interested in volunteering can sign up to do so at www.signupgenius.com/go/20f0e4aa5a822a1fb6-wqpts. More information on the event is available at <http://wqpt.org/military/storiesofservice>

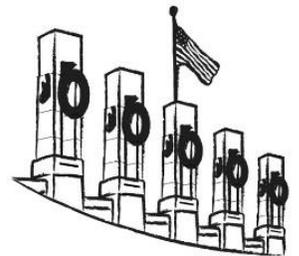


Rock Island Arsenal Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, Saturday, **Oct. 24**, 7:30 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: gcmrad@gmail.com or call 563-508-5123 to make reservations.

Pillars of Honor Coming to Quad-City Area

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at www.pillarsofhoron.org. This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235-3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: info@pillarsofhoron.org for more information.



Pillars of Honor

Congressman Lane Evans Celebration

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

Arsenal of Innovation at the Putnam

On Saturday, **Nov. 7**, 12-3 p.m., the Palmer Clinics have joined in partnership with RIA FCU, Rock Island AUSA, and the Putnam Museum & Science Center to offer free admission for the first 300 guests to all facilities within the museum. The Arsenal of Innovation Exhibit and D-Day: Normandy movie will both close on **Nov. 15**. We're hoping in our sponsorship that families will come together to enjoy everything the Putnam has to offer, but to also learn more about the amazing uniqueness of the Rock Island Arsenal along with a day in our history that changed everything. • Soldiers will be in the exhibit 12-3 p.m.; • Discounted movie tickets of \$5; • Veteran's Ceremony at 1:30 p.m. with live Taps performed by the Iowa Honor Guard in the main hall; • Color Guard presented by Military Explorers 9044.

QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.

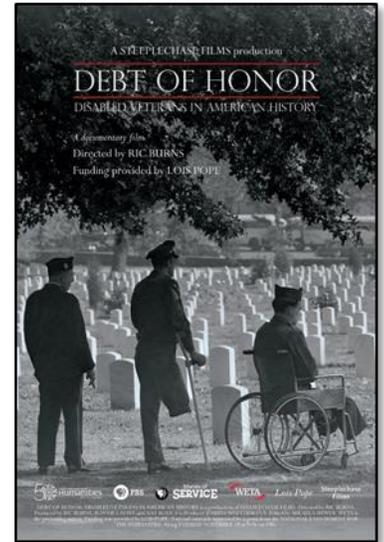


Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Oct. 30, Nov. 27, Dec. 25, and Jan. 1**, no food served.

Debt of Honor Premiere Screening

Debt of Honor - a moving movie tribute to the history of disabled veterans, Debt of Honor takes an unflinching look at the reality of warfare and disability, and features moving interviews with some of the country's most prominent disabled veterans including Illinois Representative Tammy Duckworth, former Georgia Senator Max Cleland and former Commander of Fort Belvoir Gregory Gadson. Combined with a deep history as narrated by leading scholars in the fields of disability studies, history and psychology, the film palpably illustrates the human cost of war and sacrifices of military service. It is brought to life through carefully curated stills and archival footage from archives across the country. Premiere Screening: Wednesday, **Nov. 18**, 6 p.m., at the American Legion in Davenport. Airdate on WQPT will be Thursday, **Nov. 19**, at 7 p.m., and will be repeated on Sunday, **Nov. 22**, at 8 p.m. Debt of Honor seeks to understand the societal perception of soldiers and the wars they fight. Above all, it seeks to build a new bridge between military and civilian cultures in the United States, to inspire an important dialogue about how Americans treat their veterans, and to impart a message of compassion and mutual understanding. "Debt of Honor is a powerful film that will advance the understanding of wounded veterans. As a historian I think that the context the film provides is crucial. The disabled from our current wars are part of a long tradition of the deferred and hidden costs of war. I am honored to have had a part in the film." - *James Wright, President Emeritus, Dartmouth College* ([PBS Trailer](#))



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Work on 14th Street Ramp

The ramp from 14th Street Bridge, scheduled for closure through at least **Oct. 23**, could be finished ahead of schedule, according to officials at the Moline Public Works Department. Moline officials said work on the bridge could be finished as early as Oct. 2, with minimal rain and no unforeseen, badly deteriorated concrete near the joints that are under maintenance. The contractor has until **Oct. 23** to finish the work. Until the work is complete, traffic leaving the Arsenal via the Moline Gate must exit on to river drive, as the ramp to 14th Street will remain closed.

Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Army Breastfeeding and Lactation Support Policy

Based on Secretary of the Army John McHugh-approved Army Directive 2015-37 Breastfeeding and Lactation Support Policy, effective Sept. 29, 2015, commanders will designate a private space with locking capabilities, an electrical outlet, and access to a safe water source for Soldiers to express milk. If the designated space is within a restroom, it will be a fully enclosed, separate area designated for breastfeeding or expressing milk (i.e. not a bathroom stall). Army senior leaders expect commanders and Soldiers to collectively work to balance lactation support and readiness. The policy is not too prescriptive to afford commanders the flexibility to support the unique needs of women Soldiers who request breastfeeding and lactation support. The Army recently completed a comprehensive review of its policies governing breastfeeding and lactation support to women Soldiers. Army offices responsible for policy implementation consulted with military medical experts, commanders and Soldiers, and reviewed the policies of the other services in drafting the directive. Lactation consultants are available to assist commanders and Soldiers at military treatment facilities. ([More](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



C

Army Safety and Occupational Health Leaders Meet To Chart Way Ahead

Leaders from the Army's Safety and Occupational Health community met at the Army Public Health Center headquarters at Aberdeen Proving Ground, Maryland, Sept. 10 to develop a partnership strategy aimed at enhancing readiness and preserving capabilities across the force. Key leaders included John Resta, director of the Army Public Health Center (Provisional); Brig. Gen. Ronald Place, assistant surgeon general for Force Protection, office of the Surgeon General, U.S. Army Medical Command; Brig. Gen. Jeffrey Farnsworth, director of Army Safety and commanding general, U.S. Army Combat Readiness Center; and Brig. Gen. John Poppe, deputy chief of staff for Public Health (Provisional). A key aspect of the meeting involved discussion of an October 2014 update to DoD Instruction 6055.01, which outlines new and expanded safety and occupational health policies, requirements and procedures, including consolidation of safety and occupational health into one program. Until last year, the Army's safety and occupational health programs were distinct and separate. ([More](#))

Equal Employment Opportunity Focus



C

RIA National Disability Employment Awareness Month Observance

U.S. Army Garrison Rock Island Arsenal is hosting the installation's National Disability Employment Awareness Month Observance on Wednesday, Oct. 21, in Heritage Hall, Bldg. 60 from 1-2 p.m. This year's theme is "My disability is a part of who I am." Reflecting this year's theme, throughout the month, the Garrison will be engaging in activities to educate its employees and workforce on disability employment issues and its commitment to an inclusive environment. The guest speaker is Liz Sherwin, executive director of the Hannes Kwa Center for Independent Living. The center is a civil rights and advocacy non-profit organization that serves people with disabilities in western Illinois and eastern Iowa. Sherwin is currently a commissioner on the Bi-State Regional Commission and serves on the Rock Island Liquor Commission and has obtained certifications from Cornell University of New York's School of Industrial and Labor Relations and the Rehabilitation Research and Management Center. She is a past chairperson of the Martin Luther King Community Center Advisory Board and the Quad City Council of Social Services. Sherwin served three terms as president of the Rock Island County Branch of the NAACP. **New Date TBD**



Senior Leader Message: National Disability Employment Awareness Month

During National Disability Employment Awareness Month, we recognize the indispensable contributions Americans with disabilities make to our Nation. The Army relies on the abilities of all to accomplish our mission. By drawing on the strengths and talents of our diverse workforce, we are

better positioned to defend our Nation. The Army expresses its sincere gratitude for the many contributions and achievements of Americans with disabilities. These extremely capable Americans, including Civilian Employees, Wounded Warriors and Disabled Veterans routinely overcome significant challenges in order to serve their country and communities. The Army is committed to showing them the same level of appreciation and dedication. This month, join us as we recommit ourselves to implementing effective practices that increase employment opportunities for Americans with disabilities and foster an inclusive work culture that welcomes the skills and talents of all. Army Strong! ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Trunk or Treat

Fall is in the air and that means it's almost time for our annual Trunk or Treat event Wednesday, **Oct. 21**, 3:30-6 p.m., at Memorial Park. Get your little ghouls and goblins dressed in their costumes and get ready for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning two-time champions JMC and win the best trunk competition. Trophies for 1st - 3rd place trunks. For more info call 309-782-5969 or 309-782-2828. ([Sign up here](#)) ([Trunk Decorators](#)) ([Flyer](#))

Paintless Dent Repair Service Available

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **Oct. 21**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment.

Ghost Hunters Dinner & Tour of Quarters One

Enjoy a prime rib & chicken buffet Saturday, **Oct. 31**, at 6 p.m., at the Arsenal Island Clubhouse, and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The

Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$35/person and reservations can be made by calling 309-782-4372. RSVP required by **Oct. 29**. ([Flyer](#))

Self Defense Seminar

Learn basic self-defense tactics and tips to avoid becoming a target from our Primary Master Combatives certified instructor. Class is \$50 per individual or \$90 per couple/pair and is open to all eligible patrons 18 years and older. Call 309-782-6787 for more info and to sign up. ([Flyer](#))

Date: **Saturday, Nov. 7**

Time: **9 a.m. - 12 p.m.**

October is Fall Car Care Month

Winter is coming, time to make sure your vehicle is ready for another Midwest winter. All month long save money with these great deals at the Auto Craft Shop. • \$21 Standard Oil Change & Inspection (includes up to five quarts 5w30 or 5w20 synthetic blend oil, filter and comprehensive vehicle inspection). • \$55 Mobil® 1 Full Synthetic Oil Change & Inspection (includes up to six quarts Mobil® 1 5w30 or 5w20 full synthetic oil, filter and comprehensive vehicle inspection). • Free Pre-Winter Vehicle Inspection (comprehensive vehicle inspection of belts, hoses, tires, undercarriage and antifreeze protection). *Appointments required for all specials, call 309-782-8631 to schedule yours today. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back, Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. The menu is available here: www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png

Additional Vacuum & Spot Cleaner Now Operational at the Auto Shop

The newest piece of equipment at the Auto Shop Carwash is now operational and ready to get your ride looking clean and great. This combination vacuum and carpet spot remover is just \$1 for five minutes, is available 24/7 and accepts bills and coins.

MWR Leisure Travel Office



Office Hours

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

iWireless Presents: Mannheim Steamrollers

This year marks the 31st Anniversary of the Christmas Tour and release of Mannheim Steamroller Christmas, an album that revolutionized the holiday season music category. The show features classic Christmas hits from Mannheim Steamroller and dazzling multimedia effects in an intimate setting. The spirit of the season comes alive with the signature sound of Mannheim Steamroller. Leisure Travel has discounted seats on sale until **Oct. 30**. Section 114 at \$67.50 and Section 105 at \$57.50.

Date: **Friday, Nov. 13**

Time: **7 p.m.**

Disney on Ice presents: Treasure Trove

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Tiana, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land and shout out your loudest "yee-haw" with Woody, Jessie and Buzz Lightyear from Disney Pixar's Toy Story! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see Disney On Ice presents Treasure Trove full of memories guaranteed to last a lifetime. Leisure Travel has two shows this year. Saturday, **Dec. 5**, at 3 p.m. or Sunday, **Dec. 6**, at 5 p.m., Children one and under free on lap; 12 and under \$14. Upper level \$16 and Lower level \$22. On sale until **Nov. 13**.

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to WavesofHonor.com to register for and obtain your free tickets. *These tickets must be obtained online only*

Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium,

Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

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.

Choice Hotels

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.

www.choicehotels.com

Child, Youth & School Services



Covenant Cottage Child Development Home

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

Army Community Service



ACS 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**.

Paint the Island Purple Fridays

October is Domestic Violence Awareness Month. Please help us raise awareness of this important social issue by decorating your work area in purple and breaking out the purple in your wardrobe every Friday throughout the month. Submit pictures of your purple work area and staff to our

Family Advocacy Facebook page at www.facebook.com/RIAFAP and remember to always keep OPSEC and social media acceptable use policies in mind, [more info can be found here](#). ([Flyer](#))

Domestic Violence Awareness Month

Domestic Violence Awareness Month, which is October, provides a unique opportunity to raise awareness and educate the community, which is what Family Advocacy intends to do with the scheduled events this upcoming month. Domestic Violence is a serious social problem and national health concern with significant impacts on individuals, families, communities, mission readiness, and is contrary to our Army values. DV stems from an abuser wanting power and control and can be in the form of physical, emotional, financial, etc. According to the Center for Disease Control, one in four women and one in seven men experience DV in their lifetime. DV has a wide range of consequences that may have long term effects, which can include loss of friends, missing work, medical bills, disabilities, and in severe cases death. Through education we as a community position ourselves to foster an environment that is supportive and equipped to provide assistance. As an empowered community we lay the foundation that empowers survivors to speak out, break down barriers, and get the help and support when they are ready. No one deserves to live through the oppressive cycle of abuse. Individuals should be able to live a life that is full of support and empowerment. Relationships are about love, acceptance, and equality - not the cycle of power and control. We hope that through the events and resources provided during Domestic Violence Awareness Month will give you the necessary tools to recognize relationships that could have abusive tendencies whether it is in your own relationships, a friends, or a family members'. Take a moment and think about the members of your family and your circle of friends and remember that one in four women and one in seven men experience DV in their life time. Is it possible you know someone who has experienced DV? Let's create an environment that will empower them to speak out and get help. Check out the events for this [October on the MWR calendar](#). For more information, to inquire about getting involved, or to participate please feel free to contact Family Advocacy at 309-782-3773. [Follow us on Facebook](#).

Employee Assistance Program



©

ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

2015 Prescription Drug Take Back Day Success

On Sept. 30, the Army Substance Abuse Program, in partnership with RIA Law Enforcement, collected 167 pounds of prescription drugs. This was more than twice the amount collected during previous campaigns on RIA. The success of this year's event is attributed to increased marketing efforts and the easy drop off point at Memorial Park Pavilion where donors could drive up and hand off their unwanted prescription drugs for safe disposal.

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.](#)

University of Phoenix

On Oct. 7 the University of Phoenix was placed in a probationary status by OSD in regards to the DoD Voluntary Education Partnership Memorandum of Understanding. Schools that are in a probationary status per the DOD MOU are: 1. Eligible to receive TA funds for their current students; Soldier's home school must have been the University of Phoenix prior to Oct. 7. 2. Not eligible to be selected by other Soldiers as a home school 3. Not eligible to receive TA by other transfer Soldier/students 4. Not authorized access to DoD installations; except for teach out of current students. Notification of the terms of probation was sent to the institution by OSD via certified mail/return receipt. A copy of the message from OSD along with "questions and answers" will be uploaded to GoArmyEd for your use. If you have any questions please contact the RIA Education Center at 309-782-2065.

Time: 11:30 a.m. -12:20 p.m.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Oct. 29, Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / 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. on Thursday, **Nov. 5**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for dinner includes a garden salad, roasted turkey with gravy, stuffing, mashed potatoes, green beans, and pumpkin pie. All dinners include rolls, breadsticks, coffee, tea and water. The total cost is \$14 per person including tax and tip. Our 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 speakers will be Bob Schiffke and Connie Curlott from the Buffalo Bill Museum. They will provide information about J. W. Van Sant of LeClaire, "Reminiscences of a Pioneering Riverboat Family." For reservations call Monica at 563-650-4349 or Linda at 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by noon on Monday, **Oct. 26**. 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. Visit the RIA Historical Society's Website: www.arsenalhistoricalsociety.org

This Week in Rock Island Arsenal History – Oct. 12-18

Liberty (Loan) Day celebration at the RIA on Oct. 13, 1918. A lost portrait of Col. George Davenport was returned to Davenport on Oct. 15, 1957. The portrait was painted by Peter Britt, a Swiss immigrant.

Healthbeat

Community Health Promotion Council News

The last Community Health Promotion Council meeting was held on Oct. 6 where RIA senior leaders, subject matter experts from within the RIA workforce, as well as medical community leaders, discussed the health and wellness needs and way ahead for CHPC participants. The Senior Commander, Maj. Gen. Kevin O'Connell, approved CHPC priorities developed primarily using the results of the Community Strengths and Themes Assessment in June 2015, wherein 700 individuals from the RIA workforce voiced their holistic health/wellness needs. The CHPC priorities includes establishing a Health Promotion/Education Campaign." Outside of the amazing newsletters and other media means used



to get health and wellness tips to you - we invite you to like and share the [CHPC Facebook page](#). Please [message us](#) as well so we can hear how to make this page part of an effective Health Promotion/Education Campaign for you, our RIA workforce and your family.

How to Sit At a Desk All Day – Without It Hurting Your Health Too Much

Pull up a chair—sitting won't actually kill you. For desk-bound workers, sitting has recently become a major health worry. A 2010 study in the American Journal of Epidemiology tracked 123,000 adults over 14 years and found that people who sat more than six hours a day had an 18% higher mortality rate than those whose daily chair time lasted for less than three hours. A subsequent meta study in the Journal of the National Cancer Institute looked at nearly 70,000 cancer cases and found that sitting was associated with a 24% increased risk of colon cancer, a 32% increased risk of endometrial cancer, and a 21% increased risk of lung cancer. But a new study in the International Journal of Epidemiology came to a less disturbing conclusion. The researchers, led by Richard Pulsford of the University of Exeter, followed the physical activity of more than 5,100 people in London starting in 1997, measuring the time they spent sitting at work, in front of the TV, and in other places. Last year, Pulsford and his colleagues tested to see if those who spent more time sitting faced an increased risk of dying. They did not. "No associations were observed between any of the five sitting indicators and mortality," the research concluded. ([More](#))

Notes for Veterans



Veterans Identification Card

The Veterans Identification Card Act 2015 (Public Law 114-31) was enacted July 20. The Veterans Identification Card Act requires VA to issue veterans an identification card upon their request. In many instances, these cards will be able to serve as proof of service in the Armed Forces in place of the standard DD-214 forms. As indicated in the law, these ID cards would not take the place of a health care enrollment card, a Choice Card, or any additional identification card that confers VA benefits upon the card holder. VA is in the process of reviewing the law and has formed a working group to begin the process of implementation. This process will include outreach to veterans and others to ensure that the law is implemented in the best way possible. VA will publish regulations and solicit public comment before finalizing the program. As these implementation steps are finalized, VA will be reaching out to veterans to explain how they can obtain an ID card. ([More](#))



Around the Q.C.



Oct. 20: [Everyone's A Critic](#) (Putnam Museum, Davenport)

Oct. 22: [iHeart Media Quad Cities Halloween Walk](#) (3535 E. Kimberly Road, Davenport)

Oct. 22: [Schmooza Palooza 2015](#) (Holiday Inn Hotel & Conference Center, Rock Island)

Oct. 23: [Family Science Night: Bug Bonanza!](#) (Putnam Museum, Davenport)

Oct. 23: [WQPT Asks Veterans to Share Their Story of Service](#) (WQPT Public Television 6600 34th Avenue, Moline)

Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 24: [3rd Annual Quad-Cities Tweed Ride](#) (Front Street Brewery Tasting Room at the Freight House, Davenport)
Oct. 24: [Quad Cities Birth Conference 2015](#) (Western Illinois University-Quad Cities, 3300 River Dr, Moline)
Oct. 24: [United Neighbors Multi-Cultural Health Initiative](#) (NorthPark Mall 320 W. Kimberly Road, Davenport)
Oct. 24: [Annual Moline Booster Club Booooooster Bash](#) (Scottish Rite Cathedral, 1800 Seventh Avenue, Moline)
Oct. 24: [Greater Bettendorf Community Foundation's Halloween Parade](#) (23rd Street and Middle Road to Splash Landing, Bettendorf)
Oct. 24-25: [Boo at the Zoo](#) (Niabi Zoo, Coal Valley, Ill.)
Oct. 24: [United Neighbors Multi-Cultural Health Initiative](#) (NorthPark Mall, Davenport)
Oct. 25: [Fall Family Fun Day](#) (YMCA Camp Abe Lincoln, 1624 W Front St, Blue Grass, Iowa)
Oct. 25: [Tropical Halloween](#) (Quad City Botanical Center, Rock Island)
Oct. 25: [Scarecrow Shenanigans](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Oct. 27: [Putnam Pro Series: Programmers Pro II](#) (Putnam Museum, Davenport)
Oct. 27: [A Norwegian Arctic Explorer](#) (Bettendorf Public Library, Bettendorf Rm., 7-8:30 p.m.)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 29-30: [5th Annual St. Anthony's Haunted Tunnel Tours](#) (St. Anthony's Nursing and Rehabilitation Center, 767 30th St., Rock Island)
Oct. 31: [Trick or Treat](#) (Greater Quad Cities)
Oct. 31: [College Hill-O-Ween](#) (College Hill District Rock Island)
Oct. 31: [Halloween Parade](#) (Downtown Davenport)
Oct. 31: [Halloween Parade Vintage Bicycle Ride](#) (Downtown Davenport)
Oct. 31: [6th Annual Whorror Fest 2015](#) (Holiday Inn Hotel & Conference Center, Rock Island)
Oct. 31: [Annual Dwyer and Michaels Halloween Costume Ball](#) (Hotel Davenport and Conference Center)
Nov. 1: [Governor's Cross Country](#) (Scott County Park, Long Grove, Iowa)
Nov. 4: [12th Annual Quad Cities Go Red for Women Luncheon](#) (RiverCenter, 136 E Third St, Davenport)
Nov. 6: [10th Annual Veterans Day Dance Welcome Home](#) (Jumer's Casino & Hotel Ballroom, Rock Island)
Nov. 11: [Veterans Day Parade](#) (Downtown Davenport)
Nov. 14: [Black Hawk College 5k Hustle](#) (Black Hawk College, Building #1, 6600 34th Avenue, Moline)
Nov. 14: [Veteran's Day 5k Run](#) (American Legion Post 711, Blue Grass, Iowa)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 21: [QC Mustache Challenge](#) (Begins at Barrel House 1321 5th Ave, Moline)
Nov. 26: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Davenport YMCA, 606 West 2nd Street)
Nov. 27-29: [25th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA, Rock Island)
Dec. 4-5: [Christmas in the Village](#) (East Village, Davenport)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)
Dec. 6: [Holiday Open House](#) (Quad City Botanical Center, Rock Island)
Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)
Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)
Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)
Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)
Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)
Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)
Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight



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

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](#); Phone: 309-782-1121. [The Island Insight is available on-line.](#)

