



**March 13, 2019**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

**Island Insight Submission:** <https://home.army.mil/ria/index.php/contact/public-affairs>

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## IMCOM Transitions to Army Materiel Command

Installation Management Command was formally acknowledged as a major subordinate command of Army Materiel Command during an assumption of authority ceremony here March 8. The transition establishes unity of command and effort on installations, improves the readiness of Soldiers and formations, and strengthen the well-being of Soldiers, civilians and Families. The move, part of the Army's aggressive ongoing reforms, was effective March 1 to free up resources for readiness and modernization efforts and to improve overall efficiency. Gen. Gus Perna is Commanding General of Army Materiel Command, based at Redstone Arsenal, Alabama. Lt. Gen. Bradley A. Becker, IMCOM commanding general, continues to serve from Fort Sam Houston, Texas. No military or civilian personnel moves are expected at this time due to the realignment. IMCOM has 50,000 employees worldwide. Perna said Army installations play a vital role in establishing military might and sustaining troops, and praised IMCOM professionals for their work. "The



## Upcoming Dates

**March 12-15:** St. Patrick's Day Lunch Buffet, Arsenal Island Clubhouse  
**March 13:** Real Colors, Class location is pending, 8 a.m. – 12 p.m.  
**March 13:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.  
**March 13:** Arsenal-QC Connect, Lock & Dam Lounge, 3 p.m.  
**March 13:** Teen Resiliency: Trampoline Park Outing, meet at School Age Center, 3-6 p.m.  
**March 13:** Kids Craft Night: Make Your Own Slime!, Lock & Dam Lounge, 5-7 p.m.  
**March 14:** Is the Fountain of Youth Possible with Dietary Supplements?, Baylor Conf. Rm., Bldg. 103, 3rd floor, 11:30 a.m. - 12:30 p.m.  
**March 14:** RIA Retirement and Retreat Ceremony, Heritage Hall, Bldg. 60, 2 p.m.  
**March 14:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.  
**March 14:** St. Patty's BUNCO, Lock & Dam Lounge, 6-8 p.m.  
**March 14:** RIA Veterans Network, Lock & Dam Lounge, 5 p.m.  
**March 15:** MVRBC Blood Drive, CRD Room, Bldg. 60, 10 a.m. - 1:30 p.m.  
**March 17:** St. Patrick's Day  
**March 18-19:** Entrepreneurship (Boots to Business), Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m.  
**March 18:** Coffee Break, ACS, Bldg. 110, 9:30-10:30 a.m.

realm of responsibility you have is incredible," Perna said. "We are very grateful for what you have done." Becker thanked AMC leaders for their recent support. "There is real value in having a higher headquarters," Becker said. "We think alike, and we share a culture of service." (More: [www.army.mil/article/218302](http://www.army.mil/article/218302))

### **Celebrating Women: Two Female Soldiers Show Their Strength in U.S. Army**

It's no secret that life in the military isn't easy and for women, it can come with its own set of obstacles at times. Local 4 News visited the Rock Island Arsenal to talk with two women who have worked their way through the ranks of the U.S. Army. Back in 1996, Officer Heather Deters was a teenager in a small town. "I wasn't doing very well in school, I was just an average student, and I knew I couldn't get into any college," she said. And while she wasn't exactly sure what she wanted to do, she knew she wanted a change of scenery. "I wanted to get away," said Deters. So when she turned 17, she enlisted in the United States Army. "17-year-old me thought she was going into the Army for six years and then going to get out," she said with a laugh. Today, Deters is a decorated officer with First Army Operations and Integration, with a career that spans more than two decades. And as a woman, she's been part of a lot of personal and professional firsts. But after thinking at one time that she'd never go to college, she eventually got her degree. Today she says graduating is one of her greatest accomplishments. (More: [www.ourquadcities.com/news/hidden-history/womens-history/celebrating-women-two-female-soldiers-show-their-strength-in-us-army/1835778669](http://www.ourquadcities.com/news/hidden-history/womens-history/celebrating-women-two-female-soldiers-show-their-strength-in-us-army/1835778669))



### **RIA Senior Leader Meets Redstone Arsenal Detachment for First Time**

Matthew Sannito, Executive Director for Support Operations, U.S. Army Sustainment Command visited the command's Redstone Arsenal Detachment on March 5. The detachment is comprised of six divisions and branches: Logistics Assistance Program; Materiel Readiness Training Division; Army Oil Analysis Program; Army Airlift Clearance Authority; Stockage Determination Branch; and PS Magazine. Representatives from all six teams gathered as Sannito introduced himself to employees of the detachment and discussed the importance of the detachment's various missions. (More: [www.army.mil/article/218228](http://www.army.mil/article/218228))



### **RIA SHARP Face-to-Face Training**

This year Rock Island Arsenal Sexual Harassment Assault Response (SHARP) program professionals "mixed it up" collaborating more with local agencies using community representatives from time to time as guest speakers for our DOD SHARP face-to-face program training held Feb. 19 in Heritage Hall, Bldg. 60, where more than 180 employees at RIA attended the training. Each year the month of January is Human Trafficking Awareness Month – to kick off this year's mandatory FY 19 SHARP face-to-face training, the training started out with Amy Mundisev, clinical nurse educator for Emergency Services from Unity Point Medical Center in Rock Island, her focus was on minors involved in commercial sex. Eighty percent of trafficking



victims are women, and 30 percent are minors, high-risk populations: runaway/throwaway, homeless, or orphaned youth, which includes 1.6 million people in the U.S. average age that girls are first exploited and 12-14 years-old. Children are preferred over adults for trafficking because they are more easily coerced and controlled traffickers (pimps) will prey on disadvantaged populations/communities. A statistic of 1.3 million adolescents (aged 13-17 years) in the U.S. that are on their own with no family support or resources. Some adolescents are "throwaway teenagers," forced out of their homes by their parents. Others are runaway teenagers who left the home on their own. Reasons for homelessness in adolescents: extremely high levels of conflict with parents, lack of money or room, pregnancy, sexuality, or substance abuse. Jessi Tapia, Family Resources Crisis Center, was the second speaker at the training and focused on the who, what, why and when. Both ladies provided great information on human trafficking. Human trafficking is a crime in which force, fraud or coercion is used to compel a person to perform labor, services or commercial sex. Human trafficking is a form of modern-day slavery, and has been a federal crime since the passing of the Trafficking Victims Protection Act of 2000. Human trafficking is the third largest and fastest growing organized crime trade in the world. It is expected to surpass the illegal sale of drugs and move into the first place spot in the next five years. Just like sexual assault, human trafficking affects all populations: adults, children, and men, women from all ethnic and demographic backgrounds. Human trafficking is a 150-billion dollar a year criminal industry that denies freedom to 21 million people around the world. This training point of contact is Linda Robertson, Garrison SHARP Victim Advocate, [linda.m.robertson.civ@mail.mil](mailto:linda.m.robertson.civ@mail.mil) or 309-782-1455.

### **Army Reveals Plans to Improve Military Housing to Congress**

Army senior leaders introduced an action plan to lawmakers Thursday that outlines steps to remedy military housing issues. The plan includes a draft Tenant Bill of Rights, which is a joint effort by all military services expected to be finalized in the coming weeks. In it, there are 12 rights intended to protect residents of privatized military housing. "The recent reports of substandard conditions in some of our military housing units are deeply troubling," said Secretary of the Army Mark T. Esper. "It is unacceptable for our families who sacrifice so much for our country to endure these hardships in their homes." Testifying before the Senate Armed Services Committee on Capitol Hill, Esper said garrison leaders will soon be given more oversight to ensure housing companies on installations are held accountable. Current proposals are for garrison staffs to conduct quality control checks on all life, health and safety work orders performed by contractors. They will also be present every time a resident moves in or out of a home. (More: [www.army.mil/article/218257](http://www.army.mil/article/218257))



### **Army CID Warns of Internet Sextortion Scams**

As part of a continuing campaign to help prevent Soldiers and other members of the Army community from becoming victims of crime, Special Agents from the U.S. Army Criminal Investigation Command, commonly known as Army CID, are once again cautioning the Army community about ongoing Internet based "sextortion" scams. Sexual extortion, or "sextortion," is a cybercrime perpetrated against unwitting victims who are often approached in casual conversation via social media platforms and then seduced into engaging in online sexual activities. After participating in the sexual request, which are





most often recorded without the victim's knowledge or consent, the victim is then threatened by the criminals with public exposure and embarrassment if the victim does not pay money to the extortionist. According to military officials, more than 450 known military members from all services have fallen victim to the scam and have been blackmailed for more than \$560,000 dollars, and those numbers do not include the number of victims who have not come forward. (More: [www.dvidshub.net/news/312935](http://www.dvidshub.net/news/312935))

### Restructuring Possible With FY20 Budget Proposal

Big changes may soon be coming to the service's force structure, Army leaders said Monday. More on the extent of those proposed changes could be revealed next week with the fiscal year 2020 budget request, said Lt. Gen. Eric Wesley, head of Army Futures Command's Futures and Concepts Center. Wesley and Under Secretary of the Army Ryan D. McCarthy discussed the future realignment of the Army's force structure during a press briefing at the Center for New American Security in Washington, D.C. "There's going to be a fundamental change in the organizational structure to fight (in multi domains)," Wesley said. "In large-scale ground combat operations, it's particular in the future operating environment. It's going to require echelons above brigade, all of which will solve unique and distinct problems that a given (brigade combat team) can't solve by itself." (More: [www.army.mil/article/218107](http://www.army.mil/article/218107))



### Is the Fountain of Youth Possible with Dietary Supplements?

Rock Island Arsenal Commander's Ready and Resilient Council (CR2C) Wellness Training Opportunity: Is the Fountain of Youth Possible with Dietary Supplements? Join the RIA CR2C Health Promotion & Education Working Group on **Thursday, March 14**, 11:30 a.m. - 12:30 p.m. in the Baylor Conference Room, Bldg. 103, 3<sup>rd</sup> floor, as the Joint Munitions Command's command surgeon presents information on dietary supplements. Topics to be covered include:

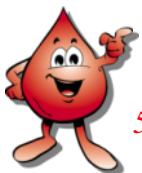
- What is a dietary supplement?
- What does the FDA do regarding dietary supplements?
- Discussion on several types of supplements
- Risk vs. reward

If you wish to attend, please register in TEDs, using key word: Fountain



### Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the CRD Room (in Bldg. 60), on **March 15**. If you would like to donate at this blood drive, feel free to email [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



**Charlie Corpuscle says, "We have some fun incentives for blood donors at the Rock Island Arsenal in March. All donors may call 563-359-5401 or email [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org).**

**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: [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).**

### **2nd Quarter FY19 Award, Retirement & Retreat Ceremony**

Rock Island Arsenal Military Community – Maj. Gen. Duane A. Gamble cordially invites you to attend the 2nd Quarter FY19 Award, Retirement & Retreat Ceremony on **Thursday, March 14**, at 2 p.m., in Heritage Hall, Bldg. 60, in honor of:

- Col. Michael D. Daniels, First Army
- Maj. Tucker W. Shosh, First Army
- Maj. Eric P. Klein, ASC
- Chief Warrant Officer 4 Christopher M. Jones, First Army
- Sgt. First Class Greg B. Macias, 4th Infantry Division
- Sgt. First Class Kevin M. Perser, ASC

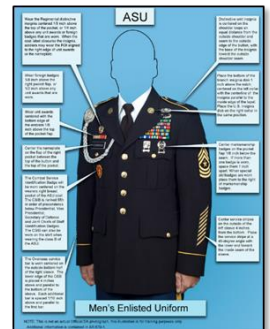
Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual. A sign language interpreter will be available for the deaf or hard of hearing.

### **Rock Island Arsenal Veterans Network**

The next RIA VET NET meeting is **Thursday, March 14**, 5-7 p.m., at the Lock & Dam Lounge. The purpose of the RIA VET NET is to assist transitioning veterans and their spouses find employment opportunities in the Quad Cities Area through networking. Corporate business partners scheduled to attend are, HNI Corporation and the Mandus Group. Your next employment opportunity will come from your network not your resume. For more information, contact Bryan Miller at RIAVETNET@gmail.com or our check us out on LinkedIn [www.linkedin.com/in/riavetnet](http://www.linkedin.com/in/riavetnet). No official U.S. Army endorsement is implied.

### **VIOS Schedule for March, April, May**

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **March 18-22, April 15-19, and May 13-17**. 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 <https://vios.army.mil> 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 <https://vios.army.mil>.



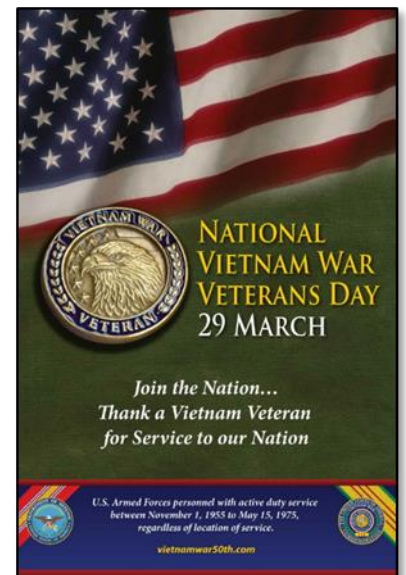
## National Poison Prevention Month – Naloxone Education

Join us **Tuesday, March 19**, 10-11:30 a.m., in the Baylor Conference Room, 3rd Floor, Bldg. 103, for National Poison Prevention Month – Naloxone Education. The guest speaker will be Charles Harris – join Harris as he provides Naloxone education and free Naloxone kits for the RIA workforce. Register in TEDs, keyword: "NPPW." POC in the Wellness Division is Dr. Joy Summerlin at 309-782-4758. According to the Center for Disease Control (CDC), each day, almost 1,000 people are treated in emergency departments for using prescription opioids in a manner other than as directed. Unfortunately 115 of these individuals will die (CDC, 2016).



## Vietnam War – 50th Anniversary Commemorative Ceremony

The Rock Island National Cemetery will host the Vietnam War – 50th Anniversary Commemorative Ceremony on **Friday, March 29**, at 10 a.m. The ceremony has consisted of a rifle volley salute, taps, and a guest speaker. Vietnam Veterans of America Quad Cities Chapter 299, and possibly other local chapters, will be conducting the ceremony which is held annually on National Vietnam War Veterans Day. The observance is a U.S. holiday observed annually on March 29. It honors all United States veterans who served on active duty in the U.S. armed forces from Nov. 1, 1955 to May 15, 1975, regardless of location; the 2019 theme is "Join the Nation... Thank a Vietnam Veteran for Service to our Nation." On March 28, 2017, President Donald J. Trump signed the Vietnam War Veterans Recognition Act of 2017. This act officially recognizes March 29 as National Vietnam War Veterans Day. The Act also includes the day among those days on which the U.S. flag should especially be displayed. U.S. involvement in Vietnam started slowly with an initial deployment of advisors in the early 1950s, grew incrementally through the early 1960s and expanded with the deployment of full combat units in July 1965. The last U.S. personnel were evacuated from Vietnam in April 1975. This national commemoration was authorized by Congress, established under the Secretary of Defense, and launched by the President to thank and honor our Nation's Vietnam veterans and their families for their service and sacrifice. In 2007, the 110th Congress incorporated language in House of Representatives (H.R.) 4986 authorizing the Secretary of Defense to conduct a program commemorating the 50th anniversary of the Vietnam War. H.R. 4986 was signed into law as the National Defense Authorization Act (NDAA) for Fiscal Year 2008 by President George W. Bush on Jan. 28, 2008. President Barack Obama officially inaugurated this Commemoration at the Vietnam Veterans Memorial in Washington, D.C. on Memorial Day, May 28, 2012. Congress outlined a total of five objectives for this U.S. Vietnam War Commemoration, with the primary objective being to thank and honor Vietnam veterans and their families for their service and sacrifice on behalf of the Nation, with distinct recognition of former prisoners of war and families of those still listed as missing in action. The four remaining objectives highlight the service of our Armed Forces and support organizations during the war; pay tribute to wartime contributions at home by American citizens; highlight technology, science and medical advances made during the war; and recognize contributions by our Allies. By Presidential proclamation, The U.S. Vietnam War Commemoration will continue through Veterans Day, Nov. 11, 2025.





## Activate the CAC PIV Certificate

The Department of Defense is planning to transition Common Access Card (CAC) authentications to use a Personal Identity Verification (PIV) certificate for authorizations rather than using the ID or email certificates. Take a moment to look at your CAC and follow the instructions below accordingly:

- CACs issued after **Feb. 24, 2018**, require no action.
- All Army users with CACs issued before **Feb. 24, 2018**, that expire after **March 31, 2019**, must activate the PIV by visiting

[https://www.dmdc.osd.mil/self\\_service](https://www.dmdc.osd.mil/self_service)

There is no requirement to obtain a new CAC for the sole purpose of having an activated PIV Certificate. If your card requires activation, it must take place prior to **March 31, 2019**. If you have any questions regarding this activation, please contact your local G6, or NEC representative. Video: <https://www.facebook.com/106845182752/posts/10156277984942753>



## New Davenport VA Outpatient Clinic Grand Opening & Ribbon Cutting Increased Space and Services Coming for Area Veterans

The Iowa City VA Health Care System is opening a new outpatient clinic in Davenport to replace its current clinic located in nearby Bettendorf. The new center, located at 2828 W Locust St. in the former Jewel Foods store space, is holding its grand opening and ribbon cutting on **Monday, April 1**, at 1 p.m. Representatives from the VA as well as local, state, and federal officials will cut the ribbon following brief opening remarks. Tours will be conducted following the ceremony. The new clinic is approximately 32,000 square feet – 11,000 square feet bigger than the current clinic and will include expanded services such as improved examination and treatment space, dedicated women's health exam rooms, and increased accommodation for primary care, mental health, pharmacy, physical therapy and more. The increased space is needed in the Quad Cities area as approximately 9,000 veterans are currently seen in the Bettendorf clinic, and the clinic is at capacity. The new Davenport clinic will allow for another 2,400 veterans to have access to quality health care in the area with room to expand staff to meet patient needs. According to Judith Johnson-Mekota, Director of the Iowa City VA Health Care System, "This new Community Based Outpatient Clinic is an example of the dedication of the team in the Quad Cities and in Iowa City to deliver the highest quality care in a timely fashion to our veteran patients, who have earned that service through their commitment and sacrifice." Other new services that will be provided at the new Davenport location include audiology, optometry, podiatry, and chiropractor and acupuncture care. Tele-health services will be expanded to further increase the

A close-up photograph of a person in a military uniform, showing a camouflage pattern and a patch of the United States flag on the sleeve.

*excellence in*  
**HEALTH  
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**VA**  U.S. Department of Veterans Affairs  
Veterans Health Administration  
Iowa City VA Health Care System

***YOU served.***  
**NOW LET US *serve you.***

**NEW CLINIC OPENING IN APRIL**

Come see the new **DAVENPORT VA OUTPATIENT CLINIC** and attend the ribbon cutting ceremony on **April 1, 2019** at **1:00 pm** at 2828 West Locust Street in Davenport.

Call **1-877-222-VETS** today to ask about the services we provide to Veterans like you.

access and quality of care that patients in the Quad Cities receive from the VA. Tele-health is a health care communication tool that allows for real time interactions between the patient and his or her provider; similar to Skype or Facetime. However, unlike Skype or Facetime, VA health professionals can assist the provider with a full physical assessment for the patient. Each Davenport provider will have the capability to use this technology to visit with patients directly in the patient's home. Also, the Davenport clinic will participate in the VA's remote patient monitoring program, which allows remote patient monitoring through the use of in-home monitors to track changes in the patient's health, conduct health coaching, and intervene if the patient responds to a health alert. The VA is at the forefront of telehealth and the Davenport CBOC will be the most telehealth capable CBOC in the Iowa City VA to date. For more information please contact Bryan Clark, Public Affairs Officer for the Iowa City VA at 319-339-7104 or email him at [bryan.clark@va.gov](mailto:bryan.clark@va.gov). With around 12,000 veterans in Scott County, plus the Rock Island Arsenal nearby, Scott County Director of Veteran Affairs Ben Enlow said the new clinic will fill a major need. Clark said local veterans can call 877-222-VETS to sign up to receive health care.

### **RIA AUSA Chapter Event**

RIA AUSA is holding a quarterly members' appreciation event on the first Thursday of April, August, and October, on **April 4**, **Aug. 1**, and **Oct. 3**, in the cafeteria in Bldg. 60, from 11:30 a.m. - 12:30 p.m. in conjunction with 'First Thursday.' It is RIA AUSA's way of thanking their current members and providing insights about the Army's professional association to others that may not be aware it exists. The event is free to all members and brats, chips, water, and dessert will be served.

### **Rock Island Arsenal Welcome Club Trivia Night**

Trivia Night hosted by the Rock Island Arsenal Welcome Club – please come and join the Rock Island Arsenal Welcome Club on **Saturday, April 6**, at Knights of Columbus Hall, at 1111 W. 35th Street, in Davenport, for a fun pack night of Trivia. Doors open at 6 p.m. and trivia starts at 7 p.m. All proceeds go to the RIAWC scholarship and community grants. Cost for the event is \$12 per person or \$90 for a table of eight. POC: Beth at [riawccs@gmail.com](mailto:riawccs@gmail.com).

### **NAMI Homefront**

NAMI Homefront is a no cost, six-session education program for family and friends of military service members and veterans with mental health conditions. It focuses on the unique needs of active duty and veteran communities, such as post-deployment and post-discharge transitions. The course is designed to help family members understand and support their loved one while maintaining their own well-being. The teachers of this course are also family members who have experience with military culture and know what it is like to have a loved one living with a mental health condition. NAMI Homefront is an adaptation of the evidence-based NAMI Family-to-Family Education Program, which has been used in VA health facilities since the late 1990s. This course is promoted by the Veterans Administration under a national Memorandum of Understanding with NAMI. The six separate sessions will be conducted on **Mondays, April 8 through May 13**, 6-8:30 p.m., on Rock Island Arsenal at the ASC headquarters, Bldg. 390, in the Garden Conf. Rm. (basement). Registration deadline is **Friday, April 5**, by 2 p.m. To register for this program you may call or register online: <https://namigmv.z2systems.com/np/clients/namigmv/event.jsp?event=27> or call 563-386-7477, extension 266, 10 a.m. to 2 p.m., Monday – Friday.



## Free Boating Safety Classes

The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering multiple opportunities to attend a free boating safety education class. The classes will be held on **Saturday, April 13** and **27**, and **Saturday, May 11** and **18**. Each class will run from 8 a.m. - 4:30 p.m., and only one 8-hour class is required to complete your certification. This class is recommended for people who are new to boating, families that enjoy weekend boating adventures, or seasoned boaters who would like to brush up on their safe boating knowledge. Anyone age 12 and over can be certified. This is a classroom based safety course and will not include any on-the-water experience. Upon successful completion of the class and exam, participants will be issued an Illinois DNR Boat Safety Certification which is honored in both Iowa and Illinois. These classes will be held at the Mississippi River Project Office at Locks and Dam 14 in Pleasant Valley, Iowa. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the Mississippi River Visitor Center at 309-794-5338.



## Free Taxes Processed and E-filed

The RIA Tax Center is offering free tax processing and e-filing effective Jan. 30. Call to schedule an appointment at 309-782-1894. Free tax preparation and e-filing is available to all military service members (active, reserve, and retired) and their dependents. Make sure to bring your 2018 tax paperwork. Tax Center office hours are 8 a.m. - 4 p.m., Monday through Thursday; through **April 15**. Please note that this may be the last year these services are offered through the military. If you need to access old returns on file at the RIA Tax Center, this year may be your last opportunity.

## Taco Dinner Fundraiser for Stand Down 2019-2020

Come on out **Wednesday, April 17**, at The Moline Viking Club, 5-7 p.m., and enjoy some amazing tacos while supporting a great cause. Money raised here will be used for the Stand Down events for 2019 and 2020. There will also be some amazing raffle items, so come out, drop some tickets in and cross your fingers you get the item you want.

## Army Earth Day – April 22

The U.S. Army has participated in Earth Day since it was first observed in 1970. The Army's observance of Earth Day highlights the Army's environmental stewardship achievements and their benefits to warfighting readiness. The Army's Earth Day theme is: "Sustain the Environment To Secure the Mission." The Army celebrates Earth Day at more than 200 installations, major commands and organizations around the world. Army Earth Day is an opportunity for Army Soldiers, civilians and families to find ways to reduce the effect their actions have on the environment at home and at work. Army installations and organizations host events and activities in observance of Earth Day including: open houses, festivals, family fun nights, youth and school field trips, cleaning up installations and other public lands, gardening and tree plantings. The U.S. Army Environmental Command (USAEC) produces an Earth Day poster that is distributed Army-wide to support installation Earth Day celebrations. In addition, the USAEC has tools available for download, such as an Earth Day guide, and an activity book for children. Army Earth Day supports the Army's mission by preserving the natural environment on Army installations and contributes to the well-being of its communities. The



environmental stewardship demonstrated by the Army on Earth Day supports the quality of Soldier training, and the quality of life of families, the Army workforce and neighboring communities. Readiness of the Army and security of the nation are linked to protection and preservation of natural and cultural resources on installations.

### **CVMA 39-4 Annual Patriot Ride**

On **June 15**, the Combat Veterans Motorcycle Association, Chapter 39-4 will be raising money for veterans and their families in the Quad City area. The motorcycle ride will be an all-day event and end with a silent auction, live band, gun raffle, food, and drink. The CVMA is a non-profit organization that gives 100 percent of everything earned to veterans in need in the local area. Cost is \$20 per bike, \$10 per passenger. Ride will start and end in Davenport near the fairgrounds. Come for a great time and a beautiful ride for an incredible cause. Registration is open now. Send a message to [cvma.iowa.394@gmail.com](mailto:cvma.iowa.394@gmail.com) for more information.

### **Quad Cities Veterans Experience Action Center**

The Quad Cities Veterans Experience Action Center, the most comprehensive Veteran resource event in the region **July 19 and 20**, at St. Ambrose University's Wellness and Rec Center, 518 Locust Street, in Davenport, 9 a.m. – 3 p.m. each day. Veterans Experience Action Center Services Include:

- VA benefits compensation and pension claims
- Wellness exams, on-site enrollment in VA health care benefits
- Social services, including caregiver support and home health care
- Mental health counseling and opioid safety education
- Homeless, low-income housing and vocational support services
- Volunteer and employment opportunities
- Vocational rehabilitation, loan guarantee and education services
- VA Mobile Vet Center
- VA National Cemetery Administration Memorial Benefits Services from community partners, including:
  - Information and referrals
  - Legal services
- Resilience and preparedness information
- And much more!

For more information call 2-1-1 or 563-355-9900.



### **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees — Contents of the 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. —* **Sundown Mountain Resort:** Offering a military discount of 30 percent off lift tickets and rentals. Valid for active duty, Reserve, National Guard, retired service members, and their immediate families; located at 16991 Asbury Road, Dubuque, Iowa. **Bayside Bistro:** Offering a 10 percent discount to active, retired, reserve and National Guard members and government civilians on all menu items. We're located in the Village of East Davenport, 1105 Christie Street, Davenport; open Tuesday-Friday, 9 a.m. - 7 p.m.; Saturday, 7 a.m. - 7 p.m.; Sunday; 7 a.m. - 3 p.m., Mondays (off). **R.I.A. Federal Credit Union:**

Arsenal employees, get \$25 when you open up a new member checking and savings account at our branch in Bldg. 61. Active duty members and veterans, thanks to our partnership with Military Cost Cutters, you can get \$100 when you open a new member checking and savings account with us. Download the Military Cost Cutters app, show proof of military status, and you can get \$100 deposited into your account. **Level II Fitness:** The new state of the art gym located inside the new TBK Bank Sports Complex at 4850 BettPlex Drive, Bettendorf is offering a 30 percent discount to all Rock Island Arsenal employees on membership rates. Must show badge or paystub as proof of employment. **Golden Royal Barbershop:** We're offering \$2 off on haircuts just for military; our shop is located in Moline and 1318 4th Ave or call 309-524-4599. **Armored Gardens BBQ Restaurant:** We're offering a 10 percent discount on all food items, to all Rock Island Arsenal employees with badge; great environment, great location, amazing food – located downtown Davenport (two blocks from the Arsenal Bridge) 315 Pershing Avenue. **Veterans Barber Shop and Salon:** We're offering a 20 percent discount for military families at the salon part of the Veterans Barber Shop and Salon at 113 E Main St., Geneseo, Illinois. **Huckleberry's Pizza & Calzones:** The Original Huckleberry's Great Pizza & Calzones, 223 18th Street, Rock Island, offers all active military personnel with an I.D. a 10 percent discount on their food purchases. Dine-in or carryout available Wednesday thru Friday for lunch and dinner and for dinner on Saturday evenings. **Infinity Salon & Spa:** Located at 220 W 3<sup>rd</sup> St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

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## Arsenal Traffic/Construction



### Rock Island Viaduct Sidewalk Closed to Pedestrians

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

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## Building/Space Closures



*There are no announcements at this time.*



# Active Duty/Reserve Zone



## **Military Fatherhood Program**

Join us **Thursday, March 28**, 5:30-7:30 p.m., at the Putnam Museum in Davenport for a night of food and fun. The Putnam has a large STEM center with more than 45 hands on science and technology centers. In addition there are many other exhibits to explore. There are activities for kids of all ages. Don't miss this night of hands on fun with your children. Pizza will be provided, please RSVP to 309-782-3049 or call for more info.

## **Free Taxes Processed and E-filed**

The RIA Tax Center is offering free tax processing and e-filing effective Jan. 30. Call to schedule an appointment at 309-782-1894. Free tax preparation and e-filing is available to all military service members (active, Reserve, and Retired) and their dependents. Make sure to bring your 2018 tax paperwork. Tax Center office hours are 8 a.m. - 4 p.m., Monday through Thursday; through **April 15**. Please note that this may be the last year these services are offered through the military. If you need to access old returns on file at the RIA Tax Center, this year may be your last opportunity.

## **Active Duty Out Processing Levy Brief**

Out Processing Levy Brief schedule – this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- **April 11, Conf. Rm. 12, Bldg. 90**
- **June 13, Conf. Rm. 12, Bldg. 90**
- **Aug. 8, Conf. Rm. 25, Bldg. 90**
- **Oct. 10, Conf. Rm. 12, Bldg. 90**

Time: 9:30 a.m. – 12 p.m.

To register call MPD at 309-782-1526 or sign up in [TEDs](#) using keyword “Levy Brief.”

# Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**

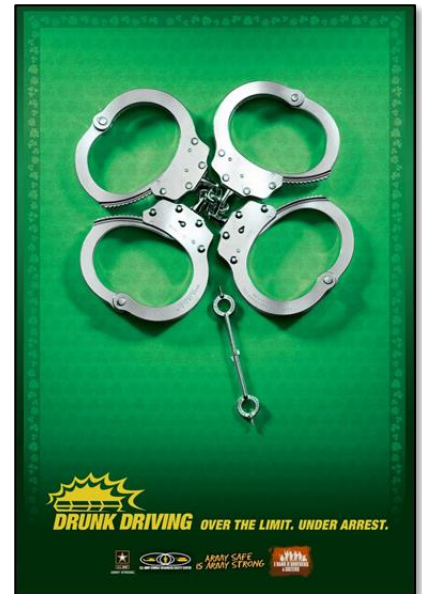


## **This St. Patrick's Day, Plan before You Party**

On March 17, millions of Americans will be participating in St. Patrick's Day events, but unfortunately, too many people are taking to the roads after drinking alcohol making the holiday one of our most dangerous. St. Patrick's Day has become one of the nation's biggest times to celebrate and party. In fact, 30 people were killed in drunk driving crashes across the nation during the 2015 St. Patrick's Day holiday period from 6 p.m. March 16 to 5:59 a.m. March 18. According to NHTSA, 252 people lost their lives in drunk driving-related crashes during the St. Patrick's Day holiday period from 2011-2015. More than a fourth of them were killed in drunk driving crashes that occurred in the early morning, post-party hours from midnight to 5:59 a.m. The U.S. Army Combat Readiness/Safety Center is joining the National Highway Traffic Safety Administration in efforts to help keep roads safe this St. Patrick's Day by encouraging Soldiers, civilians and their family members to drink responsibly and designate a sober driver before heading to the local festivities or pub. NHTSA recommends the following tips:

- Plan a safe way home before celebrations begin.
- Designate a sober driver before any drinking begins.
- If impaired, use a taxi, call a sober friend or family member, or use public transportation.
- Consider using the community's Sober Rides program.
- If a drunk driver is seen on the road, don't hesitate to contact local law enforcement.
- And if someone is about to drive or ride their motorcycle while impaired, take their keys and help them make other arrangements to get to where they are going safely.

According to NHTSA research, impaired driving remains one of America's deadliest problems. To learn more visit [www.StopImpairedDriving.org](http://www.StopImpairedDriving.org). Remember this St. Patrick's Day, plan before you party. Buzzed driving is drunk driving.



## **Bike Safety**

It may not feel like it, spring is right around the corner bringing sunshine and warmer temperatures (we hope). A great way to enjoy the warm weather is by going for a bike ride on the many trails and paths available in the Quad Cities. Cycling is not only a great way to enjoy the outdoors, it is also great for your health. Even short rides will provide a benefit to your heart and maybe help shed some of that winter weight that you (meaning me) may have put on. Although cycling is fun and good for you, it is not without its dangers. Vehicle traffic, other riders, and road conditions are just some of the hazards you may face while riding. Listed below are policies and tips to help you prepare for these hazards and ride safely throughout the year.

### **Before You Go**

- Chain - Keep snug, clean and lubricated.
- Pedals - Lubricate bearings and spindle, replace worn treads.
- Spokes - Keep tight, replace broken ones promptly.
- Wheels - Should rotate smoothly, lubricate bearings, keep axle nuts tight.

- Tires - Inflate to correct pressure, which is stamped on the sidewall of the tire.
- Side Reflectors - Colorless or amber on front and red on rear, visible from 500 feet.
- Headlight - White light visible from 500 feet.
- Handlebars and Grips - Properly adjusted and tight.
- Bell or Horn - Be sure it works.
- Saddle - Properly adjusted and tight.
- Taillight or Red Reflector - Visible from a distance of 500 feet or 600 feet respectively.
- Coaster Brakes or Hand Brakes - Must brake evenly every time, no slippage.

### **While You're Riding**

- Wear a helmet at all times.
- Obey all traffic laws, signs and signals.
- Keep to the right and close to the curb or side of the road.
- Keep brakes, lights, reflectors, and other safety devices in good working condition.
- Learn and use the hand signals for turns and stops.
- Give pedestrians and vehicles the right of way.
- Avoid riding after dark. If you must ride after dark, the bicycle must have a headlight and red taillight or reflector. Wear something white.
- Do not speed, race or weave in and out of traffic.
- Do not carry passengers or big packages.
- Never hitch on to a truck, car or moving vehicle.
- Travel in single file when riding with others.
- Keep both hands on the handle bars, except to signal a stop or turn.
- Slow down at intersections.
- Dismount and walk across dangerous intersections. Do not turn or cross unless it is safe.
- Never squeeze into narrow places or between two automobiles.
- Avoid busy streets or highways. Bicycles are not allowed on most expressways, toll roads or interstates.

### **Regulations for Cycling On RIA (AR 385-10):**

1. Bicycle helmets approved by the Consumer Product Safety Commission will be worn by all personnel, including Family members, who ride bicycles on Army installations. Previously purchased bicycle helmets certified by the American Society for Testing and Materials may also be worn.
2. Wearing headphones, earphones, or other listening devices while bicycling on or adjacent to roadways on DOD installations is prohibited.
3. When bicycling on roadways on DOD installations during hours of darkness or reduced visibility, bicycles will be equipped with operable headlights and taillights, and the bicyclist will wear a reflective upper outer garment.

### **Illinois Statutes Governing Cycling (625 ILCS 5/11-1502 To 1509)**

Traffic laws apply to persons riding bicycles. Every person riding a bicycle upon a highway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle.

### **625 ILCS 5/11-1503: Riding On Bicycles**

- a) A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached thereto.



- b) No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped, except that an adult rider may carry a child securely attached to his person in a back pack or sling.

**625 ILCS 5/11-1504: Clinging To Vehicles**

Clinging to vehicles. No person riding upon any bicycle, coaster, roller skates, sled or toy vehicle shall attach the same or himself to any vehicle upon a roadway.

**625 ILCS 5/11-1505.1: Riding Bicycles upon Roadway**

Persons riding bicycles upon a roadway shall not ride more than 2 abreast, except on paths or parts of roadways set aside for their exclusive use. Persons riding 2 abreast shall not impede the normal and reasonable movement of traffic and, on a lane roadway, shall ride within a single lane subject to the provisions of Section 11-1505 (625 ILCS 5/11-1505).

**625 ILCS 5/11-1506: Carrying Articles**

No person operating a bicycle shall carry any package, bundle or article which prevents the use of both hands in the control and operation of the bicycle. A person operating a bicycle shall keep at least one hand on the handlebars at all times.

**625 ILCS 5/11-1507: Lamps and Other Equipment on Bicycles**

- a) Every bicycle, when in use at nighttime, shall be equipped with a lamp on the front, which shall emit a white light visible from a distance of at least 500 feet to the front and with a red reflector on the rear, of a type approved by the Department, which shall be visible from all distances from 100 feet to 600 feet to the rear when directly in front of lawful lower beams of head lamps on a motor vehicle. A lamp emitting a red light visible from a distance of 500 feet to the rear may be used in addition to the red reflector.
- b) A bicycle shall not be equipped with nor shall any person use upon a bicycle any siren.
- c) Every bicycle shall be equipped with a brake which will adequately control movement of and stop and hold such bicycle.

**625 ILCS 5/11-1509: Inspecting bicycles**

A uniformed police officer may at any time upon reasonable cause to believe that a bicycle is unsafe or not equipped as required by law, or that its equipment is not in proper adjustment or repair, require the person riding the bicycle to stop and submit the bicycle to an inspection and such test with reference thereto as may be appropriate.

If you have any comments or suggestions on how to improve cycling on RIA, please contact Tony Kruse at the Garrison Safety Office: 309-782-2314 or [anthony.r.kruse.civ@mail.mil](mailto:anthony.r.kruse.civ@mail.mil).

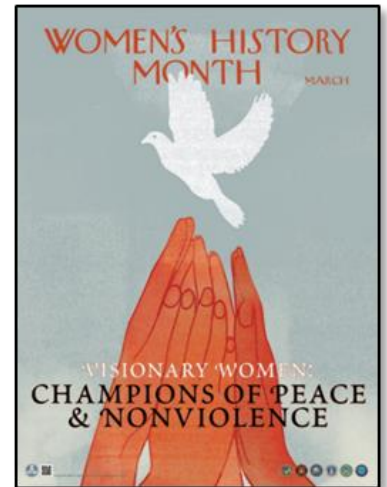
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# Equal Employment Opportunity Focus



## Women's History Month Observance

First Army Equal Opportunity Office invites you to the RIA Women's History Month Observance on **Thursday, March 28**, in Heritage Hall, Bldg. 60, from 1-2 p.m. The guest speaker will be Dr. Melinda Cassandra Litman, a native of Greenville, South Carolina, assigned as the Chief, Supply and Services Division, in the Headquarters, First Army G-4 Directorate. She graduated as the distinguished military graduate and was commissioned a second lieutenant in 1985 through the Reserve Officers Training Corps. To sign up for the RIA Women's History Month Observance in TEDs use keyword "2019WHM." For additional information or accommodations please contact Sgt. First Class Charee Mayon at 309-782-9269 or Sgt. First Class Babatunde Akala at 309-782-3021. March is National Women's History Month. During this observance, the Army pays tribute to the contributions of women in the building of this great nation. The National Women's History Month theme for 2019 is Visionary Women: Champions of Peace & Nonviolence. Women have served the United States Army since the Revolutionary War. Today more than 174,000 women serve in the Total Force. Women serve in every career field in the Army, and are critical members of the Army team. The Army is proud of today's women Soldiers, who serve with distinction and are role models exemplifying the Army's highest values. Women's History Month stands as a reminder of the strength the Army has gained through a high-quality diverse all-volunteer force. (Women in the Army: [www.army.mil/women](http://www.army.mil/women))



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# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.rockisland.armymwr.com](http://www.rockisland.armymwr.com) for information on all MWR programs. How is MWR doing? Tell us by going to [ice.disa.mil](http://ice.disa.mil), navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

## St. Patrick's Day Lunch Buffet

Come celebrate St. Patrick's Day all week, **March 12-15**, at the Arsenal Island Clubhouse. The featured hot item for the week on our regular soup, salad & sandwich buffet will be corned beef and cabbage with potatoes. Cost is the regular \$10/person which includes your drink. Call 309-782-4372 for more info and large group seating reservations.



### Free Chicken Wings at Arsenal QC - Connect

Come hear from some of our great community partners about the programs and services that they offer on **Wednesday, March 13**, 3-4 p.m., at the Lock & Dam Lounge. This month we'll be featuring DeVry University and Rock Island Arsenal AUSA Chapter 5102. While you're here, enjoy free chicken wings and make sure to stick around after the presentations for Workforce Wednesday specials at the bar including \$4 craft beers, \$2 domestics, and \$1 sodas from 4-6 p.m. Call 309-782-8477 for more info.

### New Menu at the Lock & Dam Lounge

MWR is excited to announce the rollout of our new menu at the Lock & Dam Lounge. Various appetizers, sandwiches and pizzas are now available at the Lock & Dam Lounge located in Bldg. 60. The Lounge opens Wednesdays and Thursdays at 3 p.m. with Workforce Wednesday and Thirsty Thursday specials (including \$4 craft beers, \$2 domestics and \$1 sodas) from 4-6 p.m. Gather your friends and family (it's open to the public) and come join us for drink specials and some fresh new tastes. While you're here make sure to try a pint of Arsenal Pale Ale or Lock & Dam Lager as this is the only place you can find these two tasty local brews. Call 309-782-4372 for more information.

### Youth Summertime Activities Expo

Are you looking for activities and programming to keep your kids busy this summer when school is out? Then you need to make sure to visit the Youth Summertime Activities Expo on **Wednesday, April 3**, 10:30 a.m. - 1 p.m., in Heritage Hall, Bldg. 60. We've assembled more than 40 local businesses and organizations that offer a wide variety of kids programming over the summer so come out to Heritage Hall and get all the info you need to make this a fun and educational summer for your children. There will be chances to win all sorts of great prizes from our sponsors as well including certificates for summer camp, discount cards, and more. For more info please call 309-782-3049.



### Quarters One Ghost Hunters Dinner Tour

Come learn about the paranormal history of this Italiante style mansion overlooking the Mississippi River on **Saturday, April 6**, 6-10 p.m. Guests will enjoy a chicken and prime rib dinner at the Arsenal Island Clubhouse followed by a guided tour of Historic Quarters One led by the Illowa Elite Paranormal Team. Cost per person is \$40, doors open at 6 p.m. with dinner starting at 7 p.m. Please RSVP by Saturday, March 30, by calling 309-782-4372.

### Easter Egg Hunt

Come join MWR on **Saturday, April 20**, 10 a.m. - 12 p.m., at Memorial Park for our 2019 Easter Eggstravaganza. The event will feature age appropriate egg hunts for children ages 1-12 as well as free keepsake photos with the Easter Bunny, bunny bingo, face painting and balloon animals, prize drawings and food and beverage available for purchase. Also this year we'll be bringing back the popular teddy bear clinic so bring





your child's favorite stuffed friend to be checked out by the RIA Health Clinic staff. For more information please call 309-782-0814 or 309-782-2828. *This event is open to MWR authorized patrons, which includes all active duty military, reserves, National Guard, retirees, RIA workforce civilians & contractors, and their families.*

### **Easter Brunch Buffet**

Come celebrate Easter at the beautiful and historic Arsenal Island Clubhouse on **Sunday, April 21**, 10:30 a.m. – 2 p.m. This all you can eat buffet will feature holiday favorites like smoked salmon, pork loin wellington and baked ham with brown sugar mustard glaze. Cost is \$25/adult and \$10.95/child (12 & under). This event is open to the public and you will simply need to present a valid gov ID at the gate to access Arsenal Island. Reservations required by calling 309-782-4372.

### **Run the Rock 5k/10k + Kids Run**

Attention runners! Get signed up now for the Second Annual Run the Rock 5K/10K + Kids run on Armed Forces Day, **Saturday, May 18**, on Rock Island Arsenal. What better way to show your support for our military men and women than running a race on the Rock Island Arsenal on Armed Forces Day? Don't wait, register today at <https://secure.getmeregistered.com/RIARuntheRock>

### **Workforce Wednesdays and Thirsty Thursdays at the Lock & Dam Lounge**

Stop in to the Lock and Dam Lounge on Wednesdays and Thursdays, open 3-7 p.m., and take advantage of \$2 domestics, \$4 craft beers, and \$1 sodas on special from 4-6 p.m. The Lock & Dam Lounge is the only place you can get Arsenal Pale Ale and Lock & Dam Lager so gather your friends and coworkers and come see us for a round after work. Call 309-782-4372 for more info.

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## **MWR Leisure Travel Office**



### **Office Hours**

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: [anna.winters@us.army.mil](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/us/rockisland/categories/tickets>)

### **Kid's Craft Night**

Join us for Kid's Craft Night on **Wednesday, March 13**, 5-7 p.m., at the Lock & Dam Lounge. \$5 includes all materials – we will be creating SLIME. Let them make it somewhere other than your dining room table. Come early and check out the new menu for dinner. Drink specials at the Lock & Dam lounge. Please RSVP with payment by **March 11**.

### **St. Patty's BUNCO**

Join us on **Thursday, March 14**, 6-8 p.m., in the Lock & Dam Lounge for St. Patty's BUNCO. \$5 to play – get your green on and come celebrate early for St Patrick's Day. Great fun! St. Patty's Day themed door prizes. Lock & Dam Lounge will be serving Rueben sandwiches and have a new menu. Please RSVP before **March 11** through the Leisure Travel Office at 309-782-5890.

### **QC Storm Discount Tickets**

Hockey is back in the Quad Cities and the Leisure Travel Office has your discount tickets. Stop by Bldg. 333 (next to the Exchange) for discount tickets to these games:

- **Friday, March 22**
- **Friday, April 5**

Tickets are just \$18 each and you can call 309-782-5890 for more info and sections.

### **Family Craft Night**

Bring the whole family **Wednesday, April 10**, 5-7 p.m., and join MWR in the Lock & Dam Lounge for some crafty fun. We'll be painting pottery and with food from our new menu available from the Lock & Dam Lounge kitchen you can make a whole evening out of it. Cost is \$10/person and includes all the supplies. Please RSVP by **Monday, April 8**, by calling 309-782-5890.

### **Spring BUNCO**

Come join MWR **Thursday, April 11**, 6-8 p.m., in the Lock & Dam Lounge for Spring BUNCO. This fast paced, highly social dice game is easy to learn so even if you've never played, come out and play, we'll teach you how. Bring a friend too, it's open to the public. Cost is \$5/player and the Lock & Dam will be serving food from its new menu. RSVP required by **Monday, April 8**, by calling 309-782-5890.

### **WWE Live**

Join us **Sunday, April 21**, at 7 p.m., at the TaxSlayer Center, as the WWE Returns to Moline for the first time in 2019. MWR Leisure Travel Office has discounted seats available; Section 114, row 14, seats 1-16, for \$43.50; Section 105, rows 9 and 10, seats 1-13, for \$33.50. On sale until **Monday, April 8**. See your favorite Raun Strowman vs. Baron Corbin in a triple threat for the Intercontinental Championship, plus, Sasha Banks and many more live. Card subject to change.

### **Monster Jam®**

MWR Leisure Travel has discounted seats for Monster Jam® at the TaxSlayer Center, **Sunday, April 28**, at 1 p.m., available until **Tuesday, April 16**; \$28 & \$23, pit passes \$15. Monster Jam®, the unexpected, unscripted, and unforgettable family-friendly motor sport event. The 2019 season will bring a new level of high-flying, four-wheel excitement to the entire family with racing, two-wheel skills, donuts and freestyle competitions.

### **Finding Neverland**

We have tickets for Finding Neverland at the Adler Theatre, **Tuesday, May 7**, at 7:30 p.m.; cost is \$73 and \$58. Finding Neverland is a stage adaptation of the Academy Award winning film by the same name and is directed by Tony Award winner Diane Paulus. The innovative musical is overflowing with stunning visuals, laughter and an original score by composer Gary Barlow and Eliot Kennedy. The production takes the audience into the life and through the path of J.M. Barrie as he finds the courage to become a writer, and the family behind the inspiration of the classic tale about the magical world of Neverland (Peter Pan). MWR Leisure Travel has discounted seats on sale until **Wednesday, April 24**.

### **Chicago**

We have tickets to Chicago at the Adler Theatre, **Tuesday and Wednesday, May 14 & 15**, at 7:30 p.m.; cost is \$78 and \$58. There's never been a better time to experience Chicago, Broadway's

razzle-dazzle smash. This triumphant hit musical is the recipient of six Tony Awards®, two Olivier Awards, a Grammy® and thousands of standing ovations. A sensational tale of sin, corruption and all that jazz, it's no surprise that CHICAGO has wowed audiences from Mexico City to Moscow, from Sao Paulo to South Africa. And now it's coming to your town. MWR Leisure Travel has discounted seats on sale until **Tuesday, April 30.**

### **Circa 21 Dinner & Playhouse: Grumpy Old Men the Musical**

Join us **Saturday, May 18**, at Circa 21 Dinner & Playhouse for Grumpy Old Men the Musical. Doors open at 5:45 p.m. Don't miss this laugh-out-loud story of family, friendship, love and romance in a fresh new musical that's guaranteed to delight. Based on the 1993 movie starring Jack Lemmon, Walter Matthau and Ann-Margret, Grumpy Old Men is the story of two aging neighbors, Max and John, who have been feuding for more than fifty years. When the beautiful and charming Ariel moves in across the street, the rivalry is raised to new heights! Can her love and compassion reunite their friendship? MWR Leisure Travel has discounted seats on sale until **Saturday, May 4** for \$49.75.

### **Chicago White Sox vs. Chicago Cubs**

Join us **Sunday, July 7**, to see the Chicago White Sox vs. Chicago Cubs at Guaranteed Rate Field; transportation and ticket for \$132 per person. Bus will be departing from Rock Island Arsenal Visitor Control Center, first parking lot on right. Departure time TBD. Game is at 1:10 p.m. No smoking permitted on the chartered bus. Alcohol is allowed, but no glass bottles. Coolers must be the size to fit under seats. No blocking of aisle with coolers. ½-hour stop to and from game. Sold out bus last year, so get your seats early. For more information contact the MWR Leisure Travel Office at 309-782-5890.

### **Movie Tickets**

Need a last minute gift or stocking stuffer? MWR Leisure Travel has discounted movie tickets. Davenport 53rd Cinema's movie ticket = \$9; Moline Great Escape movie ticket = \$9; Gift Pack \$27 (two tickets with \$10 concessionaire card)



## **Child & Youth Services**

**Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/us/rockisland/categories/cys-services>) (Facebook: [www.facebook.com/RIACYSS](http://www.facebook.com/RIACYSS))**

### **Teen Resiliency: Trampoline Park Outing**

The Teen Resilience Program and CYS has a teen trampoline park event during spring break on **Wednesday, March 13**, from 3-6 p.m. Arsenal affiliated youth from 6<sup>th</sup>-12<sup>th</sup> grade are invited to



join us for the trampoline park and resilience activities. Youth will meet at and return to the School Age Center and be transported to Altitude Trampoline Park in Davenport. Youth must register for the event by calling 309-782-6515, but are not required to be registered with CYS. There are spaces for 15 youth. There is no charge for the event. Parents must sign a waiver for their youth to participate on the Altitude Trampoline Park website at the following link:

[https://altitudedavenport.centeredgeonline.com/waivers?\\_ga=2.82796665.2048501674.1551723271-626477355.1551723271](https://altitudedavenport.centeredgeonline.com/waivers?_ga=2.82796665.2048501674.1551723271-626477355.1551723271)

### **Teen Resiliency: Youth Lock In**

All RIA teens, come join us **Saturday, April 27**, at 7 p.m., to celebrate Month of the Military Child with an overnight lock in at the School Age Center. More details coming soon, for more info or to register, please call 309-782-6515.

### **Teen Resiliency: Combat Dartz**

All RIA teens in grades 6-12 are invited to join CYS on **Thursday, May 16**, 4-8 p.m., in a fun outing for May to Combat Dartz in Davenport. We will meet at the School Age Center (Bldg. 150) and then be transported via CYS bus to Combat Dartz for Nerf dart fun. Afterwards we will go back to the School Age Center for pizza, pop and a resilience activity. Cost is \$8/participant with room for only the first 15 to sign up so call 309-782-6515 for more info and to register.

### **Teen Resiliency: College Tour/Ropes Course**

All teens registered with CYS in grades 8-12 are invited to join us for a fun day at Western Illinois University **Saturday, June 1**, 8:30 a.m. – 6:30 p.m. We will meet at & return to the School Age Center (Bldg. 150). From there the CYS bus will transport us to the WIU campus in Macomb, Illinois, where we'll receive a tour of the campus and complete a high ropes course. There is no cost for the trip but lunch money and a water bottle are required. Outing is limited to the first 15 teens to sign up so don't delay, call today. Call 309-782-6515 for more info and to register.

### **Youth Lock In Planning Committee**

Join the Youth Lock In Planning Committee -- meetings will be held the 2nd and 4th Tuesdays each month from 5-6 p.m. at the School Age Center, Bldg. 150. To register call 309-782-6515.



## **Army Community Service**



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; visit our ACS website

<https://rockisland.armymwr.com/us/rockisland/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS). 24/7 Domestic Violence Crisis Line: **309-912-6089**.

### **The Love Connection Book Club Series**

Join this book club on Tuesdays, 11 a.m. – 12 p.m., at the ACS office in Bldg. 110 as we read, discuss, and explore how to build healthy relationships with the people you love. Participants will receive a copy of the book for each month. The upcoming books are “Reviving Ophelia: Saving the

Selves of Adolescent Girls” by Dr. Mary Pipher in March, May will be “The 5 Love Languages (Military Edition)” by Gary Chapman with Jocelyn Green, and July will be *ScreamFree Marriage* by Hal Edward Runkel. To RSVP call the Family Advocacy Program at 309-782-3049/3773 or [Jennifer.a.kerr10.civ@mail.mil](mailto:Jennifer.a.kerr10.civ@mail.mil).

### **Military Fatherhood Program**

Join us **Thursday, March 28**, 5:30-7:30 p.m., at the Putnam Museum in Davenport for a night of food and fun. The Putnam has a large STEM center with more than 45 hands on science and technology centers. In addition there are many other exhibits to explore. There are activities for kids of all ages. Don't miss this night of hands on fun with your children. Pizza will be provided, please RSVP to 309-782-3049 or call for more info.

### **2019 Annual Volunteer Recognition Event**

Please join us in recognizing the contributions of our Rock Island Arsenal, Very Important Volunteers. The ceremony will be held in conjunction with the MWR First Thursday event on **Thursday, April 4**, 3-4:30 p.m., in the Lock and Dam Lounge and dining area. For more information or to RSVP contact Army Community Service at 309-782-0829.

### **RIA Volunteer & AFTB Council Meeting**

This meeting is designed to provide a platform for the installation to collaborate efforts, share information, and ideas, and discuss issues revolving around volunteering & Army Family Team Building. The meeting is held quarterly on the second Tuesday of the month. If you would like to attend an upcoming council meeting please contact ACS. Upcoming Council Meetings:

- **Tuesday, April 9**
- **Tuesday, July 9**
- **Tuesday, Oct. 8**

The meetings will be held from 9-10 a.m. in the ACS Training Room, 1<sup>st</sup> Floor, in Bldg. 110. R.S.V.P. Required: to sign up contact ACS at 309-782-0829.

### **Parenting Class: Guiding Kids to Own and Solve Their Problems**

Join us **Wednesday, April 10**, 4-5 p.m., at ACS, Bldg. 110, for Parenting Class: Guiding Kids to Own and Solve Their Problems. As parents we have a lot going on. Figuring out a way to deal with our problems and everyone else's can be challenging. What if I told you there was a way for your kids to solve their own problems? Join guest speaker, Heather Lamb for an in-depth look at how you can help your kids to own and solve their problems using the Love and Logic approach. Those registered with CYS will receive two participation points. To RSVP or for more info, please call 309-782-3049.

### **ACS Relocation Program Offering Tours of RIA Factory**

The Army Community Service Relocation Program is offering a tour of the RIA factory. We will learn about the history of the factory and its current capabilities. The tour has limited seating.

- **Thursday, Sept. 19**
  - 9-10:30 a.m.
  - RSVP by **Thursday, Sept. 12**

Eligibility is only open to military who are new to the area, civilians, and their families; family members of deployed service members, and families with foreign born family members. To R.S.V.P contact ACS at 309-782-0829.

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# MWR Outdoor Recreation Office



## Office Hours

Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333, Phone: 309-782-8630. (email: [robert.l.lampert.naf@mail.mil](mailto:robert.l.lampert.naf@mail.mil)) (website: <https://rockisland.armymwr.com/programs/outdoor-recreation>)

## March Is Spring Break Month

Before heading out on your Spring Break Ski Vacation, stop by Outdoor Recreation in Bldg 333. We have an awesome selection of downhill skis, snowboards, x-c skis and snowshoes that you can check out for your trip. We can also put a fresh coat of wax on your own set of skis or snowboard and put a sharp edge on your ice skates. For more information please call 309-782-8630.

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# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our ASAP/EAP website [www.usagria.army.mil/Directorates/HR/ASAP\\_EAP](http://www.usagria.army.mil/Directorates/HR/ASAP_EAP) 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: [www.usagria.army.mil/Directorates/HR/ASAP\\_EAP/Classes.aspx](http://www.usagria.army.mil/Directorates/HR/ASAP_EAP/Classes.aspx). Find us on Facebook click here: [www.facebook.com/pages/Rock-Island-Arsenal-EAP/124853580916835](https://www.facebook.com/pages/Rock-Island-Arsenal-EAP/124853580916835).

## Impaired Driving Prevention Week

### Don't Depend on Dumb Luck-Designate a Sober Driver before the Party Begins

For many Americans, St. Patrick's Day has become a popular night out to celebrate with friends and family. Unfortunately, due to the large number of buzzed and drunk drivers, the night out may result in increased risk of drunk/drugged driving. According to the National Highway Traffic Safety Administration, during the St. Patrick's Day weekend in 2016, more than a third (39 percent) of all crash fatalities involved drunk drivers. In 2016, there were 60 people killed in drunk-driving crashes over the St. Patrick's Day holiday. All in all, during the St. Patty's Day period from 2012 to 2016, there have been 269 drunk-driving fatalities. Every one of those lives was lost as a result of bad decisions. The RIA Army Substance Abuse Program recommends the following easy steps to carefully consider as you celebrate any event.

- Plan a safe way home before the festivities begin.
- Before drinking, please designate a sober driver and leave your car keys at home.
- If you're impaired, use a taxi or a ride-sharing service, call a sober friend or family member, or use public transportation so you are sure to get home safely.

- If you happen to see a drunk driver on the road, don't hesitate to pull over and contact your local law enforcement to alert them.
- And remember, if you know someone who is about to drive or ride while impaired, ask for their keys and help them make other arrangements to get to where they are going safely.

### Employee Assistance Abuse Program Groups

The Employee Assistance Abuse Program is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. Upcoming dates for groups offered by the Employee Assistance Program; class location is pending, employees can register in TEDs or call 309-782-0965:

- **March 13:** Real Colors, 8 a.m. – 12 p.m.
- **April 3:** Real Leadership, 8 a.m. – 12 p.m.
- **April 24:** Working With You Is Killing Me, 10 a.m. – 12 p.m.
- **May 15:** Emotional Intelligence, 10 a.m. – 12 p.m.
- **May 30:** Real Colors, 8 a.m. – 12 p.m.
- **June 5:** Working With You Is Killing Me, 10 a.m. – 12 p.m.
- **June 19:** Real Teams, 8 a.m. – 12 p.m.

Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal.



The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more:  
[www.usagria.army.mil/apps/garrisonhr/aces.cfm](http://www.usagria.army.mil/apps/garrisonhr/aces.cfm).

### Transfer of Post 9/11 GI Bill Education Benefits, DoDI 1314.13 Change 1

The Office of the Secretary of Defense (OSD) released a change to the Transfer of Post 9/11 GI Bill Education Benefits (TEB) instructions, implementing new eligibility requirements in order to transfer benefits to qualifying dependents. There is no change to current provisions. Service members must have at least six years of qualifying service to apply to transfer benefits and must make a four-year commitment in the Armed Forces. However, effective **July 12**, eligibility to transfer Post-9/11 GI Bill education benefits will be limited to service members with at least six years, but not more than 16 years, of total creditable service. The intent of the changes is to align policy with 38 USC 3319, "to promote recruitment and retention in the uniformed services."

### Spring Success Fair

Time again to mark your calendars – the Directorate of Human Resources, U.S. Army Garrison, will host the Spring Success Fair, on **Tuesday, April 24**, 11 a.m. - 2:30 p.m., in the Heritage Hall, Bldg. 60. The intent of this event is to facilitate a bridge to employment and education, while leveraging community resource services for veterans, citizens, and transitioning Soldiers located at



Rock Island Arsenal and the surrounding area. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. This event represents a great opportunity for employers to review resumes, interview candidates, and potentially hire attendees. Please come ready; have resumes to hand out and be appropriately dressed for a possible interview. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are an active duty, Retired service member, or eligible Family member and would like individual resume or interview training prior to attending this event, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or [christopher.j.gegenheimer.civ@mail.mil](mailto:christopher.j.gegenheimer.civ@mail.mil). Any questions about the event can be directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil). This is a great career opportunity, don't let it pass you by.

### **SFL-TAP, Career, Entrepreneurship, Higher Education Tracks, Pre-Retirement**

If Soldiers in your organization are within 24 months of retirement or 18 months of separation, or even just thinking about life after military service, please encourage them to sign-up and attend this vital training. Space is still available, it is open to all branches of service, Retirees (space available), veterans (180 days after separation). Soldiers can bring along their family members as well. Please spread the word, this is not a one-time check the block, transitioning members should start early as this will give more time to attend training as often as it is needed.

- Entrepreneurship (Boots to Business), **March 18-19, June 3-4, Aug. 26-27, and Nov. 4-5**
- Career Exploration Planning, **March 20-21, June 5-6, Aug. 28-29, and Nov. 6-7**
- Pre-Retirement Briefing, **May 3, Aug. 9, and Oct. 25**
- SFL-TAP Workshop, **May 6-10, Aug. 12-16, and Oct. 28-Nov. 1**

All classes will be held Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m. start time, classrooms (same hallway as the Education Center). For more information contact 309-782-7780 or email [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil).

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## **Defense Commissary Agency / Exchange**



The Rock Island Commissary, [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal), and the Exchange, [www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912](http://www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912), 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: [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) (Facebook: [www.facebook.com/YourCommissary](https://www.facebook.com/YourCommissary))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: [rockisland@deca.mil](mailto:rockisland@deca.mil) and type 'Subscribe' in the subject line.

### **National Nutrition Month: Commissaries Have Resources to Help Patrons Improve Their Health, Wellness at Dinner Table**

During National Nutrition Month in March, make a point to get acquainted with all the resources the Defense Commissary Agency has designed to help you improve the nutrition quality of your diet. “Whether trying to boost your performance nutrition, lose weight or improve overall health, the Nutrition Guide Program (NGP) at your local commissary can assist you in building a healthy eating pattern,” said DeCA’s Health and Wellness Program Manager Deborah Harris, MPH, RD, CDE (Masters of Public Health, registered dietitian and certified diabetes educator). “Build your basket with mostly fresh produce, lean meats, heart healthy fats from fish, nuts and seeds, avocados, etc., and use the NGP tags to shop the center of the store to match your health and wellness needs.” (More: [www.commissaries.com/our-agency/newsroom/news-releases/national-nutrition-month-commissaries-have-resources-help-patrons](http://www.commissaries.com/our-agency/newsroom/news-releases/national-nutrition-month-commissaries-have-resources-help-patrons))

### **‘On Behalf of a Grateful Nation’: Exchange Thanks Vietnam Veterans with Truck Design**

When the Army & Air Force Exchange Service trucks deliver merchandise throughout the US, three custom-designed trucks will also deliver a special message to Vietnam Veterans: “On behalf of a grateful nation, thank you for your service and sacrifice.” See pictures of the custom truck design. (More: <http://publicaffairs-sme.com/ExchangePost/2019/03/11/on-behalf-of-a-grateful-nation-exchange-thanks-vietnam-veterans-with-truck-design>)

### **More Than \$17,000 in Prizes Up For Grabs in 3 Exchange Sweepstakes**

Army & Air Force Exchange Service shoppers worldwide can spring into action with a chance at winning prizes totaling more than \$17,000 in three sweepstakes. (More: <http://publicaffairs-sme.com/ExchangePost/2019/03/06/more-than-17000-in-prizes-up-for-grabs-in-three-exchange-sweepstakes>)

### **Spring Savings! Exchange Shoppers Save 15 Percent with New MILITARY STAR Accounts March 7 to 21**

Exchange shoppers can stock up on spring savings with 15 percent off all purchases made the first day when they open and use a new MILITARY STAR® account from **March 7 to 21**. (More: <https://publicaffairs-sme.com/ExchangePost/2019/02/28/spring-savings-exchange-shoppers-save-15-percent-with-new-military-star-accounts-march-7-to-21/>)

### **Service Members Receive 10 Percent off Tax Preparation Services with H&R Block at the Exchange**

To help navigate the first year of significant tax law changes, the Army & Air Force Exchange Service is teaming with H&R Block to offer tax preparation services to military members and their families at a 10 percent discount in select Exchange locations around the world. “The Exchange takes every opportunity to make life a little easier for Warfighters and their families,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted advisor. “These professionals are military experts and well-trained to assist with Exchange shoppers’ tax preparation needs.” In addition to the discount, H&R Block at the Exchange is offering:

- A free second-look tax review program in which H&R Block reviews last year's returns to determine whether filers are entitled to additional money that was not claimed.
- 100 percent accuracy guarantee in the event of an audit.
- In the event of an error, H&R Block will pay the penalty and interest at no additional cost to the filer.

Some locations offer year-round access and support, while others will only offer services through the 2019 tax season ending **April 15**. Military shoppers can visit [ShopMyExchange.com/hrblock](https://shopmyexchange.com/hrblock) to locate their local H&R Block office or contact their local Exchange.

### **eComm Kiosks for Rock Island Express**

Touch. Explore. Find more with the shopmyexchange.com kiosk. Because we serve the best customers in the world, we wanted to give you an extra tool to find what you need with just a touch of a screen. Available at your Rock Island Express, the shopmyexchange.com kiosk provides you with the ability to browse our huge online assortment of merchandise and experience the most convenient shopping possible. Rock Island Exchange – 333 Rodman Ave, 309-788-4940, Hrs: Mon-Fri: 7 a.m. – 6:30 p.m., Saturday: 8:30 a.m. – 6:30 p.m., Sunday: Closed.



**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 Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.** (website: [www.arsenalhistoricalsociety.org/museum](http://www.arsenalhistoricalsociety.org/museum)) (Facebook: [www.facebook.com/RIAMuseum](https://www.facebook.com/RIAMuseum))

### **Brown Bag Lunch & Learn - Quarters One**

Bring your lunch **Monday, May 6**, to the Rock Island Arsenal Museum, 12-1 p.m., and discover the history of Rock Island Arsenal's Quarters One, the second largest residence owned by the Federal Government. This talk will explore newly discovered information about the house, discuss some of its residents, shed light on rumors and folklore surrounding the house's history, and share a few historical stories regarding the house being haunted.

### **This Week in Rock Island Arsenal History – March 13-19**

On March 16, 1984, a ground-breaking ceremony was held on RIA for the multi-million dollar construction phase of Project REARM, RIA's first major construction since WWII. On March 17, 1941, the RIA organized the RIA Armament Machinist Training School. In March 1868, the old Rock Island wooden wagon bridge, purchased by the government from the City of Rock Island, was destroyed and carried away by ice. During the month of March 1945, the workers of Shop L (Bldg. 250) completed 310 machine guns.

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# Healthbeat

## **Civilian Fitness Program Makes Exercising Easier**

Getting healthier can get a bit easier for full-time civilian employees thanks to the Civilian Fitness Program, which allows Department of Army employees to use three hours of work time each week for personal fitness. "Living a healthy lifestyle drives success; it drives wellbeing," said Madigan Army Medical Center Command Sgt. Maj. Victor Laragione. The Civilian Fitness Program (supported by Army Regulation 600-63) gives employees an opportunity to sign up for a one-time six-month training program which allows them to use three hours within each 40-hour workweek in paid time to complete physical fitness training, said Dr. Teresa Bruder, director of the Armed Forces Wellness Center at Joint Base Lewis-McChord. "Something that leaders need to take into account is that six-month investment may help a lifetime of success for an individual that gets that opportunity to do that," said Laragione. "Leaders need to really look at can they not afford to let them go? Maybe they're out sick more often, or they're not resilient, or they're not very productive in their work because they're not healthy. So that six-month investment now may benefit the Army or the military for a lifetime." (More: [www.army.mil/article/217905](http://www.army.mil/article/217905))

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# Notes for Veterans

## **VA Strengthens Care and Benefits for Veterans with \$220 Billion Budget**

President Donald J. Trump is proposing a total of \$220.2 billion in his fiscal year (FY) 2020 budget for the U.S. Department of Veterans Affairs (VA), a 9.6 percent increase above fiscal 2019. "The budget request will ensure the nation's Veterans receive high-quality health care and timely access to benefits and services," said VA Secretary Robert Wilkie. "The budget supports the most significant transformation of VA since its inception, positioning the department as the premier provider for Veterans' services and benefits. This is a significant increase in VA funding and demonstrates the administration's commitment to supporting our Veterans." The FY 2020 budget includes \$97 billion (an increase of \$6.8 billion, or 7.5 percent) in discretionary funding, including resources for health care, benefit administration, and national cemeteries, as well as \$123.2 billion (an increase of \$12.3 billion or 11.1 percent) in mandatory funding above 2019 for benefit programs inclusive of Compensation and Pensions, Readjustment Benefits, Housing and Insurance. This budget provides robust funding for the secretary's top priorities. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5214](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5214))

## **President Trump Signs Executive Order to Empower Veterans and End Veterans Suicide**

Today President Donald J. Trump signed an executive order titled "National Initiative to Empower Veterans and End Veterans Suicide," which focuses on improving the quality of life for America's Veterans and ending the tragedy of Veteran suicide. "As the largest integrated health care provider in the nation and a leader in developing innovative mental health and suicide prevention strategies, the Department of Veterans Affairs (VA) is uniquely positioned to co-chair this effort with the White House," said VA Secretary Robert Wilkie. "Veterans suicide is a national public health issue



that affects communities everywhere, and this executive order is a national call to action.” The executive order mandates the establishment of the Veteran Wellness, Empowerment and Suicide Prevention Task Force. The task force will include the Secretaries of Defense, Health and Human Services, Energy, Homeland Security, Labor, Education and Housing and Urban Development, as well as the Director of the Office of Management and Budget, Assistant to the President for National Security Affairs, and Director of the Office of Science and Technology Policy. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5212](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5212))

## Around the Q.C.



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**March 14-17:** Missouri Valley Conference Women's Basketball Tournament (TaxSlayer Center) More: [www.mvcquadcities.com](http://www.mvcquadcities.com)

**March 15-16:** St. Patrick's Parade Weekend (throughout the QC) More: [www.stpatsqc.com](http://www.stpatsqc.com)

**March 22-24:** QCCA Flower and Garden Show (QCCA Expo Center) More: [www.qccaexpocenter.com](http://www.qccaexpocenter.com)

**March 22-24:** National Congress of Old West Shootists (Radisson Quad City Plaza) More: [www.ncows.com](http://www.ncows.com)

**April 1:** New Davenport VA Outpatient Clinic Grand Opening & Ribbon Cutting, 1 p.m. (2828 W Locust St. in the former Jewel Foods store)

**April 4:** Village in Bloom: Festival of the Arts (Village of East Davenport) More: [www.villageinbloom.org](http://www.villageinbloom.org)

**April 13:** Bandits Race to Home 5K & Fun Run (Modern Woodmen Park) More:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=130823](https://secure.getmeregistered.com/get_information.php?event_id=130823)

**April 17:** Taco Dinner fundraiser for Stand Down 2019-2020 (The Moline Viking Club) More:

[www.facebook.com/events/242457716643929](https://www.facebook.com/events/242457716643929)

**May 4:** CBRC 24 Hour Run (Eldridge, Iowa) More: <http://www.cornbelt.org/r/24hr19app.pdf>

**May 11:** Quad City Youth Hockey Association Golf Outing (Hidden Hills Golf Course, Bettendorf). Additional information: [gcha.golf@gmail.com](mailto:gcha.golf@gmail.com)

**May 11-12:** Beaux Arts Fair (Figge Art Museum plaza, Davenport) More: [www.beauxartsfair.com](http://www.beauxartsfair.com)

**May 12:** Quad Cities Distance Classic (Augustana, Rock Island) More: [www.cornbelt.org/nearby\\_races.htm](http://www.cornbelt.org/nearby_races.htm)

**May 17-19:** Backwards Backwoods Yoga Retreat (Camp Liberty Lodge in New Liberty, Iowa) More:

[www.backwardsyogaiowa.com](http://www.backwardsyogaiowa.com)

**May 18:** African-American Women's Health Luncheon (Stoney Creek Hotel & Conference Center, 101 18th Street, Moline) More: <http://unitypoint.org/classes>

**May 18:** Run the Rock 5k/10k + Kids Run (Rock Island Arsenal) More:

<https://secure.getmeregistered.com/RIARunTheRock>

**March 30:** 2019 KWQC Women's Health and Lifestyle Fair (RiverCenter) More:

[www.kwqc.com/content/news/2019-KWQC-Womens-Health-and-Lifestyle-Fair-504749171.html](http://www.kwqc.com/content/news/2019-KWQC-Womens-Health-and-Lifestyle-Fair-504749171.html)

**May 26-27:** Heritage Days (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

**May 27:** Quad Cities Kwik Star Criterium (Village of East Davenport) More: [www.quadcitiescriterium.com](http://www.quadcitiescriterium.com)

**June 7-8:** Rhubarb Festival (Aledo, Illinois) More: [www.aledomainstreet.com](http://www.aledomainstreet.com)

**June 8-9:** 42nd Annual Tour of the Mississippi River Valley (starts in Bettendorf and moves through towns in Iowa, Illinois, and Wisconsin) More: <http://qcbc.org/tomrv>

**June 8-16:** Quad Cities Museum Week (museums around the QC) More: [www.qcmuseumweek.com](http://www.qcmuseumweek.com)

**June - TBA:** Gumbo Ya Ya (downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**June 8-9:** Pioneer Days (Colonel Davenport House) More: [www.davenporthouse.org](http://www.davenporthouse.org)

**June 15:** CVMA 39-4 Annual Patriot Ride (Quad City area) More: [cvma.iowa.394@gmail.com](mailto:cvma.iowa.394@gmail.com)

**June 15:** Micro Brew Mile and 6k Road Race (5th Avenue, Moline) More:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=MTUzNjA2OTAzMTgzOTJWbTbzGwb0hGU%2F](https://secure.getmeregistered.com/get_information.php?event_id=MTUzNjA2OTAzMTgzOTJWbTbzGwb0hGU%2F)

**June 16:** Ride the River Bike Ride (both sides of the Mississippi River) More: [www.riveraction.org](http://www.riveraction.org)

**June 21-23:** Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: [www.planetfunkcon.com](http://www.planetfunkcon.com)

**June – TBA:** Quad Cities Senior Olympics (across Quad Cities) More: [www.qcseniorolympics.org](http://www.qcseniorolympics.org)

**June 29-30:** Quad City Airshow (Davenport Airport) More: [www.quadcityairshow.com](http://www.quadcityairshow.com)

**July 3:** Red, White and Boom! (Rock Island and Davenport) More: [www.redwhiteandboomqc.org](http://www.redwhiteandboomqc.org)

**July 4:** Firecracker Run & Parade (East Moline) More: [www.emmainstreet.com](http://www.emmainstreet.com)

**July 4:** Bettendorf Old-Fashioned 4th of July (downtown Bettendorf) More: [www.bettendorf.org](http://www.bettendorf.org)

**July 5-6:** Mississippi Valley Blues Festival (LeClaire Park in downtown Davenport) More: [www.mvbs.org](http://www.mvbs.org)

**July 8-14:** John Deere Classic PGA Tour (TPC Deere Run golf course in Silvis) More: [www.johndeereclassic.com](http://www.johndeereclassic.com)

**July 8-14:** Mercer County Fair (fairgrounds in Aledo) More: [www.mercercountyfair.org](http://www.mercercountyfair.org)

**July 11-13:** Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: [www.truckersjamboree.com](http://www.truckersjamboree.com)

**July 13:** Rivers Edge Home Brew Festiv-Ale (downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**July 16-20:** Rock Island County Fair (fairgrounds in East Moline) More: [www.rockislandfair.org](http://www.rockislandfair.org)

**July 21:** Kids Ninja Adventure Run (Case Creek Obstacles, Coal Valley, Illinois) More: [www.casecreekobstacles.com](http://www.casecreekobstacles.com)

**July 21:** Case Creek Cross Country Trail Run (Case Creek, Coal Valley, Iowa) More: [www.casecreekobstacles.com](http://www.casecreekobstacles.com)

**July 19-20:** Quad Cities Veterans Experience Action Center (St. Ambrose University's Wellness and Rec Center) More: [www.sau.edu/events](http://www.sau.edu/events)

**July 26-27:** 48th Annual Street Fest (Downtown Davenport) More: [www.downtowndavenport.com/event/street-fest](http://www.downtowndavenport.com/event/street-fest)

**July 27:** Bix 7 Run/Walk (downtown Davenport) More: [www.bix7.com](http://www.bix7.com)

**July 30-Aug. 4:** Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: [www.mvfair.com](http://www.mvfair.com)

**Aug. 1-3:** Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort) More: [www.bixsociety.org](http://www.bixsociety.org)

**Aug. 3:** 5k Mud Obstacle Run For Everyone (Case Creek Obstacles, Coal Valley, Illinois) More: [www.casecreekobstacles.com](http://www.casecreekobstacles.com)

**Aug. 8-10:** Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: [www.tugfest.org](http://www.tugfest.org)

**August TBA:** Ya Maka My Weekend (downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Aug. 17:** Floatzilla (Sunset Marina in Rock Island) More: [www.floatzilla.org](http://www.floatzilla.org)

**Aug. 17:** Quad City Symphony Riverfront Pops (LeClaire Park in downtown Davenport) More: [www.qcso.org](http://www.qcso.org)

**Aug. 17:** Village Wine Walk (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)

**August TBA:** World Series of Drag Racing (Cordova International Raceway) More: [www.racecir.com](http://www.racecir.com)

**Aug. 22-25:** Alternating Currents Festival (downtown Davenport) More: [www.alternatingcurrentsqc.com](http://www.alternatingcurrentsqc.com)

**Aug. 24:** Vettes on the River (LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Aug. 24-25:** Farm Days (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)

**Aug. 31 - Sept. 1:** Rock Island Grand Prix (downtown Rock Island) More: [www.rockislandgrandprix.com](http://www.rockislandgrandprix.com)

**Sept. 7:** QCA Heritage Tractor Parade & Show (John Deere Pavilion in Moline) More: [www.visitjohndeere.com](http://www.visitjohndeere.com)

**Sept. 7-8:** Beaux Arts Fair (downtown Davenport) More: [www.beauxartsfair.com](http://www.beauxartsfair.com)

**Sept. 13-14:** Celtic Festival & Highland Games (Centennial Park in Davenport) More: [www.celtichighlandgames.org](http://www.celtichighlandgames.org)

**Sept. 14:** Taming of the Slough (Sylvan Slough) More: [www.riveraction.org](http://www.riveraction.org)

**Sept. 14:** Brew Ha Ha (LeClaire Park in Davenport) More: [www.jayceesqc.org](http://www.jayceesqc.org)

**Sept. 21:** Quad Cities Marathon (Moline) More: [www.qcmarathon.org](http://www.qcmarathon.org)

**Sept. 21-22:** Riverssance Festival of Fine Arts (Village of East Davenport) More: [www.midcoast.org](http://www.midcoast.org)

**Sept. 22:** Quad Cities Marathon (downtown Moline) More: [www.qcmarathon.org](http://www.qcmarathon.org)

**Sept. 27-28:** Hot Air Balloon Festival (Island County Fairgrounds in East Moline) More: [www.quadcitiesballoonfestival.com](http://www.quadcitiesballoonfestival.com)

**Sept. 29:** Nancy Kapheim Memorial Classic (Rock Island) More: [www.cornbelt.org/nearby\\_races.htm](http://www.cornbelt.org/nearby_races.htm)

**Oct. 13:** Apple Fest (downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**October TBD:** Row the Miss Regatta (Mississippi River in Moline) More: [www.tworiversymca.org](http://www.tworiversymca.org)

**Oct. 24:** Fright Night (Schwiebert Park in downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Oct. 26:** Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: [www.lagomarcinos.com](http://www.lagomarcinos.com)

**Oct. 26-27:** Boo at the Zoo (Niabi Zoo) More: [www.niabizoo.com](http://www.niabizoo.com)

**Oct. 26:** Witches Walk & Costume Parade (downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Oct. 26:** Halloween Parades (Bettendorf and Davenport)

**Nov. 16-24:** Quad City Arts Festival of Trees (RiverCenter in Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 16:** Festival of Trees Parade (downtown Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 16:** Lighting on the John Deere Commons (downtown Moline) More: [www.lightingonthecommons.com](http://www.lightingonthecommons.com)

**Nov. 24:** Christmas Walk (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

# Island Insight



**Col. Stephen C. Marr, 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 [www.army.mil/usapa/epubs/pdf/r360\\_1.pdf](http://www.army.mil/usapa/epubs/pdf/r360_1.pdf)

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