



April 3, 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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JMTC Returning To Artillery Manufacturing With XM35

"Historically we're the Army's artillery builder," said Natalie Stevens, XM35 lead mechanical engineer, Rock Island Arsenal - Joint Manufacturing and Technology Center (RIA-JMTC). RIA-JMTC has been the original equipment manufacturer for a majority of artillery pieces in the Army's arsenal. Recently, manufacturing of artillery has declined, but with work beginning on a new program, RIA-JMTC is returning to that market. "It's definitely, I think, one of our niche markets that we want to continue to be in and continue to be a competitive part of," added Stevens. "It really plays to a lot of our precision machining strengths. A lot of the work they do down in the crane way with cylinders and rods, long cylinders and long rods, that's a core part of our business that's kind of fallen off a bit, but it's a good opportunity to get back into that." The XM35 is a prototype 155 mm artillery weapon system, consisting of the cradle, the cannon and the recoil system, designed for a lighter, tracked vehicle. The design originates from an initial prototype designed and completed by RIA-JMTC and Joint Manufacturing and Technology Center Watervliet Arsenal, Watervliet, New York, in the 1990s, which was cancelled for unknown reasons. "The Army



Upcoming Dates

April 3: Real Leadership, Class location is pending, 8 a.m. – 12 p.m.

April 3: Youth Summertime Activities Expo, Heritage Hall, Bldg. 60, 10:30 a.m. - 1 p.m.

April 3: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

April 4: RIA AUSA Chapter Event, Bldg. 60 cafeteria, 11:30 a.m. - 12:30 p.m.

April 4: 2019 Annual Volunteer Recognition Event, Lock & Dam Lounge, 3-4:30 p.m.

April 4: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.

April 4: April First Thursday Social, Lock & Dam Lounge, 3-10 p.m.

April 5: Gold Star Spouses' Day

April 5: Sponsorship Training, ACS Training Room, Bldg. 110, 12-1 p.m.

April 5: Advanced Résumé Class, ACS, Bldg. 110, 1:30-3:30 p.m.

April 6: Quarters One Ghost Hunters Dinner Tour, Arsenal Island Clubhouse, 6-10 p.m.

April 7-13: National Volunteer Appreciation Week

April 9: National Former Prisoners of War Recognition Day

April 9: RIA Volunteer & AFTB Council Meeting, 9-10 a.m., ACS Training Room, 1st Floor, in Bldg. 110

April 10: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.

April 10: Arsenal-QC Connect, Lock & Dam Lounge, 3 p.m.

thinks that this lighter tracked vehicle is filling a gap in capabilities that they see and actually they kind of talk about wanting a vehicle that's smaller, that can be transported more easily, but tracked and armored, I think to do more urban combat," said Stevens. (More: www.army.mil/article/219354)

Rock Island and Moline Partner to Provide Trash Pickup, Recycling Services to Arsenal

For the first time, the cities of Moline and Rock Island will provide trash and recycling services to the Rock Island Arsenal. Moline Mayor Stephanie Acri and Rock Island Mayor Mike Thoms signed an intergovernmental agreement Thursday morning on the installation with Rock Island Arsenal Garrison Commander Col. Stephen Marr. The city-provided services will replace contracts with Republic Services and Allied Waste. "Today marks a momentous shift in the way we do business here on the Arsenal," Marr said. "This is the first (agreement) that will bring services from the municipalities onto the island that will benefit our residents." Marr said the new arrangement will save the Arsenal \$18,000 per year. He said the agreement is mutually beneficial for all parties involved. "We are receiving services from a reliable partner. It helps us drive down costs and helps us be better stewards of the money you entrust us with," Marr said. "The benefit of the municipal side is that money we would be paying a contractor is going back into the community. We are forever grateful on the Arsenal for the support we receive from our community." (More: https://qctimes.com/news/local/govt-and-politics/rock-island-and-moline-partner-to-provide-trash-pickup-recycling/article_ab274701-d712-5381-80c9-140ba18dae35.html)



New VA Clinic Opens in Davenport

More than 10,000 Quad-City veterans will be served by a new, state-of-the-art outpatient clinic in Davenport. Local and state leaders celebrated the new VA clinic Monday. "We were busting at the seams at the other location for our primary care providers, and we wanted to offer more services for the veterans here in the Quad-Cities," clinical manager Cindy McGee said. The renovation cost \$4.2 million, Iowa City VA public affairs officer Bryan Clark said, and the VA signed a 20-year lease with the property. The facility was first announced in November 2016.

Among the new services at the West Locust Street location are audiology, ophthalmology, physical therapy, podiatry, chiropractor and acupuncturists and home-based primary care. The building, inside the former Jewel Foods across from the fairgrounds, is close to twice the size of the former clinic in Bettendorf. There are 27 rooms, along with telemedicine rooms that connect to VA centers in Iowa City and Coralville, and spaces for dermatology, wound and pre-surgical and post-surgical care. McGee said the VA clinic still was hiring some services, including ophthalmology and audiology. (More: https://qconline.com/news/local/new-va-clinic-opens-in-davenport/article_c9633b25-721b-5a92-aab5-1b7c2a47334a.html)



Nation Recognizes Vietnam Veterans in Annual Observance

National Vietnam War Veterans Day observances took place across the nation, including at the Vietnam Veterans Memorial in Washington, March 29. At "The Wall," as it's commonly called, a number of veterans were awarded Vietnam Veteran lapel pins by Kim Joiner, the acting principal deputy assistant to the secretary of defense for public affairs, on behalf of the Defense Department. Joiner also participated in a wreath-laying event at the memorial. One of the veterans being honored was Duery Felton Jr., who served in the Army in Vietnam from 1966 to 1967. He was just 19 when he got to Vietnam after being drafted. "Vietnam stole my youth," he said, adding that he has mixed feelings about his experiences there. He was a radio telephone operator in the 1st Infantry Division with the rank of specialist 4. The moment that stands out most in his mind, he said, is when his platoon was ambushed. During the ensuing firefight, he said he lost many comrades, all of whose names are inscribed on The Wall that he now stood beside. (More: www.army.mil/article/219501)



White House Finalizes 1.9 Percent Pay Raise for Civilian Feds

President Trump on Thursday signed an executive order authorizing a 1.9 percent pay increase for federal employees this year, retroactive to January, ending six weeks of waiting and speculation about when the measure would be implemented. On Feb. 15, Trump enacted a spending package to keep the government open through September that included a 1.4 percent across-the-board pay increase for civilian federal workers and an average 0.5 percent increase in their locality pay for this year. The provision was retroactive to the first pay period of the year, which began Jan. 6. (More: www.govexec.com/pay-benefits/2019/03/white-house-finalizes-19-percent-pay-raise-civilian-feds/155904)



FY20 Budget Will Fund Childcare, Family Initiatives

During today's testimony, Army senior leaders told lawmakers their fiscal year 2020 request will not cut any programs supporting military families. "Due diligence was absolutely applied to ensure that there were no cuts that impacted Soldiers and their families," Army Chief of Staff Gen. Mark A. Milley testified Wednesday to the Senate Appropriations Committee's Defense subcommittee. He was referring to the "night court" process in which senior leaders reviewed every one of the Army's programs to assess how they impacted readiness and lethality. It was an unprecedented 50 hours of "painstaking deliberations," Secretary of the Army Mark T. Esper said. "Tough choices" had to be made, Esper said, before submitting the \$182.3 billion budget request for FY20. About \$30 billion was redirected from legacy programs over the five-year defense plan to fund the Army's six modernization priorities. (More: www.army.mil/article/219363)



The Army Is Rebuilding Its Ammunition Stores for the Next Fight

The head of Army Materiel Command said recently that he is putting a high priority on munitions readiness to make sure Army units are prepared for the next war. "This means having the right munitions – small-caliber to precision munitions – where we need them at the right time and the right place," Gen. Gus Perna told an audience at a March 14 Association of the United States Army event. "That means we must first ensure that the capability we have here in [the U.S.] can receive, store and issue munitions in a timely, effective manner." Perna's comments come at a time when the Army continues to replenish its ammunition stocks as it prepares to face an equally formidable foe such as Russia or China on the battlefield. In the service's fiscal 2020 budget request, it is increasing its investment in every type of ammunition except artillery shells, a heavy investment area in the Army's fiscal 2019 budget. (More: www.military.com/daily-news/2019/03/17/army-rebuilding-its-ammunition-stores-next-fight.html)



Guard Members Respond To Midwest's Historic Flooding

More than 340 National Guard members are responding to flooding affecting thousands throughout Nebraska, Missouri, Iowa, and other Midwest states. "As I always am, I was struck by how quickly the National Guard, the state first responders, the local police came together to immediately get to saving lives and mitigating suffering throughout the impacted area," said Air Force Gen. Joseph Lengyel, the chief of the National Guard Bureau, to members of the Nebraska National Guard during a recent visit to get a firsthand look at response efforts. Lengyel said he was impressed by the response efforts he's seen. "Clearly, the response phase of this thing was really well done," he said. "This says so much. It just demonstrates who we are and what we do as Guard [members]." The flooding was a result of higher-than-average temperatures that resulted in increased snow melt combined with heavy storms throughout the region. (More: www.army.mil/article/219257)



Innovative Research Provides Greater Insights into Congressional Reforms for Military and Overseas Voters

The Federal Voting Assistance Program (FVAP) is pleased to announce the publication of groundbreaking research that yields greater insights into congressional reform amendments to the Uniformed and Overseas Citizens Absentee Voting Act in 2009. The Military and Overseas Voter Empowerment Act required states to offer the military, their eligible family members, and overseas citizens the opportunity to receive ballot materials electronically and for election officials to transmit balloting materials no later than 45 days prior to each federal election. The Council of State Governments partnered with FVAP in 2014 to foster the development of a new data reporting standard for election jurisdictions. This new reporting standard is intended to focus on the individual voters experiences and identify drivers for success, said David Beirne, the FVAP Program Director. FVAP is committed to customer service and this new data reporting standard provides a rich source of new information to better identify areas of effectiveness and guide future program improvements, he added. During the 2016 General Election, the following



observations about our military, their family members and overseas citizens validate Congressional reforms quantitatively:

- More than 65 percent of all ballot requests were received at least 45 days prior to the election;
- Voters who received their ballots earlier were slightly more likely to return them;
- Voters who received their ballots early were less likely to have these ballots rejected; and
- Voters who received their ballots by mail were more likely to return them than those who received them electronically.

This new data standard focuses on transactional information to identify the specific timing and methods that work best to support the absentee voting rights of these military and overseas citizens. The 2016 data collected and analyzed is based on information provided directly from states and localities. With this initial round of research complete, FVAP intends to expand the collection of these data in 2020 to yield research that provides the greatest level of accuracy. (More: www.fvap.gov/uploads/FVAP/Reports/609-ResearchNote11_ExecutiveSummary_FINAL.pdf)

RIA AUSA Chapter Event

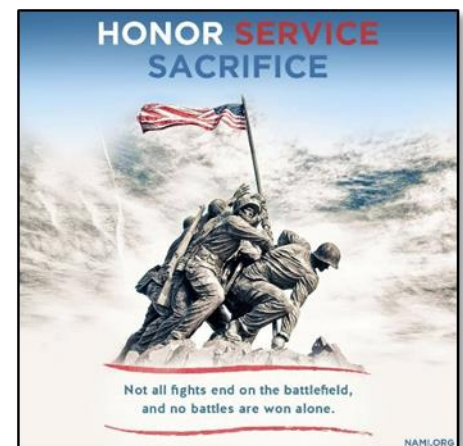
RIA AUSA is holding a quarterly members' appreciation event on the first Thursday of April, August, and October, on **April 4, Aug. 1, and Oct. 3**, in the cafeteria in Bldg. 60, from 11:30 a.m. - 12:30 p.m. in conjunction with 'First Thursday.' It is RIA AUSA's way of thanking their current members 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.

NAMI Homefront

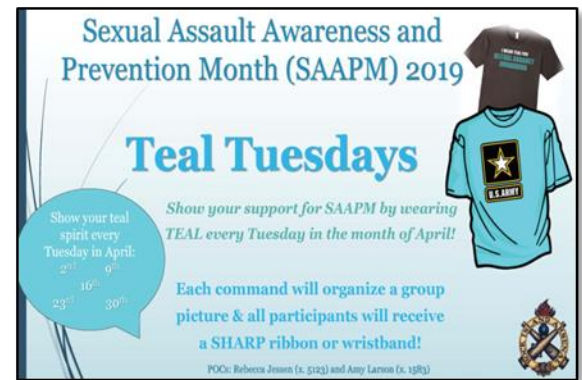
NAMI Homefront is a no cost, six-session education program for family and friends of military service members and veterans with mental health conditions. It focuses on the unique needs of active duty and veteran communities, such as post-deployment and post-discharge transitions. The course is designed 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.

Teal Tuesdays

Please join your command and colleagues island-wide in wearing teal and posing for group or individual photos in support of 2019 Sexual Assault Awareness and Prevention Month (SAAPM). Show your support for **Teal Tuesdays** every Tuesday this month on **Tuesday, April 9, 16, 23, and 30**; times and locations will vary per command. RIA personnel will wear teal, the symbolic color of the SHARP Program. Show your support of the SHARP program by participating in your command's Teal Tuesday photo. Thank you in advance to all participants for your support of SHARP and SAAPM. POCs: Rebecca Jessen at rebecca.y.jessen.civ@mail.mil, 309-782-5123; Amy Larson at amy.k.larson5.civ@mail.mil, 309-782-1583; or contact your organization's SHARP representative. National Sexual Assault Awareness and Prevention Month (SAAPM) is an observance held each April to raise awareness and educate communities on the prevention of sexual assault. During SAAPM the U.S. Army reaffirms its commitment to eliminate sexual assault within the Army, support victims, and inspire bystander intervention. The Army is committed to taking care of the Soldiers and DA civilians by working together to end sexual offenses in the Army, facilitating a more ready, capable force.



National Former Prisoner of War Recognition Day

National Former Prisoners of War Recognition Day on **Tuesday, April 9**, honors the courageous men and women who have endured brutal treatment at the hands of their captors, separation from family and displayed incredible endurance and faith during their captivity. On this day in 1942, the largest number of U.S. Forces were captured by Japanese troops in the Bataan Peninsula in the Philippines. After battling through extreme conditions and prolonged battles, the captured troops were forced to march 65 miles to the prison camp. Without medical attention, food or water thousands died. The mistreatment continued for those who survived the brutal journey. In the compounds, deep in the unfamiliar jungle, the hardships, brutality, and suffering lasted more than two years for those who could survive. Many POWs endure conditions much like this. These heroes deserve a day of recognition. An annual presidential proclamation is signed for National Former Prisoner of War Recognition Day and government officials, veterans, civic and private organizations observe the day with ceremonies and events. Some states require the POW/MIA flag to be flown in this day. President Ronald Reagan first proclaimed National Prisoner of War Recognition Day in 1987. Last year President Donald Trump stated in his proclamation, "Former POWs remain actively engaged in communities throughout our country. Their efforts help fellow veterans and their families cope with life after military service. In addition, their stories are a source of inspiration for current and future generations. Former POWs and loved ones of military personnel who have not returned from past conflicts share a unique connection. Few people can comprehend the emotional toll, the loss, and the pain of uncertainty the families of the fallen or captured endure better than former POWs. Their encouragement, understanding, and outreach helps ensure that their fallen and unaccounted-for comrades are not forgotten. As President, I remain committed to honoring and caring for former



POWs. They have persevered through the harshest of conditions and, thankfully, have returned home to their loving families and a grateful Nation. They deserve our utmost reverence and respect."

Rock Island Arsenal Veterans Network

The next RIA VET NET meeting is **Thursday, April 11**, 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 is HNI Corporation. 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. *No official U.S. Army endorsement is implied.*

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the CRD Room (in Bldg. 60), on **April 12 & 19**. If you would like to donate at this blood drive, feel free to email shoegerl@mvrbc.org with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. **ASC Blood Drive:** ASC is hosting a blood drive on **Thursday, April 18**, in the mobile donor bus parked in front of Building 390. The drive will be held from 10:15 a.m. to 2 p.m. To sign up, donors may contact: nova.stbrice.mil@mail.mil or sefo.p.luafalemana.mil@mail.mil. **B Shift Blood Drive at JMTC:** Thursday night, **April 25, and Thursday night, May 2**. These drives start at 1:45 a.m.; donors must sign up with their supervisor to give at these blood drives.



Charlie Corpuscle says, *"We have some fun incentives for blood donors at the Rock Island Arsenal. All donors may call 563-359-5401 or email 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.

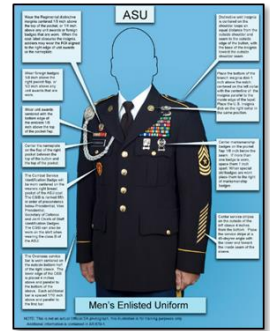
Free Boating Safety Classes

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.



VIOS Schedule for April, May

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **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>.



Passover Celebration

Join us for "Passover Celebration" on **Wednesday, April 17**, in the Lock and Dam Lounge, Bldg. 60, beginning at 11:30 a.m. All are welcome to attend. A matzah reception representing the unleavened bread eaten by the ancient Israelites during the Exodus will follow. This event is sponsored by the ASC/JMC/First Army Chaplains. POC is Cantor Gail Karp at 309-782-2604.



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.

Survivor Impact Walk

Join us for the Survivor Impact Walk on **Thursday, April 18**, 11 a.m. – 12 p.m. The walk will begin outside of Bldg. 110. This is a Sexual Assault Awareness and Prevention Month walk, held to reinforce the impact of sexual violence, not only on an individual, but the community as a whole. The POC for RIA SAAPM activities is RIA lead SARC, Sgt. First Class April Taylor, 309-782-2528/3315. Event POC is Meghan McAndrew, RIA SHARP Program Manager, 309-782-3885. National Sexual Assault Awareness and Prevention Month (SAAPM) is an observance held each April to raise awareness and educate communities on the prevention of sexual assault. During SAAPM the U.S. Army reaffirms its commitment to eliminate sexual assault within the Army, support victims, and inspire bystander intervention. The Army is committed to taking care of the Soldiers and DA civilians by working together to end sexual offenses in the Army, facilitating a more ready, capable force.



Earth Day Tree Seedlings

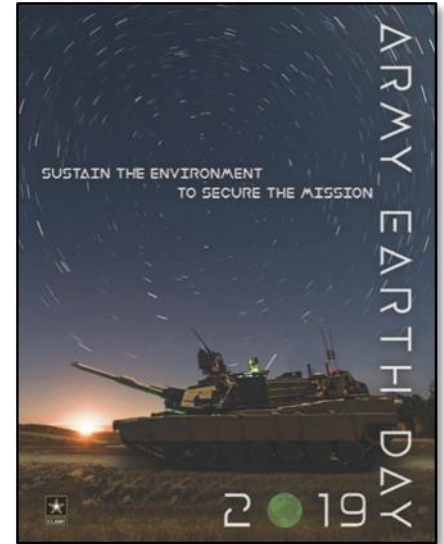
Living Lands and Waters will be distributing tree seedlings on Earth Day, **Monday, April 22**, 11 a.m. - 12:15 p.m., Bldg. 60 Cafeteria, as supplies last. This donation is part of their MillionTrees Project. The seedlings are Red Oaks, Burr Oaks, Swamp White oaks, and Red Buds. They are 12-24" and individually wrapped by volunteers (mostly students). Be part of the MillionTrees Project--stop by and pick up a tree. Living Lands



& Waters is headquartered in East Moline. It is a 501(c)(3) environmental organization that was established by Chad Pregracke in 1998. Spending up to nine months a year living and traveling on the barge, the Living Lands & Waters' crew hosts river cleanups, watershed conservation initiatives, workshops, tree plantings and other key conservation efforts. Since the organization was founded, Living Lands & Waters has grown to be the only "industrial strength" river cleanup organization like it in the world.

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.



Denim Day

Join us and participate throughout the day in Denim Day on **Wednesday, April 24**. Wearing jeans on Denim Day has become a symbolic campaign against erroneous and destructive attitudes about sexual assault. The POC for RIA SAAPM activities is RIA lead SARC, Sgt. First Class April Taylor, 309-782-2528/3315.



Clothesline Project and Survivor Stories

Stop by the Clothesline Project and Survivor Stories display on **Thursday, April 25**, 10 a.m. – 2 p.m., in Heritage Hall, Bldg. 60. This event is showcasing personal experiences from individuals impacted by sexual violence. Information tables will be available featuring on- and off-post resources. The POC for RIA SAAPM activities is RIA lead SARC, Sgt. First Class April Taylor, 309-782-2528/3315.



SHARP 5-K Run

Join us for RIA's annual SHARP 5-K Run on **Tuesday, April 30**, 6:30-7:30 a.m. (the location on Island is to be determined). This 5K run will wrap up Sexual Assault Awareness and Prevention Month. This run promotes the awareness of the SHARP program and the resources and reporting options available to Soldiers and Army civilians. The POC for RIA SAAPM activities is RIA



lead SARC, Sgt. First Class April Taylor, 309-782-2528/3315.

RIA Amnesty Ammunition and Explosives Day

RIA Amnesty Ammunition and Explosives Day will be held **Thursday, May 2**, by the Moline Gate parking lot by Test Center 25 from 9 a.m. to 2 p.m. No ammunition for turn-in will be accepted.



May "Buddy Check Event and BBQ"

May is Mental Health Awareness Month. Sundance for our Soldiers and Random Acts of Veterans are teaming up to bring you an incredible night for you and the family on **Saturday, May 18**, from 4-9 p.m., at 18062 N 850th Ave, Galva, Illinois. Not only are we BBQing you will get a live demonstration to Equine therapy, food, fun, bonfire and giveaways. Come out join us for some camaraderie, fun and laughs. Events for the kids and adults as well. Sponsorship opportunities or donations please contact SOS, or message the page directly. Sundance for our Soldiers is a 501c3 Non-Profit. If you would like to know more about them and what they do please visit their website, www.sundanceforoursoldiers.org, and join us for this incredible event. Mark your calendars now! If you need any assistance attending do not hesitate to ask. We can provide shuttles to and from the event, and any handicap issues we can accommodate. (More: www.facebook.com/events/2150774198370454)

Memorial Day Flag Placement

Cemetery volunteers are needed for placement of American flags on **Thursday, May 23**. The Rock Island National Cemetery is seeking volunteers to place American flags at the headstones of fallen service members in honor of Memorial Day. Work to place the flags will begin at 4 p.m., **Thursday, May 23**, rain or shine. Please plan to arrive early due to the incredible support from the greater Quad Cities area, which will result in high traffic into the Cemetery. In the event of severe weather, flag placement will be 4 p.m., **Friday, May 24**. All volunteers need to show up inside the cemetery to receive flags and instructions. For more information, call 309-782-2094. Hotdogs will be served to participants and volunteers at the conclusion of flag placement. Work to remove the flags begins at 8 a.m., **Tuesday, May 28**, weather permitting.



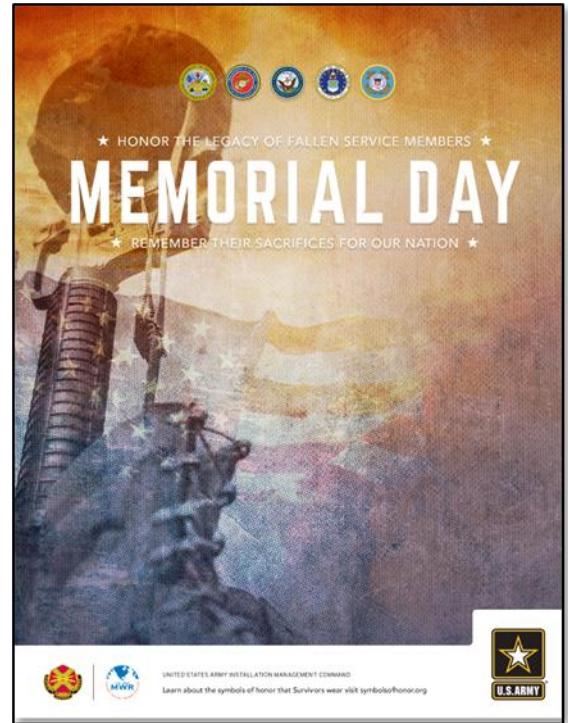
Show Support for National Poppy Day

The American Legion Family has called upon Congress to designate **May 24, 2019**, as National Poppy Day to expand awareness and provide support everywhere for all who have served and sacrificed in the U.S. armed forces. "The American Legion is pleased to bring Poppy Day to the United States, joining countries around the world who use the symbolic flower to remember our fallen and support the living," American Legion National Commander Charles E. Schmidt said. (More: www.legion.org/poppyday)



Memorial Day Ceremony

A Memorial Day Ceremony will begin at 10:45 a.m., **Monday, May 27**, at Rock Island National Cemetery. There will be no parking at the cemetery for this ceremony except for individuals who are wheelchair bound. Parking for all others will be behind Memorial Park in the large lot. Buses will be transporting people from the parking lot to the cemetery and will run 9 a.m. to 1 p.m. Visitors should arrive early to ensure enough time to park their vehicles and be transported to the cemetery. Memorial Park is located off of the main Island road, Rodman Avenue at the corner of East Street. For more information, call 309-782-2094. Memorial Day represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of the nation and its values. Memorial Day honors fallen service members while Veterans Day is an opportunity for Americans to publicly recognize living military veterans. Memorial Day was originally known as Decoration Day. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War Soldiers and a day to honor the nation's Civil War dead by decorating their graves. Maj. Gen. John A. Logan, commander-in-chief, Grand Army of the Republic, proclaimed May 30 as Decoration Day by General Order No. 11. The Uniform Monday Holiday Act moved Memorial Day from May 30 to the last Monday in May. The law took effect in 1971 at the federal level. In 2000, Congress established the National Moment of Remembrance on Memorial Day.



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 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. QCVEAC is a collaboration between the Quad Cities Community Veterans Engagement Board, U.S. Department of Veteran Affairs, state, county, and local organizations, and the community. This grassroots effort will provide veterans the means to resolve any pending or new issues they may have by providing a one-stop shop where they can access in person VA and community resources over two days. This event will have a significant and lasting impact on the lives of veterans in our community. The first event of its kind in our area, the event will provide:



- 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. — **QC Wellness Group:** Come in for discounted chiropractic care for you, and your family. This offer is valid to all active duty, reserves, and veterans. We are located at 2220 E 53rd Street in Davenport. Call us today to book your appointment at 563-355-3100, restrictions can apply. **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 3rd 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 18th Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction

MetroLink, CitiBus Offering 'Stretch' Service to Assist during I-74 Construction

MetroLink and CitiBus partnered together and launched two new transit bus routes on Dec. 3. The new bus services is called "Stretch." The project was created to alleviate traffic due to construction on the I-74 Bridge. It offers two free routes (one to get you to Illinois, one to Iowa), traveling between Burlington Coat Factory in Bettendorf to Centre Station in Moline (which is very near the foot of the ramp to the Arsenal, on River Drive downtown Moline) and District Station in downtown Rock Island.



"We're hoping to attract some more choice riders with these new routes," Jennifer Hirsch MetroLink manager of administration said. "We want to give them a different alternative to sitting in your car on I-74 when things get a little congested." There are four Stretch buses, each with 40 seats. The buses also offer free Wi-Fi. "If I can get 40 cars off I-74 and 40 people into a stretch bus, then I think that's great for the entire community," Hirsch said. The bus service runs Monday through Friday, 5:45 a.m. to 6:35 p.m. To view the Stretch route, download the TransLoc Rider app on your phone and select Davenport CitiBus. Stretch is part of an 18-month project that was part of a \$1.3 million grant. Once the project is complete, Bettendorf will resume the Bridge line route. The map and schedule can be found at the website at www.stretchqc.com; the service also has a Facebook page at www.facebook.com/StretchQuadCities.

Traffic, Gate Hours Change Due to I-74 Bridge Construction

There are now major detours, a lane closure on the bridge, and a thru-traffic bypass demanding the most of motorists' patience.

On Arsenal Island, the gate hours at the Moline Gate are unchanged (open 24 hours, seven days a week). The Rock Island Gate hours of operation are extended by one hour and will close at 9 p.m. Monday through Friday (4:30 a.m. - 9 p.m.) and remain the same on Saturdays (8 a.m. – 8 p.m.) and on Sundays (closed). The Davenport Gate hours remain unchanged (Monday through Friday: inbound 5:30 a.m. - 8:15 a.m.; outbound 2-5:30 p.m.; Saturday and Sunday: closed).

Traffic changes resulting from the I-74 Bridge Construction include:

- Iowa-bound Interstate 74 through-traffic are detoured to I-80 and I-280.

- Traffic heading to downtown Moline cannot use Interstate 74 north of Avenue of the Cities. Traffic are instead routed off the interstate and onto 19th Street, which runs parallel to and just east of the interstate.

Local traffic can access the one open westbound (Iowa-bound) lane of the existing bridge from River Drive. The other downtown ramp are not accessible.

- All on- and off-ramps for Illinois-bound traffic will remain open during the 2019 season.
- Local traffic on the Iowa-bound span must exit at Grant Street/U.S. 67 in Bettendorf.
- **Through May**, traffic in Bettendorf is rerouted from Grant Street to 14th Street to Kimberly Road, then Middle Road, to continue westbound.

The traffic-pattern changes have long been planned to accommodate the remaining interstate lane expansions in the corridor in addition to the bridge construction. But Iowa DOT officials in charge of the project also are dealing with unexpected developments. The erection of the basket-handle arch is essential to the opening of the westbound span. Until the arch is finished, the contractor cannot lay the road surface on the portion of bridge between the arches. The agreement with lead contractor Lunda Construction had targeted this spring for completion of the arch, which would have made the new Iowa-bound span ready for use in November. But last year's flooding, the anticipated flooding this spring, snows storms, extreme cold and ice in the river have delayed progress on the arches. Under the circumstances, the new target is to have the westbound span open by the **middle of 2020**. The plan is to move local traffic onto the new lanes before the opening of the westbound span to through-traffic.

Rock Island Viaduct Sidewalk Closed to Pedestrians

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



Building/Space Closures



Work to Resume on Project to Re-point Stone Shops, Buildings 102-104 and 108-110

Effective April 1, contract personnel began replacing mortar at the SW corner of Building 102, to complete the final stage of the re-point project. As the contractor moves around the buildings, the areas of work will be fenced off. As work proceeds above doorways, access will be curtailed, exterior barricades will be placed and interior signage will be placed notifying occupants of emergency exit only. Emergency Services will have access to doors at all times and in the case of an emergency, the contractor will cease operation to allow for safe egress of employees. The contractor will erect scaffolding over accessible entrances in order to keep them open during the project. The project completion date is **Friday, May 31**, but may be extended due to weather or other unforeseen site issues.

Active Duty/Reserve Zone



C

Policy Change Allows Soldiers to Seek Voluntary Alcohol-Related Behavioral Healthcare

With the signing of a directive by Army Secretary Mark T. Esper on March 25, U.S. Army Soldiers can voluntarily seek alcohol-related behavioral healthcare without being mandatorily enrolled in a substance abuse treatment program. This policy encourages Soldiers to take personal responsibility and seek help earlier therefore improving readiness by decreasing unnecessary enrollment and deployment limitations. The directive's goal is for Soldiers to receive help for self-identified alcohol-related behavioral health problems before these problems result in mandatory treatment enrollment, deployment restrictions, command notification and negative career impact. "This is a huge historical policy change that will address a long standing barrier to Soldiers engaging in alcohol-related treatment," said Jill M. Londagin, the Army Substance Use Disorder Clinical Care Program Director. "Alcohol is by far the most abused substance in the Army. Approximately 22 percent of Soldiers report problematic alcohol use on Post Deployment Health Reassessments. (More: www.army.mil/article/219444)

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 who are on active duty, mobilized/activated reservists, retirees, 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**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website:

<https://home.army.mil/ria/index.php/about/Garrison/safety-office>

Getting Ready For the Road - Bringing Motorcycles Out of Winter Storage

If you put your bike in storage for the winter, hopefully you followed the guidance found in your motorcycle owner's manual (MOM). If so, your prep time to get your motorcycle road ready will be relatively short, once again following the procedures in your MOM. If you just parked your motorcycle in the corner of your garage or shed, however, you'll have your work cut out for you. It will probably put a sizeable dent in your wallet too! For those riders who followed the MOM, your job might be as easy as pulling off the cover, removing any plugs you installed to keep foreign matter out of the exhaust and any other openings, and washing it. Fill the gas tank, change the oil and check the tires for correct pressures and signs of dry rot. If you disconnected the battery, reconnect it following your MOM procedures. If you didn't put the battery on a trickle charger, you might have problems firing up your bike. Otherwise, it should be ready to ride. Once your bike is set, it's time to check your personal protective equipment to make sure it still fits and is in serviceable condition. Those extra pounds you may have put on over the holidays could mean a trip to the bike shop to buy some new gear. This is also a great time to make sure you and your bike are properly licensed and insured. Some of you might have deregistered your motorcycle during the winter. If so, you'll have to go through the registration and insurance processes again. Do it early so you can get on the road as soon as the weather breaks. Your bike and gear are now ready for the road, but what about you? After the winter break, your first trip shouldn't be from Fort Drum, New York, to Daytona, Florida, for Bike Week. If it's been more than a few months since your last ride, you might need refresher training. Contact your local safety office to schedule an advanced rider's course. (More: <https://safety.army.mil/MEDIA/RISK-MANAGEMENT-MAGAZINE/ARTMID/7428/ARTICLEID/6232/GETTING-READY-FOR-THE-ROAD>)

Egg Handling, Safety Tips at Easter

Here are some important safe handling methods to remember this time of year. When you're decorating, cooking, or hiding Easter eggs, extra care is needed as eggs are handled a great deal more than usual around Easter. Remember to:

- Wash your hands thoroughly with hot soapy water and rinse them before handling the eggs when cooking, cooling, dyeing, and hiding them.
- Be sure and inspect the eggs before purchasing them, making sure they are not dirty or cracked. Dangerous bacteria may enter a cracked egg.
- Store eggs in their original cartons in the refrigerator rather than the refrigerator door.
- If you're having an Easter egg hunt, consider hiding places carefully. Avoid areas where the eggs might come into contact with pets, wild animals, birds, reptiles, insects, or lawn chemicals.
- Make sure you find all the eggs you've hidden and then refrigerate them. Discard cracked eggs.

- As long as the eggs are not out of refrigeration more than two hours, they will be safe to eat. Do not eat eggs that have been out of refrigeration more than two hours. Refrigerate hard-cooked eggs in their shells and use them within one week. If you are planning to use colored eggs as decorations, (for centerpieces, etc.) where the eggs will be out of refrigeration for many hours or several days, discard them after they have served their decorative purpose.

The 2010 nationwide outbreak of Salmonella was a dramatic example of how eggs can carry toxic bacteria. More than 1,500 people became ill and some 500 million eggs had to be recalled during that outbreak, but every year there are reports of illness caused by eggs, particularly from raw or lightly cooked eggs in dishes such as custards, puddings, hollandaise sauce or Caesar salad dressing. Easter eggs, because they're more often thoroughly cooked, aren't quite as risky. But Salmonella can be found on both the outside and inside of eggs, so it's important to guard against cross contamination before they're cooked – washing hands and all food contact surfaces that come in contact with raw eggs – and also to store cooked and uncooked eggs properly. Make sure the Easter bunny at your house pays "egg"stra attention to Easter egg safety when handling eggs for dyeing and hunting.

Equal Employment Opportunity Focus



The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior. Garrison EEO office hours: 8 a.m. – 4 p.m.; 309-782-1488; Website:

<https://home.army.mil/ria/index.php/about/Garrison/equal-employment-program>

There are no announcements at this time.

Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

6th Annual Youth Summertime Activities Expo

The 6th Annual Youth Summertime Activities Expo will be held from 10:30 a.m. to 1 p.m., on **Wednesday, April 3**, in Heritage Hall, Bldg. 60. This is a great opportunity for parents and grandparents to visit with Quad City area programs offering activities during the summer months for children of all ages. There will be door prizes from sponsors as well, including the family 4 packs to Davenport Junior Theater's performance of "James and the Giant Peach," two chances for a free week of camp at Rivermont Collegiate, a Tribute Brick in the Sun Garden at the Quad City Botanical Center, and many more! Some of the other programs represented will be Augustana College, Eastern Iowa Community College, Capri College, Moline and Bettendorf Parks and Recreation Departments, Hand in Hand, QC Bicycle Club, Boys and Girls Club, Hand in Hand, several area libraries, and many more. The expo is brought to you by the Rock Island Arsenal Family Advocacy Program and Children and Youth Services. For more information call 309-782-3049. The public is invited and encouraged to attend this great event.



April First Thursday Social

Come join MWR at the Lock & Dam Lounge for April's First Thursday Social on **April 4**. This month we'll be featuring a tap takeover by Five Cities Brewing out of Bettendorf. Gather all your friends, family, co-workers, neighbors... whoever, it's open to the public and join us for live music from Jef Spradley, drink specials and free appetizers courtesy of our sponsor, Rock Island Arsenal AUSA Chapter 5102. While you're here, make sure to try a pint or two of Lock & Dam Lager or Arsenal Pale Ale, both of which can only be found at the Lock & Dam Lounge. Also, make sure to come hungry as our new menu https://rockisland.armymwr.com/download_file/view/45472/14741 is now available, try a Ribeye Sandwich, they're amazing. Call 309-782-4372 for more info.



Island Oasis Café and Grill

The Island Oasis Café and Grill has moved back outside. Our hours of operation are Monday - Friday, 11 a.m. - 1 p.m. Please come out and enjoy the weather in front of Building 67. Menu will include daily specials, like the Ribeye Sandwich on Thursdays. During inclement weather we will move back indoors for the day. Look forward to seeing you there! For more information please call 309-782-4372.

Run The Rock Volunteers Needed!

Are you interested in being a part of the 2nd Annual Run the Rock 5k/10k + Kids Run on Rock Island Arsenal on Armed Forces Day, **Saturday, May 18**? Give Sarah a call at 309-782-7544 for more info and to sign up.

New Menu at the Lock & Dam Lounge

Have you been to the Lock & Dam Lounge in Bldg. 60 lately? If not you should definitely come give it another look as we have recently rolled out our new food menu. With fan favorites like our Arsenal Burger basket and mouthwatering, hand-cut rib eye steak sandwiches paired with a side of delicious fried pickles or onion rings there's sure to be something for everyone in the family to enjoy. While you're here make sure to try a pint of Arsenal Pale Ale as this is the only place you can

get this great local craft brew. Also on tap are several craft beers from Lakefront Brewery and other local brewers for \$4 from 4-6 on Wednesdays and Thursdays. Check out the full menu on our Facebook page: www.facebook.com/LockandDamLounge and make sure to like the page to stay up to date on all the great programs and events happening here. Please call Damen at 309-782-4372 for more info.

Quarters One Ghost Hunters Dinner Tour

Come learn about the paranormal history of this Italianate 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 Illinois Paranormal Research Group. 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.

Free Spring Vehicle Inspection

April is Spring Car Care Month, so bring your vehicle down to the Auto Service Center in Bldg. 351 for our annual Spring Car Care Free Vehicle Inspection on **Saturday, April 13**, 9 a.m. – 2 p.m., and get ready for those summer road trips. This 21 point inspection will cover belts, hoses, tires, undercarriage, fluid levels and more to make sure your vehicle is safe for all those summer miles. Also enjoy \$21 standard oil changes and 10 percent off Vibrant Mobile Detailing services during the entire month of April. See detailing packages and book your appointment here: www.vibrantmobiledetail.com/Arsenal Lastly, once your ride is tuned up and detailed make sure to grab a \$20 preloaded car wash card and we'll load an extra \$5 on there for free to keep your wheels shiny looking all month long. For more info please call the Auto Service Center at 309-782-8631.

Teen Vehicle Orientation

Attention parents of new drivers, get your teens signed up to learn some valuable tips about vehicle maintenance from our pros at the Auto Shop on **Thursday, April 18**, 5:30-7:30 p.m. We will use the first two enrolled student's vehicles to demonstrate to the class and will cover checking fluid levels, tire pressure, what the dash lights mean, locating and using the spare tire and jack, and many other valuable lessons for new drivers. Cost for the class is just \$5/student, please RSVP by calling the Auto Shop at 309-782-8631.

Easter Egg Hunt

Get all the kids together and get to Memorial Park on **Saturday, April 20**, 10 a.m. - 12 p.m., 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? Cost between **Jan. 1 and Sunday, May 12**, is \$35/participant for the 5K & 10K and \$10/participant for kids races: 100 yard dash (3-4 years old), ½-mile (5-6 years old), 1-mile (7-8) years old) and 2-mile (9-13 years old); and during the final week before the race, the fee for all races will increase by \$5 to \$40 (5K/10K) and \$15 for the kids. All pre-registered participants will receive a custom race t-shirt and finishers medal as well as access to the post-race party. Don't wait, register today at www.getmeregistered.com/RIARunTheRock.



Workforce Wednesdays and Thirst-day 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.

MWR Leisure Travel Office

We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. 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) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

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, 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

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/categories/cys-services>) (Facebook: www.facebook.com/RIACYSS)

Lock the Rock Teen Lock In

The Teen Resilience Program and Child and Youth Services invite all Arsenal affiliated teens from 6th-12th grade to attend our Month of the Military Child event: Lock the Rock Teen Lock In from **Friday, April 27**, at 7 p.m., to **Saturday, April 28**, at 8 a.m., at the School Age Center, Bldg. 150. The activities include a flashlight tour of haunted Quarters One, a scavenger hunt, capture the flag, music, dancing, karaoke, various contests with prizes, glow in the dark sports and games, and much more. Snacks and a light breakfast will be provided. Teens are welcome to bring a friend. A parent or guardian must register youth for the event by **Friday, April 19**, by calling 309-782-6515. The cost of the event is \$20 and payment is due by **Friday, April 19**. If the payment is made prior to **Friday, April 1**, the cost is reduced to \$15. No refunds will be available once payment is made. Youth are encouraged register with CYS, but it is not required.

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



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website

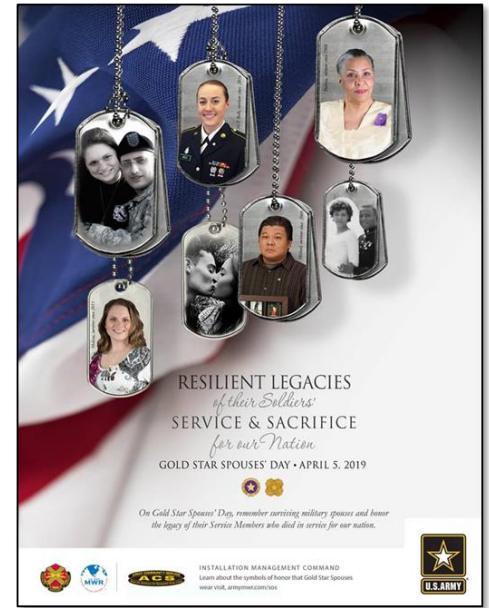
<https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**.

2019 Annual Volunteer Recognition Event

Calling all Army Volunteers! Come be recognized for all the hard work and hours you've put in this last year volunteering for Army programs. 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 and enjoy food and drink courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. For more information or to RSVP contact Army Community Service at 309-782-0829.

Gold Star Spouses Day

April 5 is designated as Gold Star Spouses day and will be on **Friday, April 5, 2019**. Gold Star Spouses Day, is an opportunity for the U.S. Army to honor the surviving husbands and wives of fallen Soldiers. Gold Star Spouses are the resilient legacies of their service member's sacrifice to the nation. The Gold Star is a symbol of loss dating back to World War I. In 1947, Congress approved the design, manufacture and distribution of the official Gold Star Lapel Button, a symbol worn by next of kin of service members of the armed forces who lost their lives in war and armed hostilities of the United States. In 1973, the Lapel Button for Next of Kin of Deceased Personnel was introduced to symbolize active duty Soldiers who lost their lives in non-combat operations. Family members typically receive these pins from the Army before or after their Soldier's funeral service. The Army is dedicated to providing ongoing support to more than 78,000 surviving Family members of fallen Soldiers. Army Survivor Outreach Services offers resources that include supportive counseling, financial education, benefits coordination, and support groups to surviving Family members for as long as they need or request. The Army will continue to work with nonprofit organizations, and non-governmental organizations to counterpart the Army's continuum of support. Gold Star Spouses will always be a part of the Army Family. The Army recognizes their courage and sacrifice and is committed to supporting them while honoring the legacy of their fallen husbands and wives. Gold Star Spouses are not forgotten. If you're a surviving Family member, Rock Island Arsenal Survivor Outreach Services (SOS) offers you access to support, information, and services, closest to where you live, when you need it and for as long as you need it. They can be reached at 309-782-0829, additional details at <https://rockisland.armymwr.com/programs/survivor-outreach-services>.



Advanced Resume Class for Federal Employment

Advanced Resume Class for Federal Employment will be **Friday, April 5**, 1:30-3:30 p.m. The class will be held in the ACS training room, Bldg. 110. This class is for spouses, but open to all service members, DA civilians (APF & NAF), Retirees and their Family members. Learn how to tailor your resume for federal employment and advanced techniques. RSVP required by **Tuesday, April 2**. Call 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil.

Army to Recognize Two Outstanding Volunteers

Two volunteers will be honored by Army Community Service with the 2019 Emma Marie Baird Award for outstanding volunteer work in connection with Volunteer Appreciation Week. Observed **April 7-13**, Volunteer Appreciation Week reiterates the Army's commitment to recognizing the invaluable service volunteers offer to Army garrisons and local communities. This year's theme is "Volunteers: The Heart of the Army Community." Stacie Pogoncheff of Joint Base Lewis-McChord, Washington, will be acknowledged May 30 for her work with the ACS Exceptional Family Member Program. Kim Shoffner of Fort Leavenworth, Kansas, will be recognized April 18 for developing the Field Grade Spouse Seminar and her other ACS advocacy work. (More: www.army.mil/article/219479)

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, 1st 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.

Thrift Savings Plan Review

Come learn about the Thrift Savings Plan on **Friday, April 26**, 12-1 p.m., at Army Community Service, Bldg. 110, from your accredited financial counselor. Discussion topics include: Making wise decisions today - retire with dignity tomorrow, saving for retirement - your TSP contributions, turning savings into income - TSP income options, and much more. For more info or to RSVP by **Monday, April 22**, please call ACS at 309-782-0829 or email at usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil.

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.

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.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. 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), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

Storage Units Available for Rent

Did you know that Outdoor Recreation has storage units that are available to rent right here on the Island? If you're in need of short or long term storage, we have the solution for you. Units measure 10' x 15' and are available for \$80/month, use it for as little or as long as you have a need to store items. For your convenience we also offer automated online billing. Call 309-782-8630 for more info and to reserve your space(s) today, these available units won't last long.

Employee Assistance Program



The ASAP/EAP 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. The ASAP/EAP promotes healthy lifestyles. 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. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> 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. Find us on Facebook click here: www.facebook.com/pages/Rock-Island-Arsenal-EAP/124853580916835.

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:

- **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.

Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The **Army Continuing Education Division (ACED)** promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The **Rock Island Army Education Center** is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more:

<https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

New DOD TA DECIDE Tool Is Here To Help YOU

Are you a military member using tuition assistance (TA) to further your education? Have you wondered which school to attend? Which school offers the best degree program to fit your needs? Wondered if your school of choice is reputable? Well, help finding the answers to those questions is just a click away.

TA DECIDE

The Department of Defense DOD TA DECIDE's dynamic information and comparison tool is designed specifically to aid participants of DoD's Tuition Assistance (TA) program in making informed choices on schools and education programs. The TA DECIDE engine is fueled by more than 10 recognized and trusted data sources from across the departments of Defense, Education, and Veterans Affairs. The benefit of using this particular tool is knowing that the schools accessed through the tool are trustworthy, as they have signed a Memorandum of Understanding with DoD (DoD MOU) agreeing to adhere to certain principles of excellence. The memorandum, a list of participating educational institution, and the TA DECIDE tool can be found at:

www.dodmou.com/TADECIDE.

Comparison Tool

TA DECIDE allows service members to search for schools using multiple parameters, and then compare the schools that fall within those parameters. For example, service members interested in an associate degree in cybersecurity, you can search by those filters and come up with schools that meet the criteria they see as important. Service members can search by:

- State/Territory
- Accreditation Type
- School Type
- Learning Method
- Program
- Degree Level

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. 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. 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.

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

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.

Defense Commissary Agency / Exchange



The Rock Island Commissary, 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, 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. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: 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 and type 'Subscribe' in the subject line.

Honoring Our Smallest Heroes

April is the Month of the Military Child, a time to show our support and thank the smallest heroes in our ranks. Your Rock Island Arsenal Commissary is hosting a coloring contest in their honor. We will have a table set up with chairs and crayons the whole month of April. How fun is that? That is not all! We are having a fabulous side walk sale on **Tuesday and Wednesday, April 23-24**. We will be hosting a wide variety of really fun items at a great savings. That's right! Great savings! Just for you! Thank-you for your service. We always hope to make you happy every time you come here and save you lots of money. There's no time for fooling around this April with all the exclusive deals, scholarships, events, and competitions happening only at your commissary. Commissaries are in their final weeks of competition to bring home a Procter & Gamble ProCamp. And customers can still win a chance to meet Smithfield #10 stock car driver Aric Almirola, or win a trip for two to the race of their choice. Come check out the great specials that we will be having in our outstanding produce department and meat departments. We still grind fresh ground beef daily, and where else can you go to get fresh produce or veggies cut cleaned and trayed for your convenience, our baskets are made to order or your specifications, or pre-made daily for your convenience; Also check our Seasonal Decorative plants that are available for sale every day. Please provide 24-48 hour notice for the following special orders:

- Our Grocery Department can order case quantities of any item that is available in our distribution system, even if you do not find it on the shelf.
- Our Meat Department will cut meat to your request.
- Large, medium and small fruit or veggies platters are also available!
- Ask about or large, medium and small fruit baskets!
- For special orders, please call 309.782.4614 or email Rockisland.commissary@deca.mil.

Find our store Web pages

Did you know our store has its own pages on the commissary website? Click www.commissaries.com/shopping/store-locations/rock-island-arsenal for the “Rock Island Arsenal Commissary” Web page. Subscribe to Express Line – If you would like to subscribe to Express Line, send an email to: RockIsland.commissary@deca.mil Include “Subscribe me to Express Line” in the subject line. “I am so happy that we are able to be a part of recognizing these children for their strength and sacrifices,” said Army Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “They deserve the best, and the commissary and its people do an excellent job providing them with the best quality food they need to help them grow.” — *Christopher Carpenter, Defense Commissary Agency, Rock Island Arsenal Commissary*

Quick Menu Options: Commissaries Expanding Fresh Meal Kits to More Stateside Stores

Meal kits, billed as gourmet style meals ready in as little as 10 minutes, will be available at all stateside commissaries by September, the Defense Commissary Agency announced. Meal kits were introduced last November in 12 commissaries in Virginia and North Carolina, and sales prompted their phased expansion to other stores beginning in April and ending Sept. 30. The kits are being offered in response to customer demand and market growth in the meal kit industry, according to Darrell Clary, the agency’s category manager for meat, beverages and deli/bakery. (More: <http://commissaries.com/our-agency/newsroom/news-releases/quick-menu-options-commissaries-expanding-fresh-meal-kits-more>)

Exchange Celebrates Military Brats with 2019 Collectible Patch Giveaway on April 6

The Army & Air Force Exchange Service is celebrating the resilience of military children with a collectible military brat patch in honor of the Month of the Military Child, available for free while supplies last at participating Exchange locations April 6. (More: <http://publicaffairs-sme.com/ExchangePost/2019/03/26/exchange-celebrates-military-brats-with-2019-collectible-patch-giveaway-on-april-6>)

Honoring 'Our Smallest Heroes': During April, Month of the Military Child, Commissaries Offer Savings Promos Linked To Easter, Procamp, Scholarships, More

April is the Month of the Military Child, a time to show our support and thank the smallest heroes in our ranks. “I am so happy that we are able to be a part of recognizing these children for their strength and sacrifices,” said Army Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “They deserve the best, and the commissary and its people do an excellent job providing them with the best quality food they need to help them grow.” There’s no time for fooling around this April with all the exclusive deals, scholarships, events, and competitions happening only at your commissary. Commissaries are in their final weeks of competition to bring home a Procter & Gamble ProCamp. And customers can still win a chance to meet Smithfield #10 stock car driver Aric Almirola, or win a trip for two to the race of their choice. (More: <https://www.commissaries.com/our-agency/newsroom/news-releases/honoring-our-smallest-heroes-during-april-month-military-child>)

Anyone—including Civilian Visitors and Workers— Can Dine at Exchange Restaurants, Expresses

Did you know that you don't have to be serving in the military to grab a bite to eat at the more than 1,700 Exchange restaurants or 330 Express locations? Visitors, Department of Defense contractors and civilians can dine-in or pick up grab-and-go fare. (More: <http://publicaffairs-sme.com/ExchangePost/2019/03/20/anyone-including-civilian-visitors-and-workers-can-dine-at-exchange-restaurants-expresses>)

Exchange Salutes Military Children in April for Month of the Military Child

The Army & Air Force Exchange Service is honoring the sacrifice and resiliency of military children throughout April with in-store events and giveaways as well as online sweepstakes in honor of the Month of the Military Child. (More: <http://publicaffairs-sme.com/ExchangePost/2019/03/21/exchange-salutes-military-children-in-april-for-month-of-the-military-child>)

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 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.

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website: www.arsenalhistoricalsociety.org/museum) (Facebook: 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 – April 3-9

The United States entered World War I on April 6, 1917. The Chief of Ordnance ordered the design of a semi-automatic shoulder rifle at RIA on April 7, 1909. It was to weigh no more than 11 lbs. On April 8, 1832, Black Hawk led his band across the Mississippi River and back into Illinois in violation of his treaty with the United States Government. This incident sparked the Black Hawk War. In April 1933, the RIA began manufacturing models and prototypes of half track truck, T1; combat car, T5; and a light tank, T2.

Healthbeat



Army Public Health Professionals Celebrate National Public Health Week

April 1 isn't just for April Fools, it also marks the beginning of National Public Health Week, which runs from **April 1-7**. Sponsored by the American Public Health Association, the goal of NPHW is to raise public health awareness, which falls right in line with Army Public Health Center's goal to support active living through the promotion of readiness and resilience. Prevention of disease and injury is at the heart of the APHC mission and the NPHW themes, including healthy communities and technology and public health, nest very well with Army public health key initiatives.

Throughout the week, APHC will be promoting these themes as well as highlighting some of the key findings in the recently released 2018 Health of the Force report. This year's report provides an evidence-based portrait of the health and well-being of the U.S. Army Active Component Soldier population. Some key findings include the importance of mental skills training, as well as the key role embedded behavior health teams and Army Wellness Centers play in improving Soldier physical fitness. (More: www.army.mil/article/219530)

Your Environment and Your Body: How Exposure To Mold and Lead May Impact Your Health

A healthy environment is important to the health of your body. Possible exposure to lead or damp, moldy indoor spaces may impact your health. TRICARE covers the screenings, services, and supplies needed to diagnose and treat allergies, asthma, and respiratory illnesses. Blood lead level screenings are available for beneficiaries who are at a high risk for lead exposure. When exposed to lead, multiple systems in the body can be affected. However, the symptoms aren't always obvious. More noticeable symptoms, like weakness or memory loss, result from very high exposure to lead in a short period of time. A blood lead test is the only way to determine if your child has a high lead level. The test will only provide information about recent exposures. Speak to your pediatrician for concerns regarding possible past lead exposure. Mold is a type of fungus that is found almost everywhere, without impact to most people. But spores can grow and multiply in damp, humid places in your home or office. "Mold spores may be released into the air and inhaled," said U.S. Public Health Service Capt. Andrew Plummer, a senior physician advisor, at the Defense Health Agency. "This may trigger a variety of symptoms, or none at all, depending on your sensitivity." (More: <https://health.mil/News/Articles/2019/03/29/Your-Environment-and-Your-Body-How-Exposure-to-Mold-and-Lead-May-Impact-Your-Health>)

Notes for Veterans



Innovative Treatment for Vets with Type 2 Diabetes

Currently, VA offers medical care including diet counseling, weight loss programs, and blood glucose monitoring for the 1.5 million Veterans enrolled in VA health care who have Type 2 diabetes. When a person has Type 2 diabetes, the body's resistance to insulin — a hormone that helps move sugar into cells — causes high blood glucose levels. This, in turn, may cause other health problems, such as damage to nerves and blood vessels, increased risk of stroke or heart disease, or kidney failure. Dr. Laurence J. Meyer, chief officer of specialty care services at VA, said that Veterans who carry excess body weight may be at risk for a Type 2 diabetes diagnosis. More than 50 percent of Veterans in VHA care are overweight or obese. Now, there will be an innovative treatment that will offer Veterans another diabetes management option in addition to those already available in VA. VA's Office of Specialty Care Services is partnering with Virta Health Corp., an online specialty medical clinic, to offer Veterans this option. Virta focuses on reversing Type 2 diabetes through noninvasive treatments including dietary guidance and the use of medical specialists' expertise, peer support, and health coaching. Through this partnership, Virta will offer free individualized diabetes management planning to a limited number of Veterans for the length of treatment, which is typically one year. (More: www.blogs.va.gov/VAntage/58037/innovative-treatment-vets-type-2-diabetes)

Around the Q.C.



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April 6: Quad Cities Area Family Fair (Children's Therapy Center, 4450 48th Ave Ct, Rock Island) More: www.facebook.com/events/2014448505306865

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

May 4: Village in Bloom: Festival of the Arts (Village of East Davenport) More: www.villageinbloom.org

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

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

May 12: Quad Cities Distance Classic (Augustana, Rock Island) More: www.cornbelt.org/nearby_races.htm

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

May 26-27: Heritage Days (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com

May 27: Quad Cities Kwik Star Criterium (Village of East Davenport) More: www.quadcitiescriterium.com

June 7-8: Rhubarb Festival (Aledo, Illinois) More: 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

June - TBA: Gumbo Ya Ya (downtown Rock Island) More: www.downtownrockisland.org

June 8-9: Pioneer Days (Colonel Davenport House) More: www.davenporthouse.org

June 15: CVMA 39-4 Annual Patriot Ride (Quad City area) More: 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

June 16: Ride the River Bike Ride (both sides of the Mississippi River) More: www.riveraction.org

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

June – TBA: Quad Cities Senior Olympics (across Quad Cities) More: www.qcseniorolympics.org

June 29-30: Quad City Airshow (Davenport Airport) More: www.quadcityairshow.com

July 3: Red, White and Boom! (Rock Island and Davenport) More: www.redwhiteandboomqc.org

July 4: Firecracker Run & Parade (East Moline) More: www.emmainstreet.com

July 4: Bettendorf Old-Fashioned 4th of July (downtown Bettendorf) More: www.bettendorf.org

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

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

July 8-14: Mercer County Fair (fairgrounds in Aledo) More: www.mercercountyfair.org

July 10: YouthFest 2019 (Fejervary Park, Davenport) More: www.facebook.com/events/366838400572465

July 11-13: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: www.truckersjamboree.com

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

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

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

July 21: Case Creek Cross Country Trail Run (Case Creek, Coal Valley, Iowa) More: 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

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

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

July 30-Aug. 4: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: www.mvfair.com

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

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

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

August TBA: Ya Maka My Weekend (downtown Rock Island) More: www.downtownrockisland.org

Aug. 17: Floatzilla (Sunset Marina in Rock Island) More: www.floatzilla.org

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

Aug. 17: Village Wine Walk (Village of East Davenport) More: www.villageofeastdavenport.com

August TBA: World Series of Drag Racing (Cordova International Raceway) More: www.racecir.com

Aug. 22-25: Alternating Currents Festival (downtown Davenport) More: www.alternatingcurrentsqc.com

Aug. 24: Vettes on the River (LeClaire, Iowa) More: www.visitleclaire.com

Aug. 24-25: Farm Days (Village of East Davenport) More: www.villageofeastdavenport.com

Aug. 31 - Sept. 1: Rock Island Grand Prix (downtown Rock Island) More: www.rockislandgrandprix.com

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

Sept. 7-8: Beaux Arts Fair (downtown Davenport) More: www.beauxartsfair.com

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

Sept. 14: Taming of the Slough (Sylvan Slough) More: www.riveraction.org

Sept. 14: Brew Ha Ha (LeClaire Park in Davenport) More: www.jayceesqc.org

Sept. 21: Quad Cities Marathon (Moline) More: www.qcmarathon.org

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

Sept. 22: Quad Cities Marathon (downtown Moline) More: www.qcmarathon.org

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

Sept. 29: Nancy Kapheim Memorial Classic (Rock Island) More: www.cornbelt.org/nearby_races.htm

Oct. 13: Apple Fest (downtown LeClaire, Iowa) More: www.visitleclaire.com

October TBD: Row the Miss Regatta (Mississippi River in Moline) More: www.tworiversymca.org

Oct. 24: Fright Night (Schwiebert Park in downtown Rock Island) More: www.downtownrockisland.org

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

Oct. 26-27: Boo at the Zoo (Niabi Zoo) More: www.niabizoo.com

Oct. 26: Witches Walk & Costume Parade (downtown LeClaire, Iowa) More: 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

Nov. 16: Festival of Trees Parade (downtown Davenport) More: www.qcfestivaloftrees.com

Nov. 16: Lighting on the John Deere Commons (downtown Moline) More: www.lightingonthecommons.com

Nov. 24: Christmas Walk (Walnut Grove Pioneer Village) More: 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 by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.

