Feb. *5, 202*0 Island Insigh

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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Enduring Priorities Drive First Army

During the first World War, General of the Armies John J. Pershing noted that the United States Army no longer differentiated between its Active and Reserve Component forces. He famously said, "Our purpose is to think only of the American citizen and to



prepare him for the duties of war." Pershing served as the commander of First Army during the Great War, and the current First Army Commanding General, Lt. Gen. Thomas S. James Jr., emphasized that Pershing's words are just as relevant 101 years later. James oversees a unit whose mission is to prepare Reserve Component units and Soldiers for the rigors of sustained multidomain combat. To accomplish this, there are five enduring priorities on which First Army focuses: Total Force Readiness through partnerships; Large Scale Ground Combat Operations (LSGCO); leadership development; taking care of First Army team members; and risk management. In order to enable Total Force Readiness, First Army brigades and battalions forge and build partnerships with their Reserve Component counterparts. Constant communication and teamwork helps ensure that Army Reserve and Army National Guard personnel have the tools and

Upcoming Dates

Dec. 14-Feb. 15: EVAC Project -Experiencing Veterans & Artists Collaboration, RIA Museum Feb. 5: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m. Feb. 6: First Thursday Social, Lock & Dam Lounge, 3-10 p.m. Feb. 7: Teen Council, School Age Center, Bldg. 150, 6-9 p.m. Feb. 10-14: DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m. - 3:40 p.m. Feb. 12: 2020 MWR Health Fair: Wellness Rocks, Fitness Center, 10 a.m. - 2 p.m. Feb. 12: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m. Feb. 13: MWR Valentine's Day Bazaar, Heritage Hall, Bldg. 60, 9 a.m. - 1 p.m. Feb. 13: Active Duty Out Processing Levy Brief, ACS Training Room, Bldg. 110, 9:30 a.m. – 12 p.m. Feb. 13: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m. Feb. 13: Family Game Night, Heritage Hall, Bldg. 60, 6-8 p.m. Feb. 14: Valentine's Day Feb. 16-22: National Engineers Week Feb. 17: President's Day (Federal Holiday) Feb. 19: U.S. Coast Guard Reserve Birthdav Feb. 19: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m. Feb. 20: Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.

resources necessary to succeed in their missions. By emphasizing Total Force Readiness, units and leaders in all components are prepared to mobilize and deploy on short notice and win on a multidomain battlefield. (More: www.dvidshub.net/news/360590)

Rock Island National Cemetery Honors Fallen Veteran with No Family

Richard Green, a Vietnam veteran was laid to rest today at the Rock Island National Cemetery. Green was unaccompanied, but all of his brothers in arms were in attendance. Nobody knew Green personally, but they wanted to give him the hero's farewell that he deserved for fighting for the country. All veterans in attendance agreed that even though they didn't know him, that he was still their brother and he deserved to be honored and the respect that he's earned for putting on the uniform and serving the nation. Many policeman, fireman, and

civilians were also at the funeral. One of the benefits that a veteran is entitled to is a death benefit that makes sure everything at the cemetery is free of charge. Green is the 16th veteran to be buried at the Rock Island National Cemetery this year. (More: https://www.ourguadcities.com/news/localnews/rock-island-arsenal-honors-fallen-veteran-with-no-family)

Audie Murphy Induction

The Sergeant Audie Murphy Club is a private U.S. Army organization for noncommissioned officers. Originally created in Fort Hood, Texas in 1986. It was established to recognize NCOs who stand out amongst their peers and resemble the leadership qualities of Sgt. Audie Murphy, who, during World War II, received 33 medals, including every medal for valor. Earning membership in this club means the members represent the best of the NCO Corps. Sgt. 1st Class Charles L. Miller II, Operations Noncommissioned Officer to the Deputy Commanding General of Operations, First Army, and a Pennsylvania National Guard

member, recently joined this prestigious club during an induction ceremony here. He credits hard work and the influence of transformational mentors for his success. "It feels great," said Miller of his achievement. "But I couldn't have done this on my own. It's my subordinates, peers, and leaders, who held me accountable when I said I wanted this, who helped me achieve making it into the Audie Murphy Club." (More: www.dvidshub.net/news/361143)

JMC Driving Outload Efficiencies

Through the use of new technologies, JMC is working to reform munitions transportation to better support our customers and to create a leaner and more efficient way of doing business. JMC is partnering with industry to implement an alternative ammunition restraint product to be used as replacement for wood blocking and bracing, enabling overseas shipment of ammunition in times of lumber shortages. For JMC's Joint Service customers, the alternative ammunition restraint product is quicker to remove with less waste, expediting the ammunition unloading process on the receiving end. In addition to ensuring that JMC depot outloading

capabilities are not limited or delayed due to wood shortages, testing has revealed that for many munitions types, additional pallets of materiel can be added to the containers by using the alternative restraint product versus the standard rear wooden blocking bracing. This product reduces the number of containers required for munitions worldwide distribution and decreases the amount of









inland transportation costs, as well as port handling and ocean sailing costs. (More: www.army.mil/article/232071)

Vice Chairman Says Pace Needs to Quicken on DOD Reform

While the Defense Department is modernizing and undergoing needed reform and improving readiness, adversaries are moving even more quickly in those areas, the vice chairman of the Joint Chiefs of Staff said. Air Force Gen. John E. Hyten said if the department doesn't speed up its efforts, a time could come when adversaries overtake the United States and erode its deterrence advantage. Hyten, who spoke today at an Air Force Association breakfast in Washington, provided some examples of areas where speed matters greatly. Although the U.S. Space Force has officially become the sixth branch of the military, a lot of hard work still needs to be done very quickly this year, he said. (More: www.defense.gov/Explore/News/Article/Article/2068970)

North Korea Remains Security Threat to U.S., Allies, Policy Official Says

North Korea remains a security challenge, and the United States continues to pursue North Korean denuclearization, a senior Pentagon official told the House Armed Services Committee. In a security update on the Korean Peninsula today, John C. Rood, the undersecretary of defense for policy, said that by any measure, North Korea poses an ongoing, credible threat to the U.S. homeland and to allies in South Korea and Japan. In addition, he said, the North Koreans are undermining international arms control agreements and are engaging in human rights violations and abuses. The U.S. partnership with South Korea is very important to the Defense

Department, Rood said. "Our goal is to maintain and strengthen our alliance while also transforming it to meet the needs of the future," he added. The alliance is transformational on several fronts, Rood said. (More: www.defense.gov/Explore/Features/Story/Article/2067648/north-korea-remainssecurity-threat-to-us-allies-dod-official-says)

Army Space Embraces Major Changes as New Battlefield Emerges

After Capt. Robert Franchino attended the basic course for Army space cadre, the military intelligence officer was hooked. "It lit a fire," he said. "I was interested and engaged the entire time, and I just knew I wanted to be involved in space operations somehow in the military for the rest of my career." Now a space operations officer through U.S. Army Space and Missile Defense School's Functional Area 40 qualification course, Franchino said he's excited about the work. He's currently assigned to the 10th Mountain Division with a space badge on his uniform, serving as a planner integrating space capabilities into maneuver units. Franchino is one

of thousands of students across the Army and Defense Department who enrolled in space-related courses last year through the Army Space and Missile Defense Command's schoolhouse. In 2019, instructors taught nearly 16,000 students in Colorado Springs and at home-station training. (More: www.army.mil/article/228734)







New AER Program to Offer \$1,500 for Out-Of-Pocket Childcare Costs

Army Emergency Relief will begin providing up to \$1,500 on Feb. 1 to help cover childcare costs for Soldiers and families who move to a new duty station. The AER Childcare Assistance Program offers \$500 per month for three consecutive months in a no-interest loan, grant or a combination of both based on financial need. The program is intended to offset costs that arise when there's no availability at on-post childcare facilities and more expensive civilian services are required. The Army Fee Assistance Program currently gives Soldiers up to \$1,500 per child each month for childcare, but Soldiers still pay an average of \$275 on top of it,

said retired Lt. Gen. Ray Mason, director of AER. (More: www.army.mil/article/232097)

Weingarten Notice

It is time once again for the annual reminder of Weingarten Rights provided by 5 USC 7114. The information below applies to all bargaining unit employees: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee, and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.

Eagle Watching on the Mississippi River

Every year tens of thousands of people flock to the Mississippi River to take part in Bald Eagle Watches. They have come to catch a glimpse, perhaps for the first time, of our national symbol. Up to 2,500 bald eagles winter along the Mississippi near the lock and dams. Turbulence created below the dams provide open water and a smorgasbord of stunned fish for eagles to feast upon. In addition, the wooded bluffs that overlook the Mississippi are excellent habitat for roosting and an increasing number of cases nesting. Bald Eagle Watches occur throughout January and February, but eagles can be seen from mid-December through early March. It all depends on the weather. As warm weather arrives, most eagles will begin

their journey back north to northern Minnesota, Wisconsin, and Canada to prepare for the nesting season. (2020 USACE Eagle Watching Events:

www.mvr.usace.armv.mil/Missions/Recreation/Mississippi-River-Project/Education/Eagle-Watching)

HR Training for Supervisors

The Human Resources Training for Supervisors Course affords Military and Civilian supervisors/managers of Army civilians the administration skills necessary for management and basic supervision. The Rock Island Civilian Personnel Advisory Center offers a face-to-face training environment. The course contains lessons that are mandated by the National Defense Authorization Act of 2010 that include: civilian human resources life cycle, classification, staffing/recruitment, discipline and adverse actions, employee relations, performance management, leave administration, and labor relations. Dates for FY 20 are: Feb. 3-6; May 4-7; and Aug. 10-13. Registration is available through CHRTAS. Please note, this course does not take the place of the mandated on-line Supervisory Development Course. Point of contact is Gretchen Leigh, 309-782-2090 or Gretchen.a.leigh.ciiv@mail.mil.







VIOS Schedule for February-April

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Feb. 10-14**, **March 16-20**, and **April 27-May 1**. 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 <u>https://vios.army.mil</u>. Contact us for help: 309-782-2843.

Blood Drives, New Location in Building 333

The Mississippi Valley Regional Blood Center is hosting a blood drive in in Building 333, next door to Outdoor Recreation, on **Feb. 14** and **21**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email <u>bhancock@mvrbc.org</u> with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to <u>www.bloodcenterimpact.org</u> and use code 029 to locate the blood drives.





Charlie Corpuscle says, "For the Jan. 17 through Feb. 21 drives donors will be able to get a voucher for a free tshit as a Thank You for giving blood!

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: www.militaryblood.dod.mil.

3rd Annual Patriot Derby Challenge

Join us for the 3rd Annual Patriot Derby Challenge on **Saturday, Feb. 15**, 10 a.m. – 3 p.m., at the WQPT - WIU Moline Campus, 3300 River Drive, in Moline. The event is free, weigh-in starts at 10 a.m., entry closes at 10:30 a.m. – racing begins at 11 a.m. Who can race – any Scout (yes, any scout) and veterans of the United States military. There will be food and refreshments available. For more information, please call Shane at 309-755-3260 or shane.kern@va.gov.

RIA SHARP Training – 10 Strong, Difference Makers

Anyone can be a victim of sexual violence – no one race, gender, or ethnicity is immune. Please join the RIA/ASC SHARP team on Thursday, Feb. 20, 10-11:30 a.m., in Heritage Hall, Building 60, as we host Eric Barreras and Edward Wilson from 10 Strong, Difference Makers. Their mission is to empower individuals to effectively prevent or interrupt sexual assault, and behaviors leading up to those acts. This presentation and discussion is considered SHARP training and all participants will receive credit for their annual SHARP training. To sign up in TEDs use keyword "STRONG." Please contact is Megan Osborne (RIA/ASC SHARP program manager) at 309-782-3885 or Sgt. First Class April Taylor (RIA/ASC SHARP Sexual Assault Response Coordinator) at 309-782-2528 for any questions or concerns.

CVMA Chili Cook-off

The Combat Vets Motorcycle Association (CVMA) Chapter 39-4 and the Walcott American Legion Post 548 will be sponsoring a Chili Cook-off on Saturday, Feb. 22, at 4 p.m. Come meet some local heroes and support a great cause. Profits from this event will go to help local veterans, their families, and veteran organizations. Enter your chili for \$5 or just come to eat and vote for \$8. Event will take place at the Walcott American Legion at 121 W. Bryant Street, Walcott, Iowa. For more information, contact Matt Tallman 309-732-6576 or Randy Mester at 563-210-0405.

Bone Marrow Donor Registration

Join us for Bone Marrow Donor Registration, sponsored by the ASC Journey to Leadership Class of 2020, on Tuesday, March 10, 9 a.m. -3 p.m., in Heritage Hall, Building 60. You are someone's "one in a million" - a well-matched bone marrow or stem cell donor can save a

life. The more people who register, the better the chance every patient in need can find a perfect match. Military and DOD civilians, ages 18-60 in good health can register who have not previously enrolled. To learn more go to www.salutetolife.org or call 1-800-MARROW-3.

Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Dorian

If you are interested in donating annual leave, complete OPM Form 1638 and submit to the Civilian Personnel Advisory Center, Builling104, no later than Tuesday, April 21. You must state on the 1638 which Emergency Leave Transfer Program you are donating to. If you have any questions contact the CPAC at 309-782-2430. This initiative has been directed by the President. The POC is Jaime Slocum at 309-782-2430. OPM Form 1638:

https://www.opm.gov/forms/pdf_fill/opm1638.pdf

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. — Boozie's Bar and Grill: Boozie's Bar and Grill in downtown Davenport is offering a 15% discount on your food with a valid ID to all active military, reserves, retirees, and veterans of the United States Armed Forces. Just ask the server for your discount. Zeke's Island: Visit Zeke's Island Cafe at 842 Middle Road, in Bettendorf and receive \$2 off your order. Just show your Arsenal badge. You may also order online at zekesislandcafe.com enter 21375 for your discount. Downtown Davenport's Bad Boy'z: The





downtown Davenport's Bad Boy'z, located in the River Music Experience building, 131 W 2nd Street, is offering a \$1 off lunch buffet (normal pricing \$7.25 with a water \$9.25 with a soda) \$6.25/\$9.25 for anyone working on the Arsenal. Lunch buffet runs from 11 a.m. to 2 p.m., Tuesday through Friday. All you can eat pizza, salad, soup, and tacos. Mention the "arsenal discount" to get the offer. Urban Farmhouse Moline: Stop in our Moline location and show your badge to receive 10% off your purchase – 1209 4th Ave. inside the Element hotel; open Tuesday – Saturday, 10 a.m. - 5 p.m. Antonella's II: Offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID). We are located at 421 river drive, in Davenport. We take reservations for large parties, please call at 563-324-9512. Our hours are Mondays – Closed; Tuesday-Wednesday 4-9 p.m.; Thursday – 11 a.m. – 2 p.m. and 4-9 p.m.; Friday-Saturday 11 a.m. - 10 p.m.; and Sundays - 11 a.m. - 8 p.m. 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% 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% 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. This information is included for general workforce interest and does not constitute endorsement of the businesses or products.



Changes to Rock Island and Davenport Gate Access Control

Phase 1: Effective Feb. 3, the US Army Garrison Rock Island Arsenal adjusted the hours of operation for the Rock Island and the Davenport Gates; the new hours of operation are listed below:

- <u>Davenport Gate</u>:
 - Monday Friday: 5:45 a.m. 8:15 a.m. Inbound / 2-5 p.m. Outbound
 - Saturday: Closed
 - \circ Sunday: Closed
- Rock Island Gate:
 - Monday Friday: 5:30 a.m. 10:30 p.m. with Outbound Traffic only from 10:30 p.m. midnight
 - Saturday: 8 a.m. 9 p.m.
 - Sunday: Closed

The hours of operation at the Moline Gate are unchanged.



Road Closure In Support of Building 68 Chiller Replacement Project

On **Friday, Feb. 7**, between the hours of 8:30 a.m. and 1 p.m., the Directorate of Public Works (DPW) will close the North Avenue road between East Street and Third Street for contract personnel to remove air conditioning equipment in support of the Building 68 chiller replacement project. As the contractor prepares for closure barricades will be placed at appropriate intersection. Emergency Services will have access in the case of an emergency, the contractor will cease operation to allow for safe passage of employees. The closures may be rescheduled due to weather or other unforeseen issues.

Notice of Work on East Street

Townsend Engineering began performing a topographic survey on East Street from the intersection of Rodman Avenue and ending at Blunt Road. The work began Jan. 28. The work could take up to a couple of weeks to complete pending on weather conditions. This work should not affect any Rock Island Arsenal Business operations or employees.

Repair Building 170 Water Main

Effective July 29, the Directorate of Public Works began a project to repair the water main servicing Building 170 and other area buildings. The initial and primary work is directly around Building 170, but the overall work area will include South Avenue to Beck Avenue and Gillespie Street to East Street. The work includes excavating for new water main's, valves and hydrants. Traffic will be limited to one lane at times. Signage and barricades will be located to warn and direct traffic. Short-term water outages and boil orders are expected in the work area. Separate notifications will be provided prior to any additional water outages. The project is scheduled to be completed by **April 2020**, weather dependent.



There are no announcements at this time.



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CBD Oil off Limits for Service Members

Water, tea, coffee, chocolates, gummies, oils, honey, and vaping oils are just some of the seemingly innocent products that could ruin a service member's career. These products are being seen more on the market since Cannabidiol or CBD oil use has become more widespread across America. The Department of Defense has a zero tolerance policy for the illegal or improper use of drugs by service members, which includes CBD oil. "It is common to see advertisements where CBD is listed as a treatment for many conditions, when in fact, there are very limited human studies," said Dr. Erin Karschner, Armed Forces Medical Examiner System forensic toxicologist. "Researchers

are also unsure of how CBD interacts with other medications that people may be taking and if adverse effects may occur after using CBD, particularly when CBD products are used for long periods of time." Cannabidiol is a non-intoxicating chemical in the cannabis plant. Another component of the cannabis plant is THC, or delta-nine-tetrahydrocannabinol, which is the chemical responsible for giving the high sensation cannabis users experience. On December 20, 2018, the President signed into law the Agriculture Improvement Act of 2018, known as the 2018 Farm Bill, which defined hemp as cannabis containing no more than 0.3 percent THC by dry weight and legalized the production of hemp and the sale of its products. Cannabis containing more than 0.3 percent THC is still considered a Schedule I controlled substance. Prior to December 2018, hemp was a Schedule I controlled substance under the Controlled Substances Act of 1970. (More: https://health.mil/News/Articles/2020/01/23/CBD-oil-off-limits-for-service-members)

ACFT App Rolls Out To Help Soldiers Get Fit, Protect Their Data

The Army recently updated its physical readiness training -- or PRT -- mobile app to give Soldiers a leg up on the new Army Combat Fitness Test, as it continues to safeguard users' personal information on the go. The Army PRT app is a free smartphone training tool that includes a streamlined collection of exercises, helps users calculate test scores, and lays out unique physical training templates tailored for each Soldier's fitness demands, said Lt. Col. David Feltwell, Center for Initial Military Training physical therapist and one of many ACFT developers. The mobile app is the latest version of an earlier PRT app in place since 2014. The focus of the update is to match the current physical training doctrine, Feltwell said. The modernized, officially branded Army app comes amidst the two-year ACFT pilot test, which is currently in its second phase of implementation. (More: www.army.mil/article/231535)

SMA To Soldiers: 'Understand the People around You'

To help build cohesion among units throughout the Army, Sgt. Maj. of the Army Michael Grinston encourages Soldiers to adopt a culture similar to those found in Special Forces units. Speaking to Soldiers at Joint Base Lewis-McChord -- and to others joining on Facebook Live -- Grinston asked Soldiers to engage in more activities together, including physical training sessions and meals. "Do you sit down with your squads?" Grinston asked Soldiers. "Do you spend time with them?" In the Army's new initiative "This is My Squad," units focus on the positive aspects of a Soldier's life and a greater emphasis on a collectivist culture, or a culture where the group is prioritized over the individual. (More: www.army.mil/article/232263)

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 date:

- Feb. 13, ACS Training Room, Building 110
- May 14, ACS Training Room, Building 110
- June 11, ACS Training Room, Building 110
- Aug. 13, ACS Training Room, Building 110
- Nov. 12, 2020, ACS Training Room, Building 110

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."



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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

There are no announcements at this time.



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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-opportunity-program

2020 Black History Month Observance

First Army's Equal Opportunity Office invites the Rock Island Arsenal workforce to the Black History Month Observance to be held on **Wednesday**, **Feb. 26**, at Heritage Hall, Building 60, 1-2 p.m. The guest speaker will be First Army Chief Religious Affairs NCO Sgt. Maj. Wyman Loveless. To sign up for the Black History Month Observance in TEDs use keyword "2020BHM." For additional information or accommodations please contact Sgt. First Class Lisa Robinson at 309-782-9269 or Sgt. First Class Mickey Joseph at 309-782-3021. This event is open to the public, if you are unable to sign up in TEDs, you can sign up at the event. The observance of African American / Black History Month was established by Public Law 99-244. This observance runs through the month of February and celebrates the contributions of African Americans to our nation. The theme for this event changes each year. This year's poster provides homage to the Soldiers from A Company, 452nd Anti-Aircraft Artillery, one of the United States Army's



black-only combat units. This year's theme is commemorating the 75th Anniversary of World War II. The theme is "Honoring the Past, Securing the Future!"

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.

First Thursday Social

If it's the first Thursday of the month then the place to be is the Lock and Dam Lounge in Building 60 on **Thursday, Feb. 6**, 3-10 p.m., where this month we'll be featuring a tap takeover by Boulevard Brewing and live music by local acoustic duo, Greg & Rich. Bring all your friends, co-workers, family... whoever, First Thursdays and the Lock and Dam Lounge are always open to the public. Call 309-782-6319 for more info.

2020 MWR Health Fair: Wellness Rocks

Join us **Wednesday, Feb. 12**, at the Fitness Center for our 2020 MWR Health Fair: Wellness Rocks, 10 a.m. -2 p.m. Rock Island Arsenal's annual MWR Health Fair is a great place to gather all kinds of health related information and resources. More than 70 local businesses and organizations will fill the Fitness Center and be ready to provide you with a myriad of good information regarding your health plus lots of freebies and giveaways. Call 309-782-6789 for more information.

Run the Rock & America's Kids Run 2020 Registration Now Open

We are excited to announce that registration is now open for the 2020 races of the Run the Rock & America's Kids Run taking place **Saturday, May 16**, at Memorial Field. 5K/10K early bird registration runs now through **Saturday, Feb. 29**, for just \$30/runner so click over to <u>www.getmeregistered.com/RIARuntheRock</u> to sign up today and save. With races for all ages including: 100 yard dash for ages 3-4, 1/2 mile for ages 5-6, 1 mile for ages 7-8, 2 mile for ages 9-13 and 5K or 10K for everyone else, this is a great way for the entire family to celebrate our service men and women on Armed Forces Day. After the races are done the post-race party kicks off and includes food and drink, live music, awards presentations and lots of activities for all ages so don't wait, visit <u>www.getmeregistered.com/RIARuntheRock</u> and sign up today.

Get your Vehicle Ready for Winter Driving

With the relatively mild start to the winter season you may have not given much thought to your vehicle's winter road worthiness, with several inches of snow and possibly ice on the way, this weekend's weather forecast should change all that. Make sure your ride is ready for tough winter driving conditions by scheduling an inspection with the trustworthy and skilled technicians at the Auto Service Center. Our multi-point inspections will help you identify potential problems before they leave you stranded on the side of the road. From batteries whose performance is impacted by

extreme cold temps to ensuring adequate and even tire pressures and safe tread depths, we'll make sure to check all the potential problem areas to help keep you safe on the road this winter. Winter in the Midwest also means lots of salt on the roads so make sure to grab a reloadable car wash card so you can protect your car from these corrosive materials. And when you're ready for a deep clean, schedule a detailing appointment at <u>www.vibrantmobiledetail.com/arsenal</u> and we'll detail your car while you're at work. Call 309-782-8631 for more info and to schedule an appointment.

Indoor Island Oasis Available at Fitness Center

This time of year we get lots of questions from customers concerned about their favorite island lunch spot, the Island Oasis Grill, and I'm happy to report that no, the Island Oasis Grill hasn't closed up shop, we've just moved to our winter home inside the Fitness Center Lobby. We're still here serving a delicious quick serve lunch menu Monday through Friday from 11 a.m. to 1 p.m. so stop in to the Fitness Center lobby in Building 67 and Chef James will be happy to make you a tasty and quick bite to eat like our Wednesday special, Gyros for just \$3.50 each! Placing a large order for the entire office? Call ahead at 309-782-2805 and we'll have it ready to go when you get here.

Food Options Available On Rock Island Arsenal

- 1. Cafeteria located in Building 212
 - Open Monday Thursday, 5:30-9 a.m. and 10:30 a.m. 12:30 p.m.
 - Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a Salad bar, made to order deli sandwiches and grill items, pizza and a daily hot entree.

2. Cafeteria located in Building 350

- Open Monday Friday, 6-9 a.m. and 10:30 a.m. 1 p.m.
- Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a salad bar, made to order deli sandwiches and grill items, pizza and a daily hot entree.

3. Food Court located in Building 60

- Open Monday Friday, 6-9 a.m. and 10:30 a.m. 1 p.m.
- Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a salad bar, made to order deli sandwiches and grill items, pizza, Mexican and a daily hot entree. Building 60 offers a Starbucks coffee bar also.

4. Island Oasis located inside Building 67 (October-March) and on the lawn of Building 67 (April - October)

- Open Monday Friday, 11 a.m. 1 p.m.
- Inside serves a variety of sandwiches, salads, soups, an occasional hot item, chips and deserts.
- Outside serves a variety of grill items, cold sandwich choices, salads, chips and deserts.



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-traveloffice)

Free Tickets to the Quad City Auto Show on Feb. 7-9

Tickets became available for active duty Military of the Rock Island Arsenal community to include Guard and Reserve troops Jan. 24-31. Effective Feb. 3, tickets are available to the entire Rock Island workforce. Pick up your tickets at:

- Auto Service Center in Building 351, open Monday Friday, 8:30 a.m. 4:30 p.m.
- Lock & Dam in Building 60, open Wednesday & Thursday, 3-7 p.m.
- Island Oasis in Building 67 (Fitness Center) open Monday Friday, 11 a.m. 1 p.m.

For more information please call Auto Service Center at 309-782-8631, Lock & Dam at 309-782-3075, or Island Oasis at 309-782-2805.

MWR Valentine's Day Bazaar

Join us for our MWR Valentine's Day Bazaar on **Thursday, Feb. 13**, in Heritage Hall, Building 60, 9 a.m. - 1 p.m. If you're looking for last minute gifts for that special someone stop on by and see what our returning vendors will have available.

MWR Van Trip: 2020 Chicago Auto Show

Join us for our MWR Van Trip to the 2020 Chicago Auto Show at McCormick Place Convention Center on **Saturday, Feb. 15**, 7 a.m. - 5 p.m.; \$40 - 10 seats - transportation only. Call 309-782-5890 to reserve seat with payment.

Chicago's Comic & Entertainment Expo 2020

Join us for Chicago's Comic & Entertainment Expo 2020 on **Saturday, Feb. 29**; we depart from the Moline Visitor Control Center at 7 a.m. with our return trip taking place in departing Chicago at 4:30 p.m. There are only 10 seats for this trip, \$40 per person. Contact the MWR Leisure Travel Office at 309-782-5890.

Circa 21 Dinner & Playhouse: Kinky Boots

Join us **Saturday, Feb. 29**, at the Circa 21 Dinner & Playhouse for Kinky Boots. Doors open at 5:45 p.m. Charlie Price has reluctantly inherited his father's failing shoe factory. Trying to live up to his father's legacy and save his family business, Charlie finds inspiration in the form of Lola, a fabulous drag queen in need of some sturdy stilettos. This joyous musical celebration is about the friendships we discover and the belief that you can change the world when you change your mind. With elaborate costumes, exhilarating choreography and a truly moving and powerful story, Kinky Boots will have you dancing in your seat and discovering why, sometimes, the best way to fit in ... is to stand out. MWR Leisure Travel has discounted seats on sale until Feb. 15. \$49.75 per person.

Free Family Movie Night

Join us for Free Family Movie Night at the Lock & Dam Lounge on **Wednesday, March 4**, 5-7 p.m. Bring the family and enjoy this Dr. Seuss classic story. The Lounge opens at 3 p.m. and the movie will start at 5 p.m. We will be offering \$5 burger or chicken tender baskets so bring your appetite. Call 309-782-5890 for more info.

MWR Van Trip: Chicago St Patty Pub Crawl

Join us for our MWR Van Trip to the Chicago St. Patty Pub Crawl on **Saturday, March 14**, 7 a.m. - 5 p.m.; \$40 - 10 seats - transportation only. Stops to include Emmit's Irish Pub, Kerryman Irish Bar, and Two Brothers brewery for dinner. Call 309-782-5890 to reserve seat with payment.

Harlem Globetrotters

On sale now... the world-famous Harlem Globetrotters will bring their new "Pushing the Limits" World Tour to Moline at the TaxSlayer Center on **March 22** at 2 p.m. Globetrotters' fans will experience even bigger moments and memories, including a live world record attempt at each game. This show features a blend of hilarious hijinks and incredible basketball skills including ball handling, high flying dunks, and a new record-breaking attempt. The Harlem Globetrotters are a one-of-a kind experience putting a new spin on family time. You won't want to miss these memories worth repeating, so get your ticket today. Discounted tickets available through the MWR Leisure Travel Office until March 9 at \$36.50, \$44, and \$44.50 and magic bands for \$15.

WWE Live

The WWE Live returns to the Quad Cities for the first time in 2020 to the TaxSlayer Center on **Sunday, March 29**, at 7 p.m. See your favorite WWE superstars live... the Miz vs universal champion "The Fiend" Bray Wyatt in a universal championship match. Plus Roman Reigns, Braun Strowman and The New Day; and many more. Card is subject to change. MWR Leisure Travel has discounted tickets for Section 115, rows 89 and 10, at \$43.50 per person. On sale until March 9.

Monster Jam

This. Is. Monster Jam! The most action-packed motorsports experience for families in the world today returns to Moline for another high-octane weekend featuring the ultimate mix of high-flying action and four-wheel excitement at the TaxSlayer Center on **Saturday and Sunday, May 16 and 17**. The Party in the Pits starts at 4:30pm and goes to 6 p.m. on Saturday and 10:30 a.m. to 12 p.m. on Sunday. The party in the pits gives fans the opportunity to get a view of the trucks up close and meet the drivers of the massive Monster Jam trucks. *No pit party entry after 5:30 p.m. on Saturday and 11:30 a.m. on Sunday. MWR Leisure Travel has discounted seats on sale until **Monday, April 27**; \$23, \$28, \$33, \$38, \$15 pit passes.

Quad City Storm Discount Tickets

MWR Leisure Travel Office has \$20 seating vouchers for \$18 to all home games to the Quad City Storm. For more information give the office a call at 309-782-5890. The Quad City Storm is a professional minor league hockey team that began play in the 2018–19 season as a member of the Southern Professional Hockey League. The team is based in the Quad Cities area of Illinois and Iowa, with home games at the TaxSlayer Center in Moline. The team replaced the ECHL's Quad City Mallards.



Quarters One Still Available For Private Events

Autumn is here and the holiday season is fast approaching – what better location to host your office party or other private event than at the majestic and historic Italianate-style mansion of Quarters One. Historical Quarters One is a 1870s era beautiful mansion that is perfect for many different types of events. Please contact the FMWR Leisure Travel Office at 309-782-5890 for more detailed information or to make your reservations. Quarters One (also known as Building 301) is the former residence of the highest-ranking officer on the Rock Island Arsenal. At 51 rooms and 21,965 square feet, when it was still used as military quarters, it was the second-largest federal residence in the United States, behind the White House. Work begun on Quarters One under General Thomas S. Rodman in May 1870 and was completed in 1872 under Major Flagler. The home was built for the purpose of providing quarters for the highest-ranking officer as well as providing space for official gatherings and functions. The first major gathering held in the residence was in 1871 for the funeral of General Rodman. Over the years, many dignitaries and notable personalities stayed at the residence including Charles Lindbergh in 1927 and King Carl XVI Gustav and Queen Silvia of Sweden in 1996. In 2006, the Army decided to discontinue its use as a residence. The last occupants, Maj. Gen and Mrs. Robert M. Radin, left in 2008.

Choice Hotels

Need lodging for the night or for vacation? Choice Hotels has more than 3,500 participating hotels worldwide. Stay with a Choice Hotel and save every time. Go to <u>www.choicehotels.com</u> and enter ID#0023054 to save 15% on your stays.

Leisure Travel Has Discount Tickets on Theme Park Fun

Are you headed to Florida for Disney World or Universal Studios fun? Staying closer to home and looking for deals on Six Flags tickets? The Leisure Travel Office in Building 333 should be your first stop. With deep discounts on tickets to all these great parks, we can save you some money. Call Leisure Travel at 309-782-5890 for more info and to book your tickets.



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 inservice 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: <u>https://rockisland.armymwr.com/categories/cys-services</u>) (Facebook: www.facebook.com/RIACYSS)

Teen Carnival

The RIA Teen Council invites all 6th-12th grade youth to our teen carnival. Youth will have the opportunity to play carnival games, win prizes, and eat carnival food. This no cost event is on **Friday, Feb. 7**, 6-9 p.m., at the School Age Center, Building 150. Youth must sign up for the event

to participate, but they do not need to be registered with CYS. Youth are welcome to bring a friend. To sign up for the event call 309-782-6515 or 309-782-0814.

Teen Bowling Night

On **Thursday, Feb. 20**, CYS is having a teen bowling outing to High Five Lanes and Games at the TBK Sports Complex in Bettendorf from 4:30-7:30 p.m. There is no cost for bowling, but teens need to bring money for food. Teens will meet at and return to the School Age Center and be transported via CYS bus to the sport complex. Youth need to be signed up for the event, be registered with CYS, and parents must sign a permission slip for youth to participate. To sign up for the outing call 309-782-6515 or 309-782-0814.

Summer 2020 Information for Kid and Teen Programs

We have two programs that will run this summer; the Summer Day Camp Program for K-5th graders and the Teen Summer Program for 6th-8th graders.

Summer Day Camp

For all participants who are in grades K-5: To get on the list for Summer Day Camp you will need to go on <u>MilitaryChildCare.com</u> and request the weeks you are looking for care there. If you do not have an account yet, please create your account before the sign-up date. The date and time that the Summer Day Camp program opened in <u>Militarychildcare.com</u> was: Jan. 13.

Teen Summer Program

For all participants who are in grades 6-8; you will have to send an email to: <u>usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil</u> to get on the waitlist. The subject line should be "Teen Summer Care Request." In the body of the email please list your child(s) name and the weeks you are requesting care. The requests will be filled the same way the Summer Day Camp is filled. We will go by priority, the date you requested care, and the time you requested care. The date and time that the Teen Summer Program opened was Jan. 14. If you have any questions, please feel free to call the School Age Center at 309-782-5019.

Teen Homework Enrichment Program

Attention teen parents – CYS has a new program for teens! Studies have shown that the time of day youth begin to engage in risky behaviors is between the hours 3-6 p.m. when they have an empty and parent-free home. It is the mission of Child & Youth Services reduce the conflict between mission requirements and parental responsibilities. Our goal is to provide programs and services for children and youth which enable learning, encourage positive choices, and foster the development of positive self-concept and the feeling of acceptance. CYS has a new homework enrichment program for 6th-12th grade youth. Teens enrolled in this program will be provided a snack, homework assistance, and the opportunity to engage in a variety of activities with friends after school in our "teens only" room. There is no cost for the program and free bussing from Bettendorf and Pleasant Valley High Schools, Bettendorf Middle School, and Pleasant Valley Junior High to the program will be provided each afternoon for those enrolled. There is no minimum participation requirement, and youth enrolled in the program will have access throughout the school year. Youth must register with CYS to participate. To register call Parent Central Services at 309-782-2165.

RIA Teen Council

Date Change for the RIA Teen Council meetings! The RIA Teen Council will now be meeting held on the first Tuesday of the month from 5-6 p.m. at the School Age Center, Building 150. We hope our teen leaders will join our RIA Teen Council. We are looking for youth leaders interested in planning our teen program and events, earning service learning / volunteer hours, making new friends, and learning new skills such as marketing, budgeting, and event planning. Participating on the Teen Council also looks great on scholarship, college, and job applications. The Teen Council is open to all Arsenal affiliated youth grades 6-12. Youth do not have to register to participate, just come join us on the first Tuesday each month. For more information call 309-782-6515 or 309-782-0814.



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

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

Family Game Night

Join us on **Thursday, Feb. 13**, 6-8 p.m., for a Family Game Night in Heritage Hall. There will be plenty of games to choose from, including life size Jenga, tug of war, and a game of Capture the Flag between parents and children. There will also be board games and cards in the Lock and Dam Lounge and Grill dining room. Come early for dinner and enjoy chicken tender and burger baskets for \$5 each. For more information, contact ACS at 309-782-0829.

Self-Care Workshop

Join Family Advocacy on **Thursday, Feb. 20**, 4-5 p.m., at the Rock Island Arsenal Museum, to learn about self-care, why it is important, debunk common myths about self-care and develop your own self care plan. Open to all RIA community members. RSVP with theresa.l.okeefe2.ctr@mail.mil or at 309-782-3773.

Newcomers Orientation

Offered the 4th Thursday of every month January to October. This is an all-day event that provides an opportunity to learn about the services available on RIA and learn about the Quad City Region we will call home. This is great way to get familiar with your resources and the area.

- Feb. 27
- March 26
- April 23
- May 28
- June 25
- July 23
- Aug. 27
- Sept. 24, 2020
- Oct. 22, 2020

The day consists of briefings and lunch; the day will be from 8 a.m. -1 p.m. Light breakfast items (on site) and lunch at Building 60 cafeteria are provided courtesy of our sponsors RIA Federal Credit Union and USAA. R.S.V.P. required to sign up contact ACS at 309-782-0829. This event has a maximum and minimum participation requirement.

JMTC Factory Tour

The Army Community Service Relocation Assistance Program has coordinated a tour of the JMTC Factory on **Thursday, March 12**, 9-10:30 a.m. Join us in learning about the factory and its history and capabilities. This tour is open to new personnel (within the last 18 months), family members of deployed personnel, and multicultural families. Reservations are required by **Thursday, March 5**.

Volunteer Pot Luck Social Night

Calling all volunteers and volunteer supervisors. Come and take part in a night to socialize with other volunteers across Rock Island Arsenal. The event is an informal potluck open to anyone who volunteers in a Rock Island Arsenal activity and the volunteer supervisors. Bring a dish to share and take advantage of a chance to meet new people and hear about what other volunteers are doing across the Installation. If you are interested in becoming a volunteer on Rock Island Arsenal, please contact Army Community Service at 309-782-0829.

- March 12
- Sept. 10

Location: Caisson Room, Building 60 Time: 5:30-8 p.m.

RIA Volunteer Advisory 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. The meeting is held quarterly. If you would to attend an upcoming council meeting please contact ACS. Upcoming Council Meetings:

- April 7
- July 6
- Oct. 6, 2020

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

Relocation Assistance Coordinating Committee

This meeting is designed to provide a platform for the Installation to collaborate efforts, share information, and ideas, and discuss issues revolving around Relocation to and from Rock Island Arsenal. The meeting is held Bi-Annually. Upcoming Council Meetings:

- April 9
- Oct. 8, 2020

Time: 10-11 a.m. Location: Building 110; 1st floor, ACS Training Room R.S.V.P. required; to sign up contact ACS at 309-782-0829

Overseas Orientation

Are you taking an assignment in an overseas location? Let Army Community Service Relocation Assistance programs provide you with a country specific brief that includes information on the PCS

process, travel requirements, entitlements, and things you need to know before you go and much more. The orientation is offered monthly on the first Tuesday of the month starting at 9:30 a.m. Spouses are highly encouraged to join. R.S.V.P. is required. To sign up contact ACs at 309-782-0829.

Face to Face Sponsorship Training

Sponsorship is the key to a smooth transition and proper unit integration. Sponsorship is available to both military and civilian entities. A well informed and well equipped sponsor has the ability to support unit readiness during a time of turnover and transition. Good sponsors have the ability to set a positive tone for unit moral and support. Army Community Service offers face to face sponsorship training that provides sponsors with the tools necessary to perform their sponsorship duties efficiently and effectively. The training is offered monthly on the first Friday of the month in the ACS Training Room. R.S.V.P. is required. To sign up contact ACS at 309-782-0829. Unit training is available upon request.



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

Equipment Rentals for All Your Winter Outdoor Adventures

With the cold and snow seemingly here for the season, local ski areas are opening and there are lots of ways to recreate and get outside this winter. If you're looking for skis, boots and snowboards to swish down the slopes at Snowstar Winter Park, Sundown or Chestnut Mountain Resort, call Outdoor Rec. at 309-782-8630 to save money on your rental gear. Maybe gliding/stepping silently through a winter wonderland is more your speed... we have cross country skis, boots and snowshoes as well. Heading to the rink or lake? Don't forget, we have ice skates and ice augers for rent as well. We also offer waxing and sharpening services for all your personally owned winter gear so stop in to Outdoor Rec in Building 333 (next to the Exchange) to see all the ways we can help you get out and have fun in the great outdoors this winter.

RV Storage Lot Spaces Available

Outside vehicle storage is offered in a secured access controlled lot. Patrons can store campers, boats, and personally owned vehicles and more. Fees for outdoor storage spaces are \$30/month and with no contract you can store with us for as little or as long as you need. For more info and to reserve your spaces, call Outdoor Recreation at 309-782-8630.

Cargo Trailers

Are you moving your kids back from college or changing residence? To help make this move easier Outdoor Recreation has cargo trailers available for your use. Please call 309-782-8630 for more information or to make your reservation.

Special Event Equipment

Do you have a special event coming up? Outdoor Recreation has party canopies, tables, chairs, charcoal grills, backyard games and bounce houses to help ensure the success and fun of your event. Please call 309-782-8630 for more information or stop by Outdoor Recreation any time Monday through Friday from 8:15 a.m. to 4 p.m. and our staff will gladly show you all of the items available.



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/RIAEmployeeAssistanceProgram.

There are no announcements at this time.



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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: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more: <a href="https://https/h

National Defense Industrial Association Scholarships

The NDIA Scholarship Committee is now accepting applicants for \$2,500 scholarships. Scholarship applications and additional eligibility criteria may be found by clicking on the scholarship application line at <u>www.ndia-ia-il.org</u>. Applications must be postmarked **April 11**, or earlier. For more information, call 563-650-3252 after 5 p.m.

Sgt. Paul Fisher Scholarships

NDIA is now accepting applicants for the awarding for \$2,500 Sgt. Paul Fisher Scholarships. Scholarship applications and eligibility criteria may be found by clicking on the scholarship application line at <u>www.ndia-ia-il.org</u>. Applications must be postmarked **April 11**, or earlier. For more information, call 563-650-3252 after 5 p.m.

Defense Commissary Agency / Exchange Jean X.

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The Rock Island Commissary, www.commissaries.com/shopping/store-locations/rock-islandarsenal, and the Exchange, www.shopmyexchange.com/exchangestores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912, are for active duty military and retirees only (soon to include veterans with service-connected disabilities and others – see details). 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.

Get Those Applications In: Scholarships for Military Children Deadline Is Feb. 24 The **Feb. 24** deadline to apply to the Scholarships for Military Children program, administered by the nonprofit Fisher House Foundation, is quickly approaching. A total of 500 scholarship grants, each for \$2,000, will be awarded for school year 2020-21. There will be at least one recipient selected at every commissary location where qualified applications are received, and additional recipients will be selected based on a prorated basis, so more applicants will be selected from those commissaries with larger numbers of applicants. "As of Jan. 23, there had been just over 1,000 completed applications submitted, but from experience, we anticipate somewhere near 5,000 by the deadline," said Jim Weiskopf, Fisher House Foundation vice president. (More: www.commissaries.com/our-agency/newsroom/news-releases/get-those-applications-scholarshipsmilitary-children-deadline)

Share Your Service Story': Commissary, Exchange Patrons Can Compete For Scholarships Honoring Historic Tuskegee Airmen Commander

The history of the Tuskegee Airmen speaks of the bravery, dedicated service and demonstrated skills of African-American fighter pilots during World War II. In observance of Black History Month, commissary and exchange patrons will be eligible to enter a social media contest that honors the legacy of the Tuskegee Airmen commander, Gen. Benjamin O. Davis Jr., who would

later become the Air Force's first three-star general. (More: <u>www.commissaries.com/our-agency/newsroom/news-releases/share-your-service-story-commissary-exchange-patrons-cancompete</u>)

Here's How Much You're Saving in Military Commissaries

Commissary customers' savings continued their upward trend in fiscal 2019, with average worldwide savings of 25.6 percent compared to civilian grocery stores, according to a report from the Defense Commissary Agency. Overall, those savings are up from the 23.9 percent savings for fiscal 2018. But savings measured in overseas stores declined to 42.2 percent, from the 44 percent savings level in 2018. Officials attribute that drop overseas to the lower cost of living allowance in fiscal 2019. The commissary agency has been required to track customer savings since fiscal 2016, in order to help defense officials and Congress monitor the commissary benefit. Savings are calculated for overall U.S. stores, and for overseas, but they're also broken out by region. (More: www.militarytimes.com/pay-benefits/2020/01/27/heres-how-much-youre-saving-in-military-commissaries)

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) (Facebook: www.facebook.com/RIAMuseum)

EVAC Project - Experiencing Veterans & Artists Collaboration

Come in and check out our new exhibit at the Rock Island Arsenal Museum, EVAC Project - Experiencing Veterans & Artists Collaboration, which opened Dec. 14 and runs through **Saturday**, **Feb. 15**. Using storytelling and art, EVAC (Experiencing Veterans & Artist Collaboration) Project bridges the gap between civilians and veterans by educating the public about military life. EVAC curators interviewed veterans about their experiences, and artists made an edition of prints based on their interpretation of those stories. The prints are exhibited with excerpts from the interviews. As always, admission to the Museum is free.



WWI Lecture Series: Europe at War & the Zimmerman Telegram

Join us for WWI Lecture Series: Europe at War & the Zimmerman Telegram on Wednesday, Feb. 19, 6-7 p.m., in the Rock Island Arsenal Museum. Employees can get CLP credit for attending the lecture series at the museum; you just need to search "WW1" in TEDs to find the class. Beginning in 1914 into 1917 the major European powers clashed across a front hundreds of miles long. Soon, vast networks of opposing trenches would dominate what would be known as the Western Front. Meanwhile, a secret diplomatic communication sent by Arthur Zimmerman from the German Foreign Office to Mexico was intercepted by the British. The telegram proposed a military alliance between Germany and Mexico against the United States. The interception of the Zimmerman

Telegram would change the course of the war. All visitors to the Arsenal will need to obtain a visitor's pass at the Visitor Control Center adjacent to the Moline Gate (23 Prospect Drive, 61265)

Brown Bag Lunch & Learn: Rock Island Prison Barracks

Join us at the Rock Island Arsenal Museum for our Brown Bag Lunch & Learn: Rock Island Prison Barracks on **Monday, March 2**, 12-1 p.m. Between 1863 and 1865, a Confederate prisoner of war camp was operated on Rock Island. During its operation over 12,000 POWs came through the camp. Museum Director Patrick Allie will discuss the history of the prison barracks, its guards and prisoners, and some of the unique artifacts in the collection related to the prison barracks. All visitors to the Arsenal will need to obtain a visitor's pass at the Visitor Control Center adjacent to the Moline Gate (23 Prospect Drive, 61265)

WWI Lecture Series: Stalemate on the Western Front

Join us for the WWI Lecture Series: Stalemate on the Western Front on **Wednesday, March 18**, 12-1 p.m., in the Rock Island Arsenal Museum. Employees can get CLP credit for attending the lecture series at the museum; you just need to search "WW1" in TEDs to find the class. The fight on the Western Front turned into a stalemate by 1915 and would remain largely unchanged for two more years. Join us to learn about this period during World War I when the war descended into a war of attrition. All visitors to the Arsenal will need to obtain a visitor's pass at the Visitor Control Center adjacent to the Moline Gate (23 Prospect Drive, 61265)

Healthbeat 🐶

DOD Releases Guidance to Protect Forces from Novel Coronavirus

As the novel coronavirus continues to spread, the Department of Defense has established a Spotlight page to disseminate the latest information on the outbreak and to highlight coordination efforts with other organizations throughout the U.S. government. Acting Undersecretary of Defense for Personnel and Readiness Matthew P. Donovan released a guidance letter for force health protection specifically relating to the novel coronavirus. In it, Donovan states that DOD will follow guidance by the Centers of Disease Control and Prevention. While DOD personnel are not specifically at risk of exposure to the novel coronavirus, the fact that service members and their families travel internationally and throughout the U.S. means they should take additional precautions to avoid risk. The CDC issued new guidance on precautionary steps health practitioners, service members, and their families should take to avoid contracting the virus. For health care professionals, the CDC has provided guidance to avoid additional risk from patients who may have been exposed to coronavirus. After identifying a person at risk or patient under investigation based on symptoms and exposure history, those suspected of illness should wear a face mask and be evaluated in a private room with a closed door or placed in an airborne infection isolation room if available. (More: https://health.mil/News/Articles/2020/01/31/DoD-releases-guidance-to-protect-forces-from-novelcoronavirus)

Sorry Flu, Not This Year

Even with the scare of a highly contagious virus spreading each year, U.S. service members and beneficiaries can feel relieved this flu season. Through a complex and heavily coordinated global effort, the Defense Logistics Agency Troop Support Medical supply chain teamed with Department

of Defense partners to provide 3.4 million doses of the influenza vaccine to service members, dependents and retirees. "Everybody knows preventing the flu and getting our service members vaccinated is so important every year," said Jenna Wesolowski, a Medical contracting officer. "The dedication of everyone involved just shows and makes the program so successful because we try our hardest to get everybody vaccinated." The DLA Troop Support Medical team worked alongside the Defense Health Agency, DLA Distribution and military service medical logistics personnel through a yearlong effort supporting the DOD's 2019-2020 Seasonal Influenza Vaccination Program and its goal to vaccinate 90 percent of all service members by Jan. 15. (More: https://health.mil/News/Articles/2020/01/27/Sorry-flu-not-this-year)

Officials Say Coronavirus Risk to Personnel Low, But Advise Precautions

Although the risk of contracting the new coronavirus virus is low, Centers for Disease Control officials said, they recommend getting an influenza vaccine and taking everyday preventive actions to help stop the spread of germs. Further guidance includes handwashing with soap and water for at least 20 seconds and if not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Also, avoid touching eyes, nose and mouth with unwashed hands and avoid close contact with those who are sick. Cleaning and disinfecting frequently touched objects and surfaces should also be done. The Office of the Assistant Secretary of Defense for Health Affairs is working with the Joint Staff and others for any potential increased screening of DOD populations at ports of entry. (More: www.defense.gov/Explore/News/Article/Article/2071728)

DOD, Other Government Departments Take Coronavirus Response Measures

The Defense Department is working with other government agencies in responding to the coronavirus outbreak. The Centers for Disease Control and Prevention is closely monitoring an outbreak of respiratory illness caused by a new coronavirus, named 2019-nCoV, that was first detected in Wuhan City, in China's Hubei province and which continues to expand, according to the CDC's website. Chinese health officials have reported thousands of infections with 2019-nCoV in China, with the virus reportedly spreading from person to person in many parts of that country. Infections with 2019-nCoV, most of them associated with travel from Wuhan, also are being reported in a growing number of international locations, including the United States, according to the CDC. March Air Reserve Base in California and DOD stand ready to provide housing support to Department of Health and Human Services personnel as they work to handle the arrival of nearly 200 people, including State Department employees, their families and U.S. citizens evacuated from Wuhan, Alyssa Farah, DOD press secretary, said in a statement today. (More: www.defense.gov/Explore/News/Article/Article/2069255)

Coronavirus: What Providers, Patients Should Know

With news of the contagious and potentially deadly illness known as novel coronavirus grabbing headlines worldwide, military health officials say that an informed, common sense approach minimizes the chances of getting sick. Many forms of coronavirus exist among both humans and animals, but this new strain's lethality has triggered considerable alarm. Believed to have originated at an animal market in Wuhan City, China, novel coronavirus has sickened hundreds and killed at least 4. It has since spread to other parts of Asia. The first case of novel coronavirus in the U.S. was reported January 22 in Washington State. Anyone contracting a respiratory illness shouldn't assume it's novel coronavirus; it is far more likely to be a more common malady. "For example, right now in the U.S., influenza, with 35 million cases last season, is far more commonplace than novel coronavirus, said U.S. Public Health Service Commissioned Corps Dr. (Lt. Cmdr.) David Shih, a preventive medicine physician and epidemiologist with the Clinical Support Division, Defense

Health Agency. He added that those experiencing symptoms of respiratory illness – like coughing, sneezing, shortness of breath, and fever – should avoid contact with others and making them sick, Shih said. "Don't think you're being super dedicated by showing up to work when ill," Shih said. "Likewise, if you're a duty supervisor, please don't compel your workers to show up when they're sick. In the short run, you might get a bit of a productivity boost. In the long run, that person could transmit a respiratory illness to co-workers, and pretty soon you lose way more productivity because your entire office is sick." Shih understands that service members stationed in areas of strategic importance and elevated states of readiness are not necessarily in the position to call in sick. In such instances, sick personnel still can take steps to practice effective cough hygiene and use whatever hygienic services they can find to avert hindering readiness by making their battle buddies sick. Frequent thorough handwashing, for instance, is a cornerstone of respiratory disease prevention. "You may not have plumbing for washing hands, but hand sanitizer can become your best friend and keep you healthy," Shih said. (More: https://health.mil/News/Articles/2020/01/24/Coronavirus)

Notes for Veterans 👀

VA Encourages Communities to Volunteer and Recognize Hospitalized Veterans during National Salute to Veteran Patients Week

The U.S. Department of Veterans Affairs (VA) will honor hospitalized Veterans at VA medical centers, clinics and facilities nationwide from Feb. 9-15 during National Salute to Veteran Patients. This annual observation gives all Americans the chance to thank the more than 9 million Veterans who receive care from VA through volunteering and creating Valentines cards. "VA values the contributions of our volunteers, donors and partners that help us keep the promise to America's Veterans," said VA Secretary Robert Wilkie. "I encourage more people to reach out to their local VA facility and find ways to volunteer not only during the National Salute to Veteran Patients, all year long." (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5390)

VA Aims to Stem Overuse of Heartburn, Reflux Drugs

Proton pump inhibitors (PPIs) are among the most commonly prescribed medications in VA. Roughly one in six Veterans uses them to ease digestive disorders, such as heartburn or acid reflux. The drugs are effective and well-tolerated when consumed properly. They are also overused. Studies show that as many as six in 10 PPI prescriptions lack a clear evidence-based indication. Long-term use of the drugs carries a risk of serious side effects, such as pneumonia and bone fractures. Individual VA pharmacies have been working to lower PPI use for Veterans who do not truly need them. For example, at the Lexington VA Medical Center in Kentucky, pharmacist Kelly Davis says her team's program has yielded good results. "The whole facility has bought into it, including our primary care providers. The awareness of the program, coupled with the fact that physicians are seeing more evidence of the risks of long-term PPI therapy, has led providers to be very cautious when prescribing PPIs. As a whole, we've found that the program has decreased our unnecessary PPI use." (More: <u>www.blogs.va.gov/VAntage/70963/va-aims-stem-overuse-heartburnreflux-drugs</u>)

VA Releases Updated DOD List Identifying Agent Orange Sites Outside of Vietnam

The U.S. Department of Veterans Affairs (VA) released in January an updated Department of Defense (DOD) list of locations outside of Vietnam where tactical herbicides were used, tested or

stored by the United States military. "This update was necessary to improve accuracy and communication of information," said VA Secretary Robert Wilkie. "VA depends on DOD to provide information regarding in-service environmental exposure for disability claims based on exposure to herbicides outside of Vietnam." DOD conducted a thorough review of research, reports and government publications in response to a November 2018 Government Accountability Office report. "DOD will continue to be responsive to the needs of our interagency partners in all matters related to taking care of both current and former service members," said Defense Secretary Mark T. Esper. "The updated list includes Agents Orange, Pink, Green, Purple, Blue and White and other chemicals and will be updated as verifiable information becomes available." Veterans who were exposed to Agent Orange or other herbicides during service may be eligible for a variety of VA benefits, including an Agent Orange Registry health exam, health care and disability compensation for diseases associated with exposure. Their dependents and survivors also may be eligible for benefits. (More: www.va.gov/opa/pressrel/pressrel/assec.fm?id=5388)

VA Rep Office Hours at RIA – New Service Available on Rock Island Arsenal

The local Veterans Administration (VA) Outreach Representative for 16 counties in Iowa and Illinois, Shane Kern, will be at RIA twice a month to provide transitioning Soldiers (active duty, Reserve and National Guard), Family members and area veterans easy, predictable access to VA services. Upcoming VA visits scheduled at ACS Office, Bldg. 110/1st Floor from 9 a.m. - 3 p.m.

- Tuesday, Feb. 11
- Friday, Feb. 28

Appointments are not required. For more information, please contact Shane Kern at his office at 309-755-3260; cell 319-541-1036 or <u>Shane.Kern@va.gov</u>.



An interactive version of Around the Q.C. is now available at: www.facebook.com/groups/275103093432020

Once you have joined you can see a listing a the Facebook events people have posted to the group at: https://www.facebook.com/groups/275103093432020/events

<u>Feb 7</u>: Rock n' Roll Bingo (By Nu Zeta Sorority at Walcott, Iowa, Legion Post 548) More: <u>www.facebook.com/events/2454229604826490</u>

Feb. 14: Valentine Walk (Watchtower Lodge in Black Hawk State Historic Site in Rock Island) More: www.blackhawkpark.org

Feb. TBA: Moeller Nights Festival (Rust Belt, East Moline) More: www.moellernights.com

Feb. 13-16: Outdoor Adventure Show (QCCA Expo Center, Rock Island) More: <u>www.qccaexpocenter.com</u> **Feb. 21-23**: RV & Camping Show (QCCA Expo Center, Rock Island) More: <u>www.qccaexpocenter.com</u> **Feb. 24-March 1**: Quad Cities Restaurant Week (30+ restaurants in the greater Quad Cities) More: <u>www.gcrestaurantweek.com</u>

March 12-15: Missouri Valley Conference Women's Basketball Tournament (TaxSlayer Center) More: www.mvcquadcities.com

March 13: Gathering of the Clan Luncheon (RiverCenter, Davenport) More: <u>www.stpatsqc.com</u>

March 14: St. Patrick's Parade (Downtown Rock Island and Davenport) More: <u>www.stpatsqc.com</u>

March 18-21: Gathering of the Green (RiverCenter, Davenport) More: <u>www.gatheringofthegreen.com</u>

<u>March 27-29</u>: QCCA Flower and Garden Show (QCCA Expo Center, Rock Island) More: <u>www.qccaexpocenter.com</u>

<u>May 2</u>: Tour de Brew QC (Bicycle ride to different breweries and establishments in the Quad Cities) More: <u>www.qctourdebrew.com</u>

May 2: Village in Bloom: Festival of the Arts (Village of East Davenport) More: www.villageinbloom.org May 9-10: Beaux Arts Fair (Mississippi Valley Fairgrounds) More: www.beauxartsfair.com May 24-25: Heritage Days (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com May 25: Quad Cities Kwik Star Criterium (Village of East Davenport) More: www.guadcitiescriterium.com June TBA: BE Downtown/Chalk Arts Fest (Downtown Bettendorf) More: www.bettendorf.org June 1-6: Quad Cities Senior Olympics (greater Quad Cities) More: http://gcsogo.org June 5-6: Rhubarb Festival (Aledo, Illinois) More: www.aledomainstreet.com June TBA: Gumbo Ya Ya: (Downtown Rock Island) More: www.downtownrockisland.org June TBA: Pioneer Days (Colonel Davenport House, Rock Island Arsenal) More: www.davenporthouse.org June 6-14: Quad Cities Museum Week (Greater Quad Cities) More: www.gcmuseumweek.com June 21: Ride the River Bike Ride (Davenport Riverfront) More: www.riveraction.org June 19-21: Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: www.planetfunkcon.com June TBA: Quad City Air Show (Davenport Municipal Airport) More: www.guadcityairshow.com July 3: Red, White & Boom! (Rock Island and Davenport) More: www.redwhiteandboomgc.org July 4: Firecracker Run & Parade (East Moline) More: www.emmainstreet.com July 3-4: Bettendorf Old-Fashioned 4th of July (Bettendorf) www.bettendorf.org July TBA: Mississippi Valley Blues Festival (TBA) More: www.mvbs.org July 6-12: John Deere Classic PGA Tour (TPC Deere Run, Silvis, Illinois) More: www.johndeereclassic.com July 11-15: Mercer County Fair (Fairgrounds, Aledo, Illinois) More: www.mercercountyfair.org July 9-11: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: www.truckersjamboree.com July 14-18: Rock Island County Fair (East Moline) More: www.rockislandfair.org July 24-25: Downtown Street Fest (Downtown Davenport) More: www.downtowndavenport.com July 25: Bix 7 Run/Walk (Downtown Davenport) More: www.bix7.com July 30-Aug. 1: Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort, Davenport) More: www.bixsociety.org Aug. 1: Heartland British Auto Fest (LeClaire Levee) More: www.qcbac.com Aug. 4-9: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: www.mvfair.com Aug. 8: Village Wine Walk (Village of East Davenport) More: www.villageofeastdavenport.com Aug. 13-15: Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: www.tugfest.org Aug. TBA: Ya Maka My Weekend (Downtown Rock Island) More: www.downtownrockisland.org Aug. 14-15: Quad Cities Balloon Festival (Iowa-side Quad Cities – location TBA) More: www.quadcitiesballoonfestival.com Aug. 15: Freedom Fest (East Moline) More: www.emmainstreet.com Aug. 15: Floatzilla (Sunset Marina, Rock Island) More: www.floatzilla.org Aug. TBA: Quad City Symphony Riverfront Pops (LeClaire Park, Davenport) More: www.qcso.org Aug. TBA: World Series of Drag Racing (Cordova International Raceway) More: www.racecir.com Aug. 22-23: Farm Days (Village of East Davenport) More: www.villageofeastdavenport.com Aug. 27-30: Alternating Currents Festival (Downtown Davenport) More: www.alternatingcurrentsgc.com Aug. 29: Vettes on the River (LeClaire, Iowa) More: www.visitleclaire.com Sept. 5-6: Rock Island Grand Prix (Downtown Rock Island) More: www.rockislandgrandprix.com Sept. TBA: QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline) More: www.visitiohndeere.com Sept. TBA: VIVA Quad Cities Fiesta (Location TBA) More: www.vivaquadcities.com Sept. 12-13: Beaux Arts Fair (Davenport) More: www.beauxartsfair.com Sept. TBA: Taming of the Slough (Sylvan Slough) More: www.riveraction.org Sept. TBA: Brew Ha Ha (LeClaire Park, Davenport) More: www.jayceesqc.org Sept. 19-20: Riverssance Festival of Fine Arts (Village of East Davenport) More: www.midcoast.org Sept. 27: Quad Cities Marathon (Downtown Moline) More: www.gcmarathon.org Oct. 11: Apple Fest (Downtown LeClaire) More: www.visitleclaire.com Oct. TBA: Row the Miss Regatta (Mississippi River in Moline) More: www.tworiversymca.org Oct. 29: Fright Night (Schwiebert Park, Rock Island) More: www.downtownrockisland.org Oct. 24: Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: www.lagomarcinos.com Oct. 24-25: Boo at the Zoo (Niabi Zoo, Coal Valley, Illinois) More: www.niabizoo.com Oct. 24: Witches Walk & Costume Parade (Downtown LeClaire, Iowa) More: www.visitleclaire.com

Nov. 21: Festival of Trees Parade (Downtown Davenport) More: <u>www.qcfestivaloftrees.com</u>
 Nov. 21: Lighting on the John Deere Commons (Downtown Moline) More: <u>www.lightingonthecommons.com</u>
 Nov. 29: Christmas Walk (Walnut Grove Pioneer Village) More: <u>www.scottcountyiowa.com</u>
 Dec. 6: 19th Century Christmas (Butterworth Center, Moline) More: <u>www.butterworthcenter.com</u>
 Dec. TBA: Christkindlmarkt Quad Cities (Freight House, Davenport) More: <u>www.christkindlmarktqc.com</u>
 Dec. TBA: Season of Light-Star of Bethlehem (Augustana College planetarium) More: <u>www.augustana.edu</u>

Island Insight

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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 bu 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.imcomcentral.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.