



**Feb. 12, 2020**

# 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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## AMC Evaluating Power-Projection Capabilities in Defender-Europe 2020

The Army's strength lies in its capacity to project power, said Army Materiel Command's top officer, who will be evaluating AMC's ability to move and sustain more than 20,000 service members and close to 23,000



pieces of equipment during exercise Defender-Europe 20. The Army is also progressing its additive manufacturing capabilities, the general said, with the recent designation of the Rock Island Arsenal-Joint Manufacturing and Technology Center in Illinois as a Center of Excellence for Advanced and Additive Manufacturing.

Commonly known as 3D printing, additive manufacturing fabricates parts from plastic and other materials -- layer by layer. In the future, Soldiers will be able to "print" the necessary parts or equipment to maintain their mission, Perna said. "Three years ago, when I started on this, I would tell you the industry was way ahead of us," he said. "In my personal opinion, the United States Army ... has caught up. "We are already improving readiness because of this capability." The Rock Island facility will serve as the central hub and provide a bulk of the Army's 3D printing

## Upcoming Dates

- Dec. 14-Feb. 15:** EVAC Project - Experiencing Veterans & Artists Collaboration, RIA Museum
- 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 Birthday
- Feb. 19:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Feb. 20:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.
- Feb. 20:** Self Care Workshop, Rock Island Arsenal Museum, 4-5 p.m.
- Feb. 19:** WWI Lecture Series: Europe at War & the Zimmerman Telegram, Rock Island Arsenal Museum, 6-7 p.m.

capabilities, he said. Beyond the center, the Army will leverage "25 depots, arsenals, and plants" and division-based 3D print capabilities to provide support. "We have already purchased the equipment that we're putting into Rock Island Arsenal. I renovated a whole warehouse with the vision that someday ... the whole thing will be filled [with equipment]," he said. "We have already purchased equipment for the depots, arsenals and plants selectively, and we are doing limited testing at the division level right now." (More: [www.army.mil/article/232413](http://www.army.mil/article/232413))

### **Everything Has a Season for Army Reserve Senior NCO**

On Sept. 10, 2001, then-Cpl. Dale Frahm was serving in the U.S. Army Reserve as a Military Police officer when he received and accepted a job offer with the Bettendorf, Iowa, Police Department. Frahm eagerly anticipated moving into his new position and relished the idea of how the new role would benefit his military career and vice versa. But the tragic and momentous events of the following day left him wondering where he would be a few weeks later and if the civilian job offer would still be waiting on him when he got back. Fortunately, the police chief kept his word, and Frahm has been serving in both capacities ever since, while also maintaining a small farm. Now, Master Sgt. Frahm is one of about 3,600 Reserve Soldiers serving with First Army, whose mission is to prepare Reserve Component forces to deploy and win on a multi-domain battlefield. He balances his three commitments by bringing a dedication to whatever he does. Between being a police officer, Reserve Soldier and farmer, "There's not much time left for hobbies," Frahm said, laughing but not joking. However, he makes it clear, "It's an obligation that I committed to. It can be taxing at times, but you have to balance it. Everything has a season." (More: [www.army.mil/article/232390](http://www.army.mil/article/232390))



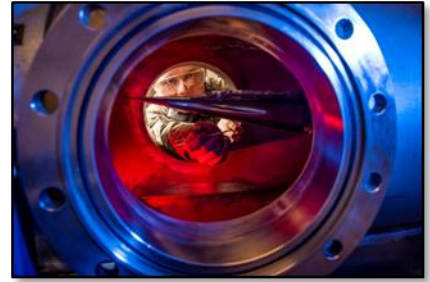
### **Trump Touts Military Rebuilding, Space Force, Strikes Against Terror**

The rebuilding of the U.S. military, the creation of the U.S. Space Force and attacks on terrorists were among the topics President Donald J. Trump covered in his State of the Union address. "Our military is completely rebuilt, with its power being unmatched anywhere in the world — and it is not even close," the president said in the nationally televised report to Congress last night. Trump said the military is feeling the effects of \$2.2 trillion invested in the services since he took office in 2017. "We have purchased the finest planes, missiles, rockets, ships, and every other form of military equipment — all made in the United States of America," he said. He also touted his efforts to get allies to increase their defense spending. "I have raised contributions from the other NATO members by more than \$400 billion, and the number of allies meeting their minimum obligations has more than doubled," the president said. (More: [www.defense.gov/Explore/News/Article/Article/2074985](http://www.defense.gov/Explore/News/Article/Article/2074985))



### **Norquist: Budget Request Represents 'Next Step' in Implementing Defense Strategy**

The Defense Department's \$705.4 billion budget request for fiscal year 2021 focuses on preparing the U.S. military for all-domain, "high-end" warfare, Deputy Defense Secretary David L. Norquist told reporters at the Pentagon. "The FY2021 budget request is the next step in implementing the National Defense Strategy and focuses on all-domain operations," Norquist said during a briefing today at the Pentagon. The budget request aims to sustain readiness, recapitalize U.S. nuclear deterrence capabilities, strengthen homeland missile defense and expand investment in hypersonic weapons, artificial intelligence and autonomous platforms, Norquist said. (More: [www.defense.gov/Explore/News/Article/Article/2080296](http://www.defense.gov/Explore/News/Article/Article/2080296))



### **Vice Chief of Staff: Speed of Modernization No Longer At 'Glacial Pace'**

In his first six months on the job, the Army's vice chief of staff said the speed of an improved acquisition process has impressed him the most when it comes to tackling modernization. Gen. Joseph M. Martin, who once led the Army Operational Test Command, recalled the "glacial pace" it previously took to get new equipment out to the force. And by the time it got into Soldiers' hands, some of it was already obsolete. "We cannot afford to do that to ourselves," Martin said in an interview Wednesday. "So we've got to be agile in the way that we develop our technology." With the Army Futures Command's cross-functional teams in full force, Soldiers can now team with acquisition and science and technology experts at the start of projects. (More: [www.army.mil/article/232408](http://www.army.mil/article/232408))



### **Esper Discusses 2 Years of National Defense Strategy Efforts**

Defense Secretary Dr. Mark T. Esper returned to the venue where the National Defense Strategy was unveiled two years ago to discuss how the Defense Department is implementing it. Esper spoke today at Johns Hopkins School of Advanced International Studies' Philip Merrill Center for Strategic Studies in Washington. The National Defense Strategy outlines the plan to maintain a competitive U.S. advantage in a new era of great-power competition with Russia and China, Esper said. To meet that challenge, he said, DOD is modernizing its forces, experimenting with new technologies that ensure battlefield success, and reforming the way the department does business to ensure taxpayer dollars are aligned with the strategy's priorities, such as artificial intelligence, a 5G network, hypersonic weapons and modernization of the nuclear triad. (More: [www.defense.gov/Explore/News/Article/Article/2076893](http://www.defense.gov/Explore/News/Article/Article/2076893))



### **Survey Says: Army Best Place to Work in DOD**

The results are in, and the Army clenched the title of top civilian employer across the Defense Department -- and ranks seventh among large federal agencies -- according to the 2019 Best Places to Work rankings. The Federal Employee Viewpoint Survey is intended to empower federal employees with an outlet to candidly provide feedback on their experiences, organizations, workforce management, and more, according to the U.S. Office of Personnel Management, which administers the annual study. The Army's results laid out how its employees feel valued, and are making an impact on the mission, officials said. Leaders will continue to





examine the satisfaction data to provide meaningful work to best use talents. This year--with the Army's highest numbers in a decade -- 68% of respondents said they would recommend the service to others, said Dr. Casey Wardynski, Assistant Secretary of the Army for Manpower and Reserve Affairs. He added that's a two-point bump from last year's survey. (More: [www.army.mil/article/232515](http://www.army.mil/article/232515))

### **DOD Has Enduring Role in Election Defense**

Voting has begun for the 2020 presidential election primary season — but it's not the beginning of the U.S. government's defense against foreign interference and influence in our elections. At the Reagan National Defense Forum last December, Army Gen. Paul M. Nakasone, U.S. Cyber Command commander and director of the National Security Agency, laid out the Defense Department's role in election security. "We began the ability for us to defend the presidential elections not today, not six months from now. We began it the day after the midterm elections," he said, "We have not let up in terms of our ability to understand what our adversaries are doing." The Defense Department plays an important role in that whole-of-government partnership, spearheaded by the NSA and Cybercom's Election Security Group, formed in the wake of the successes of the Russia Small Group during the 2018 midterms. (More: [www.defense.gov/Explore/News/Article/Article/2078716](http://www.defense.gov/Explore/News/Article/Article/2078716))



### **'milDrive' Offers DOD More Secure Cloud Storage Solution**

The Defense Information Systems Agency has been offering "milDrive," a cloud-based storage solution for desktop users, for nearly a year. The cloud service already has about 18,000 users across 20 organizations, the program manager said. "There's quite a large user base in the queue right now that's interested, and we are currently piloting with and developing a migration strategy for them," said Carissa Landymore. "The need is definitely there." The milDrive service is available for users on DODIN, the unclassified Defense Department information network. Users often store files on network drives so they can be shared with others within their organizations. The milDrive service gives users that ability, and it also allows them to access files from any common access card-enabled computer on the network and from their government cell phones and tablets. Typically, network shared drives only allow users to access files when they are on their home network. (More: [www.army.mil/article/232102](http://www.army.mil/article/232102))



### **Army Develops Big Data Approach to Neuroscience**

A big data approach to neuroscience promises to significantly improve our understanding of the relationship between brain activity and performance. To date, there have been relatively few attempts to use a big-data approach within the emerging field of neurotechnology. In this field, the few attempts at meta-analysis (analysis across multiple studies) combine only the results from individual studies rather than the raw data. A new study is one of the first to combine data across a diverse set of experiments to identify patterns of brain activity that are common across tasks and people. The Army in particular is interested in how the cognitive state of Soldiers can affect their performance during a mission. If you can understand the brain, you can predict and even enhance cognitive performance. (More: [www.army.mil/article/232275](http://www.army.mil/article/232275))



## Eagle Watching on the Mississippi River

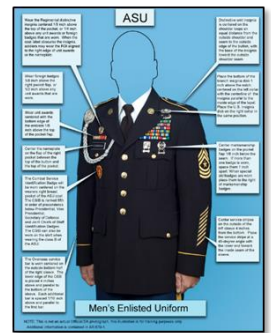
Every year tens of thousands of people flock to the Mississippi River to take part in Bald Eagle Watches. They have come to catch a glimpse, perhaps for the first time, of our national symbol. Up to 2,500 bald eagles winter along the Mississippi near the lock and dams. Turbulence created below the dams 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.army.mil/Missions/Recreation/Mississippi-River-Project/Education/Eagle-Watching](http://www.mvr.usace.army.mil/Missions/Recreation/Mississippi-River-Project/Education/Eagle-Watching))



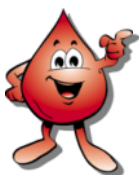
## VIOS Schedule for February-April

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 <https://vios.army.mil>. 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 [bhancock@mvrbc.org](mailto:bhancock@mvrbc.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to [www.bloodcenterimpact.org](http://www.bloodcenterimpact.org) 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 tshirt 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](http://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](mailto: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.

### Ash Wednesday

Join us **Wednesday, Feb. 26**, at 11:45 a.m., in the Baylor Conference Room, Building 103, for Ash Wednesday service for all Soldiers, Family members, government employees, and contractors. This is an ecumenical Ash Wednesday service for Christians of all traditions marking the beginning of Lent, a season on reflection and repentance for Christians. What is Ash Wednesday? It's a reminder that our lives are short and we must live them to the fullest. Lent is traditionally described as lasting for 40 days, in commemoration of the 40 days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark, and Luke, before beginning his public ministry. For questions and additional information contact the ASC Chaplain's Office at 309-782-4603/0923.



### 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](http://www.salutetolife.org) or call 1-800-MARROW-3.





## NAMI Homefront Classes Rock Island Arsenal

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 instructors 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 was originally created in cooperation with the United States Army. The course is promoted locally by the Iowa Veterans Administration.

- Six Wednesdays
  - **March 18 - April 22**
  - 5:30 to 8 p.m.
  - ASC HQ Building 390
  - Garden Conference Room (basement)
  - Registration deadline **Wednesday, March 25** (Class 2) at 2 p.m.

If needed, participants must contact the RI Arsenal Visitor's Center to complete a visitor request form a couple days prior to attending the class. This is located at the Moline (main gate) in Building 23 and required in order to establish access to the Island. To contact the Visitor Center call 309-782-0485, 309-782-0484 or 309-782-1337 or email [usarmy.ria.imcom.mbx.usag-access-request@mail.mil](mailto:usarmy.ria.imcom.mbx.usag-access-request@mail.mil). To register for this program you may register online at <https://namigmv.z2systems.com/np/clients/namigmv/event.jsp?event=725&> or call 563-386-7477 x266, 10 a.m. to 2 p.m., Monday - Friday

## 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, Building 104, 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](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.* — **Pillar Equipment:** Located on the Avenue in Silvis, Illinois, offering \$100 off on new Kubota mowers and up to \$500 off on select new Kubota tractors for Farmer Veteran Coalition members; this is a free membership. See [www.kubotausa.com](http://www.kubotausa.com) or [www.myorangetractor.com](http://www.myorangetractor.com) for details. Stop by and see us at 2001 5th Street, STE 40 in Silvis, or call us at 309-751-4661. **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](http://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.*

## Arsenal Traffic/Construction

### 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:

- Davenport Gate:
  - Monday - Friday: 5:45 a.m. - 8:15 a.m. Inbound / 2-5 p.m. Outbound
  - Saturday: Closed
  - 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**

Effective Feb. 7, between the hours of 8:30 a.m. and 1 p.m., the Directorate of Public Works (DPW) closed 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 were 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.



## **Building/Space Closures**



*There are no announcements at this time.*

# Active Duty/Reserve Zone



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## **Fiscal Year 2021 DOD Budget Request Seeks 3% Pay Raise for Service Members**

President Donald J. Trump's request for \$705.4 billion to fund the Defense Department in fiscal year 2021 prioritizes readiness and modernization, the strengthening of alliances, performance and accountability reforms, and service members and their families. The president released his fiscal 2021 budget request today. For those in uniform, the department has asked for a 3% pay raise across the board, along with increases to the allowances for housing and subsistence. DOD also is seeking \$8 billion for a range of programs to support military families, including professional development and education opportunities for service members and spouses, child care for more than 160,000 children, youth programs for more than a million family members and support to the schools that educate more than 77,000 students from military families. (More:

[www.defense.gov/Explore/News/Article/Article/2079745](http://www.defense.gov/Explore/News/Article/Article/2079745))

## **DOD Vows to Help Exceptional Family Member Program**

The Defense Department is working to improve the Exceptional Family Member Program with several initiatives, a Defense Department official said at a House Armed Services Committee hearing. Carolyn Stevens, director of the DOD's Office of Military Family Readiness Policy and Navy Capt. Edward Simmer, chief clinical officer of Tricare Health Plans at the Defense Health Agency, testified earlier this week on "Exceptional Family Member Program: Are the Military Services Really Taking Care of Family Members?" The Exceptional Family Member Program has mandatory DOD enrollment and works with military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services around the world to military families with special needs. (More:

[www.defense.gov/Explore/News/Article/Article/2078407](http://www.defense.gov/Explore/News/Article/Article/2078407))

## **OSD Advises Service Members against Using DTC Genetic Testing**

It has come to the attention of the Department of Defense that some direct-to-consumer genetic testing companies are encouraging DOD personnel to purchase genetic ancestry and health information through the offering of military discounts or other incentives. These DTC genetic tests are largely unregulated and could expose personal and genetic information and potentially create unintended security consequences and increased risk to the joint force and mission. Exposing sensitive genetic information to outside parties poses personal and operational risks to service members. DTC genetic tests that provide health information have varying levels of validity, and many are not reviewed by the Food and Drug Administration before they are offered, meaning they may be sold without independent analysis to verify the claims of the seller. (More:

[www.army.mil/article/232314](http://www.army.mil/article/232314))

## **Free Tax Software, Support Available For Soldiers, Families**

With the tax season upon us, service members and their families can access free tax-filing software and consultations to help them navigate the task of submitting their annual taxes. Military members and their families can visit the Military OneSource website or call 1-800-342-9647 for the no-cost "MilTax" software, explained Erika Slaton, a program analyst with Military OneSource. The Defense Department recognizes that military members and their families have unique filing

situations with deployments, relocations and various deductions and credits, she said. The MilTax software, previously known as "Military OneSource Tax Services," was created with the military situation in mind, Slaton said. (More: [www.army.mil/article/181811](http://www.army.mil/article/181811))

### **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."



**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>

### **Carbon Monoxide (CO) Poisoning Prevention**

CO poisoning is entirely preventable. Protect yourself and your family by learning the symptoms of CO poisoning and how to prevent it. When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases. Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to help protect yourself and your household from CO poisoning. CO is found in fumes produced by furnaces, kerosene heaters, vehicles "warmed up" in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO. (More: [www.cdc.gov/features/copoisoning](http://www.cdc.gov/features/copoisoning))



# Equal Employment Opportunity Focus

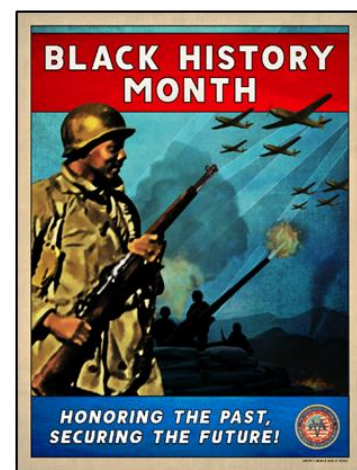


The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment 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-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.

## 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. Thanks to our sponsor: UnityPoint Health - Trinity. Call 309-782-6789 for more information.

## Free Wiper Blades at the Auto Shop

Winter isn't over yet, make sure your tires, engine and wiper blades are in good shape to finish the season. Schedule your vehicle for a full service oil change and tire rotation appointment between now and **Friday, Feb. 21**, and we'll install a free set of Anco wiper blades to keep your field of vision clear all winter long. Limit of two blades per vehicle. Call the Auto Service Center at 309-782-8631 for more info and to make your appointment.

## Youth Summertime Activities Expo

Join us for our Youth Summertime Activities Expo on **Thursday, April 9**, 10:30 a.m. - 1 p.m. More than 40 vendors will showcase their summer programming to include volunteering opportunities so come and learn about the activities. Open to all in the RIA community. There will be numerous opportunities from our sponsors so don't miss out. For more info call 309-782-3049.

## 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 [www.getmeregistered.com/RIARuntheRock](http://www.getmeregistered.com/RIARuntheRock) 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 [www.getmeregistered.com/RIARuntheRock](http://www.getmeregistered.com/RIARuntheRock) 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 [www.vibrantmobiledetail.com/arsenal](http://www.vibrantmobiledetail.com/arsenal) 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.



# 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](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)**

## **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 Emmitt'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 [www.choicehotels.com](http://www.choicehotels.com) 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**



**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](http://www.facebook.com/RIACYSS))**

### **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 [MilitaryChildCare.com](http://MilitaryChildCare.com) 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 [Militarychildcare.com](http://Militarychildcare.com) was: Jan. 13.

#### **Teen Summer Program**



For all participants who are in grades 6-8; you will have to send an email to: [usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil) 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



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, 1<sup>st</sup> 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](http://www.facebook.com/RIAACS). 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](mailto: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 10**
- **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, 1<sup>st</sup> 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; 1<sup>st</sup> 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.

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## 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](mailto: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.

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# 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, 1<sup>st</sup> 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](http://www.facebook.com/RIAEmployeeAssistanceProgram).

## Real Colors

Real Colors training provides users with an effective tool for understanding human behavior, for uncovering motivators specific to each color temperament and for improving communication skills. Register on TEDs, or call 309-782-0965. (Feb. 19, April 8, and June 10)

## Emotional Intelligence

Emotional intelligence (EI) is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Register on TED, or call 309-782-0965. (April 2, June 4)

## Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This class will help you manage challenging relationships and take control of what you can control in the workplace: You! Register on TEDs, or call 309-782-0965. (May 21, Aug. 13)

# 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, 1<sup>st</sup> 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: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

## Scholarship Available with Rock Island Arsenal Welcome Club

The Rock Island Arsenal Welcome Club (RIAWC) is accepting scholarship applications from High School Seniors and Continuing Education students for the 2020-2021 academic year. Applicants must meet eligibility requirements stated in the scholarship application. Merit-based scholarships will be awarded up to \$1,500.00. Applications are available on our website at <https://riawc.com/scholarship> and must be post-marked no later than **Monday, March 2**. For questions, contact Diane Campbell, RIAWC President, at [rockislandwelcomeclub@gmail.com](mailto:rockislandwelcomeclub@gmail.com).

## 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 [www.ndia-ia-il.org](http://www.ndia-ia-il.org). 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 [www.ndia-ia-il.org](http://www.ndia-ia-il.org). Applications must be postmarked **April 11**, or earlier. For more information, call 563-650-3252 after 5 p.m.

# Defense Commissary Agency / Exchange



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

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

## Welcome Newest Shoppers at Rock Island Commissary - Disabled Vets!

Hey Guys & Gals! We want to welcome our newest shoppers, disabled veterans, caregivers, purple of heart recipients, Medal of Honor recipients and prisoner of war recipients. We are so excited and proud to serve you. It is always our goal to make you happy and save you lots of money. If you are a disabled veteran and reading this the first time, you can call 309-782-0596 - I.D. Cards or any veterans outreach center to help assist you in getting your VA I.D. card. If you are still having problems, please talk to one of our friendly staff members. We will do our absolute best to help you. Some exciting features that the Rock Island Commissary offers you:

- Outstanding Meat Department. Let your Rock Island Arsenal Commissary Fresh Meat Department help save you money every time you shop with lower prices and fresh cut meat daily. Let us save you even more money by buying in bulk. All meat primals available at cost with free processing at your desired thickness. We also offer ten pound rolls of 81% lean ground beef, and 93% lean ground beef sold at cost. Please allow 24 hour notice for all fresh cut products. Stop in and say Hi to Eric, Tony and Josh.
- A Cutting Edge Produce Department. Features new varieties of grapes and apples. Try them all. We have great feedback on the absolute freshness of our vegetable and fruit trays. All we need is a 24 hour notification with your name, phone number, and size of fruit or vegetable trays and how many you would like. Your guests at any of your parties will be absolutely over the moon with the freshness of our vegetable and fruit trays. World class service just for you.
- Special Orders? Yes, of course – it is our pleasure to put a whole case of your favorite item at a great savings in your happy hands and your smiling hearts. If you have seen this item in some of our bigger commissaries, there is a good chance that we may be able to get it for you. Please let

us try! Please remember that we are your home away from home. Your very own exclusive social hub where you can just relax and be you – we get you! So come on in! The water is warm! Let us make you happy and save you lots of money! Wahoo! – Christopher Carpenter, customer service ambassador, [christopher.carpenter@deca.mil](mailto:christopher.carpenter@deca.mil), 309-782-4614

### **This Valentine's Day, the Exchange has Everything You Need to Make Your Sweetheart Swoon**

The Army & Air Force Exchange Service is ready to help military shoppers share the love during February with deals on Valentine's Day gifts that will have them singing love songs all month long. Fresh flowers, gifts and candy will be available in select Exchange and Express stores for Valentine's Day. At participating locations, fresh flowers can be purchased from \$5.99 to \$29.99. From Jan. 31 through Feb. 14, Petals & Blooms shoppers who use their MILITARY STAR® card will receive \$10 off any purchase of \$65 or more. From Jan. 31 through Feb. 13, Exchange shoppers will receive 25% off Teleflora orders when purchased through the Exchange Marketplace at [ShopMyExchange.com](http://ShopMyExchange.com). (More: [www.dvidshub.net/news/362164](http://www.dvidshub.net/news/362164))

### **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-scholarships-military-children-deadline](http://www.commissaries.com/our-agency/newsroom/news-releases/get-those-applications-scholarships-military-children-deadline))

### **Exchange Wellness Services Keep Military Community Ready, Resilient Year-Round**

For members of the military community and their families, it's important to keep in tip-top shape. The Army & Air Force Exchange Service is making it easier by bringing wellness services to installations. The Exchange's BE FIT program takes a holistic approach to health and wellness, including expanding wellness services available on installations. Soldiers, Airmen, retirees, family members and disabled Veterans can find durable medical equipment (such as braces, crutches, CPAP supplies and more), cryotherapy, optometry offices and dental services at Exchange locations. "It can be difficult to fit regular wellness appointments into a busy schedule," said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted advisor. "The Exchange brings these services right onto the installation to make access easy and convenient." (More: [www.dvidshub.net/news/360485](http://www.dvidshub.net/news/360485))



# 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](http://www.arsenalhistoricalsociety.org)) (Facebook: [www.facebook.com/RIAMuseum](https://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)

## Honoring the Legacy: History of the 108th USCT

Join us for Honoring the Legacy: History of the 108th USCT at the Rock Island Arsenal Museum on **Saturday, Feb. 29**, 2-3:30 p.m. The 108th United States Colored Troops (USCT) served as guards at Rock Island Prison Barracks during the Civil War. The regiment was made up of Freemen and escaped slaves, largely from Kentucky. This program will explore the history and enduring legacy of the men who served in the 108th USCT through scholars, descendants, and visual arts. The Museum opens at Noon and the program will begin at 2 p.m. 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**

### **The Benefits of Dog Walking**

Did you know that spending time with your pooch is a great way to work on the eight pillars of Total Force Fitness? While National Walk Your Dog Month is over, the health benefits can last all year long! So get up, get moving, and don't let those frigid winter temperatures slow you down. Walking is a great way to keep you and your dog physically, psychologically, and socially fit this winter. "Don't think of it as a chore," explained Army Maj. Tselane Ware, director of Public Health Command-Pacific Veterinary Health Services Directorate. "Going for a walk is a good bonding time between you and your dog. It helps with social and physical health, so you and your dog are not couch potatoes." According to the Centers for Disease Control and Prevention, regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can also help manage loneliness and depression by providing companionship. "Dog walking not only encourages people to get out of their homes and socialize, but pets also benefit. Owners can see if their dog has any health or behavioral issues," Ware explained. Many pet owners are often unaware of bowel or urinary issues when a pet is only let out in a yard. "When you walk your dog you can actually see if they are having a hard time going to the bathroom, or have issues like worms," Ware continued. "Often owners don't even know there is an issue until they take their pet for a walk." (More: <https://health.mil/News/Articles/2020/02/03/The-benefits-of-dog-walking-2020>)

### **Listen To Your Heart in February with Total Force Fitness**

Blood runs through every service member defending the country, every civilian supporting their mission, and every family member and friend who loves them. Having a medically ready force for the Department of Defense means paying attention to the organ that pumps this blood: the heart. This is American Heart Month, which gives the Military Health System the chance to look at the heart and how to take care of it. Heart disease is the No. 1 cause of death among men and women in the United States, so good heart habits are key to quality of life. "A healthy heart is important for military readiness and peak performance," said Patricia Deuster, Ph.D., director of the Consortium for Health & Military Performance at the Uniformed Services University for Health Sciences. DoD's Total Force Fitness framework supports heart health through focus on eight fitness domains. Habits in physical, medical, nutritional, and even financial fitness can affect the heart. (More:

<https://health.mil/News/Articles/2020/02/06/Listen-to-your-heart-in-February-with-Total-Force-Fitness>)

### **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-novel-coronavirus>)



## **Notes for Veterans**



### **VA Strengthens Care and Benefits for Veterans with \$243 Billion Budget Request for Fiscal Year 2021**

The U.S. Department of Veterans Affairs (VA) has a proposed \$243.3 billion budget for fiscal year (FY) 2021. The 10.2% increase from FY 2020 will allow VA's continued commitment to provide Veterans with high quality health care and timely access to benefits and services. "The budget request will ensure Veterans and their families experience health improvements and technological modernization advancements," said VA Secretary Robert Wilkie. "That's evidenced by the increase in budget funds we're receiving — that not only increase health care services and benefits to Veterans — but allow VA to lead the way in forward thinking innovation." (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5393](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5393))

### **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." Each year, volunteers from schools, community groups and youth organizations nationwide send more than 100,000 Valentine's cards to VA medical centers for National Salute to

Veteran Patients. VA aims to increase awareness of each VA medical center by encouraging citizens to visit hospitalized Veterans, volunteer their time or donate to their local VA facilities. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5390](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5390))

### **Applications Open for Community Organizations to Apply For Millions in Adaptive Sports Grants to Support Community Reintegration for Disabled Veterans**

The U.S. Department of Veterans Affairs (VA) is accepting applications through March 17 for up to \$15 million in grants for civic groups providing adaptive sports and therapeutic recreational opportunities to Veterans and members of the armed forces with disabilities. Application instructions and eligibility information for these grants — which will help qualified organizations plan, develop, manage and implement these programs — are available at VA Adaptive Sports Grant Program. “Built on VA clinical expertise and operations, with essential support from community partners, the adaptive sports grant program allows VA to extend its level of care beyond the clinical setting,” said VA Secretary Robert Wilkie. “We are pleased to offer grant funds to community organizations as it means there will be more Veterans engaging in the challenge of sports and more Veterans who are exposed to new skills for healthier living.” (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5389](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5389))

### **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.

- **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 [Shane.Kern@va.gov](mailto:Shane.Kern@va.gov).



## **Around the Q.C.**



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

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

**Feb. TBA:** Moeller Nights Festival (Rust Belt, East Moline) More: [www.moellernights.com](http://www.moellernights.com)

**Feb. 13-16:** Outdoor Adventure Show (QCCA Expo Center, Rock Island) More: [www.qccaexpocenter.com](http://www.qccaexpocenter.com)

**Feb. 21-23:** RV & Camping Show (QCCA Expo Center, Rock Island) More: [www.qccaexpocenter.com](http://www.qccaexpocenter.com)

**Feb. 24-March 1:** Quad Cities Restaurant Week (30+ restaurants in the greater Quad Cities) More: [www.qcrestaurantweek.com](http://www.qcrestaurantweek.com)

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

**March 13:** Gathering of the Clan Luncheon (RiverCenter, Davenport) More: [www.stpatsqc.com](http://www.stpatsqc.com)

**March 14:** St. Patrick's Parade (Downtown Rock Island and Davenport) More: [www.stpatsqc.com](http://www.stpatsqc.com)

**March 18-21:** Gathering of the Green (RiverCenter, Davenport) More: [www.gatheringofthegreen.com](http://www.gatheringofthegreen.com)



**March 27-29:** QCCA Flower and Garden Show (QCCA Expo Center, Rock Island) More:

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

**May 2:** Tour de Brew QC (Bicycle ride to different breweries and establishments in the Quad Cities) More:

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

**May 2:** Village in Bloom: Festival of the Arts (Village of East Davenport) More: [www.villageinbloom.org](http://www.villageinbloom.org)

**May 9-10:** Beaux Arts Fair (Mississippi Valley Fairgrounds) More: [www.beauxartsfair.com](http://www.beauxartsfair.com)

**May 24-25:** Heritage Days (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

**May 25:** Quad Cities Kwik Star Criterium (Village of East Davenport) More: [www.quadcitiescriterium.com](http://www.quadcitiescriterium.com)

**June TBA:** BE Downtown/Chalk Arts Fest (Downtown Bettendorf) More: [www.bettendorf.org](http://www.bettendorf.org)

**June 1-6:** Quad Cities Senior Olympics (greater Quad Cities) More: <http://qcsogo.org>

**June 5-6:** Rhubarb Festival (Aledo, Illinois) More: [www.aledomainstreet.com](http://www.aledomainstreet.com)

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

**June TBA:** Pioneer Days (Colonel Davenport House, Rock Island Arsenal) More: [www.davenporthouse.org](http://www.davenporthouse.org)

**June 6-14:** Quad Cities Museum Week (Greater Quad Cities) More: [www.qcmuseumweek.com](http://www.qcmuseumweek.com)

**June 21:** Ride the River Bike Ride (Davenport Riverfront) More: [www.riveraction.org](http://www.riveraction.org)

**June 19-21:** Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: [www.planetfunkcon.com](http://www.planetfunkcon.com)

**June TBA:** Quad City Air Show (Davenport Municipal Airport) More: [www.quadcityairshow.com](http://www.quadcityairshow.com)

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

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

**July 3-4:** Bettendorf Old-Fashioned 4th of July (Bettendorf) [www.bettendorf.org](http://www.bettendorf.org)

**July TBA:** Mississippi Valley Blues Festival (TBA) More: [www.mvbs.org](http://www.mvbs.org)

**July 6-12:** John Deere Classic PGA Tour (TPC Deere Run, Silvis, Illinois) More: [www.johndeereclassic.com](http://www.johndeereclassic.com)

**July 11-15:** Mercer County Fair (Fairgrounds, Aledo, Illinois) More: [www.mercercountyfair.org](http://www.mercercountyfair.org)

**July 9-11:** Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: [www.truckersjamboree.com](http://www.truckersjamboree.com)

**July 14-18:** Rock Island County Fair (East Moline) More: [www.rockislandfair.org](http://www.rockislandfair.org)

**July 24-25:** Downtown Street Fest (Downtown Davenport) More: [www.downtowndavenport.com](http://www.downtowndavenport.com)

**July 25:** Bix 7 Run/Walk (Downtown Davenport) More: [www.bix7.com](http://www.bix7.com)

**July 30-Aug. 1:** Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort, Davenport) More:

[www.bixsociety.org](http://www.bixsociety.org)

**Aug. 1:** Heartland British Auto Fest (LeClaire Levee) More: [www.qcbac.com](http://www.qcbac.com)

**Aug. 4-9:** Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: [www.mvfair.com](http://www.mvfair.com)

**Aug. 8:** Village Wine Walk (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)

**Aug. 13-15:** Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: [www.tugfest.org](http://www.tugfest.org)

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

**Aug. 14-15:** Quad Cities Balloon Festival (Iowa-side Quad Cities – location TBA) More:

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

**Aug. 15:** Freedom Fest (East Moline) More: [www.emmainstreet.com](http://www.emmainstreet.com)

**Aug. 15:** Floatzilla (Sunset Marina, Rock Island) More: [www.floatzilla.org](http://www.floatzilla.org)

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

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

**Aug. 22-23:** Farm Days (Village of East Davenport) More: [www.villageofeastdavenport.com](http://www.villageofeastdavenport.com)

**Aug. 27-30:** Alternating Currents Festival (Downtown Davenport) More: [www.alternatingcurrentsqc.com](http://www.alternatingcurrentsqc.com)

**Aug. 29:** Vettes on the River (LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Sept. 5-6:** Rock Island Grand Prix (Downtown Rock Island) More: [www.rockislandgrandprix.com](http://www.rockislandgrandprix.com)

**Sept. TBA:** QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline) More:

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

**Sept. TBA:** VIVA Quad Cities Fiesta (Location TBA) More: [www.vivaquadcities.com](http://www.vivaquadcities.com)

**Sept. 12-13:** Beaux Arts Fair (Davenport) More: [www.beauxartsfair.com](http://www.beauxartsfair.com)

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

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

**Sept. 19-20:** Riverssance Festival of Fine Arts (Village of East Davenport) More: [www.midcoast.org](http://www.midcoast.org)

**Sept. 27:** Quad Cities Marathon (Downtown Moline) More: [www.qcmarathon.org](http://www.qcmarathon.org)

**Oct. 11:** Apple Fest (Downtown LeClaire) More: [www.visitleclaire.com](http://www.visitleclaire.com)

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

**Oct. 29:** Fright Night (Schwiebert Park, Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Oct. 24:** Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: [www.lagomarcinos.com](http://www.lagomarcinos.com)

**Oct. 24-25:** Boo at the Zoo (Niabi Zoo, Coal Valley, Illinois) More: [www.niabizoo.com](http://www.niabizoo.com)

**Oct. 24:** Witches Walk & Costume Parade (Downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Nov. 21-29:** Quad City Arts Festival of Trees (RiverCenter, Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 21:** Festival of Trees Parade (Downtown Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 21:** Lighting on the John Deere Commons (Downtown Moline) More: [www.lightingonthecommons.com](http://www.lightingonthecommons.com)

**Nov. 29:** Christmas Walk (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

**Dec. 6:** 19th Century Christmas (Butterworth Center, Moline) More: [www.butterworthcenter.com](http://www.butterworthcenter.com)

**Dec. TBA:** Christkindlmarkt Quad Cities (Freight House, Davenport) More: [www.christkindlmarktqc.com](http://www.christkindlmarktqc.com)

**Dec. TBA:** Season of Light-Star of Bethlehem (Augustana College planetarium) More: [www.augustana.edu](http://www.augustana.edu)

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## Island Insight



**Col. Stephen C. Marr, Garrison Commander; Eric Cramer, Public Affairs Officer;**

**Mark Kane, Editor** *The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1* [www.army.mil/usapa/epubs/pdf/r360\\_1.pdf](http://www.army.mil/usapa/epubs/pdf/r360_1.pdf)

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