



Feb. 1, 2016

Island Insight

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

Island Insight Submission: www.usagria.army.mil/News/II.aspx

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Obama Will Propose 1.6 Percent Pay Raise for Feds and Troops in 2017 Budget

President Obama will propose a 1.6 percent across-the-board pay raise for federal civilian and military personnel for 2017. An administration official on Wednesday confirmed the proposed figure, which will be



included in Obama's fiscal 2017 budget. The White House will release the fiscal 2017 budget on Tuesday. Federal civilian workers and service members received a 1.3 percent pay boost for 2016. Check out this chart showing civilian and military pay raises over the years. NTEU also said in a statement that the administration's fiscal 2017 budget will support legislation giving federal employees up to six weeks of paid parental leave. Rep. Carolyn Maloney, D-N.Y., and Sen. Brian Schatz, D-Hawaii, have introduced bills that would do that. Right now, the 1993 Family and Medical Leave Act provides up to 12 weeks of unpaid leave to most government and private sector workers for the birth or adoption of a child, or to care for seriously ill family members. Federal employees who give birth or adopt can tap their accrued sick and annual leave to avoid three months without a paycheck,

Upcoming Dates

- Feb. 5:** Frank 'n Friday, USO Center, Bldg. 110, lunch period
- Feb. 5:** Sponsorship Training, ACS, Bldg. 110, 12 p.m.
- Feb. 5:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30 p.m.
- Feb. 5:** First Friday Social, Arsenal Island Clubhouse, 3-7 p.m.
- Feb. 7:** Super Bowl Party, Lock and Dam Lounge, Bldg. 60, 7:30 p.m.
- Feb. 9:** CYSS Family Advisory Board Meeting, Abel Conf. Rm., 1st Floor, Bldg. 110, 11 a.m. - 12 p.m.
- Feb. 9:** Mardi Gras/Fat Tuesday
- Feb. 10:** RIA MWR Health and Fitness Fair, RIA Fitness Center, 10 a.m.
- Feb. 10:** Ash Wednesday Service, Lock & Dam Lounge, Bldg. 60, 11:30 a.m.
- Feb. 10:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Feb. 11:** MVRBC Blood Drive, Cafeteria, Bldg. 211, 2:15 a.m.
- Feb. 11:** MVRBC Blood Drive, Conf. Rm. ABC, Clock Tower Building Annex, 8 a.m. - 1 p.m.
- Feb. 11:** Black History Month Potluck, Baylor Conf. Rm., Bldg. 103, 3rd Floor, 11 a.m. - 12:30 p.m.
- Feb. 12:** Lincoln's Birthday
- Feb. 12:** MVRBC Blood Drive, Lock and Dam Lounge, Bldg. 60, 10 a.m. - 2 p.m.
- Feb. 12:** Valentine's Wine & Spirit Pairing Dinner, Arsenal Clubhouse, 5:30 p.m.
- Feb. 12:** Couple's Night Out, Covenant Cottage, 5:30-8:30 p.m.
- Feb. 14:** Valentine's Day

but many bristle at having to use hard-earned leave when paid parental leave is becoming more prevalent in the private sector. Last week, Defense Secretary Ash Carter announced that female service members now will receive 12 weeks of paid maternity leave, one of several personnel initiatives aimed at improving the quality of life for military families. ([More](#))

Carter Previews FY2017 Defense Budget Request

Addressing diverse global challenges requires new thinking, new postures in some regions and new and enhanced capabilities, Defense Secretary Ash Carter said this morning during a preview of the Pentagon's fiscal year 2017 budget request. Speaking at the Economic Club of Washington, D.C., Carter said the \$582.7 billion defense budget to be released next week as part of the administration's fiscal year 2017 budget request marks a major inflection point for the department. "In this budget we're taking the long view," the secretary said. "We have to. Even as we fight today's fights, we must also be prepared for the fights that might come 10, 20 or 30 years down the road." Five evolving challenges drive the department's planning, he said, including Russian aggression in Europe, the rise of China in the Asia-Pacific region, North Korea, Iran, and the ongoing fight against terrorism, especially the Islamic State of Iraq and the Levant, or ISIL. ([More](#))



House Bill Requires Women to Sign Up For Draft

Two House Republicans introduced a bill Thursday requiring eligible women in the United States to sign up for the military draft, just days after it was recommended by the Marine Corps and Army. Rep. Duncan Hunter, R-Calif., a Marine veteran, and Rep. Ryan Zinke, R-Minn., a retired Navy SEAL, filed the Draft American's Daughters Act to stoke debate over the military's historic move to fully integrate female troops into all combat roles. If passed, women from 18-26 years old would for the first time have to join men in registering with the Selective Service program and potentially be forced to fight in future wars. "If this administration wants to send 18, 20-year-old women into combat, to serve and fight on the front lines, then the American people deserve to have this discussion through their elected representatives," Hunter said in a released statement. ([More](#))



Army Reveals Plan to Fully Integrate Women into All Moss, Combat Units

Acting Army Secretary Patrick Murphy and Army Chief of Staff Gen. Mark A. Milley told lawmakers the Army is opening the door to every job a Soldier can hold regardless of gender. "This is the right decision for our Army," said Murphy, testifying before the Senate Armed Services Committee today. "The personal courage and selfless service made by women in our Army is no different than that exhibited by our men... we owe them the respect and honor to offer them the opportunity to succeed anywhere in our Army based upon only the merits of their performance." Murphy said that after several years of extensive research, collaboration and practical evaluation, the service came to three primary conclusions - that women are capable of performing every job in the Army; that the maintenance of high standards, performance and professional conduct will be based solely upon what the position requires and nothing else; and that leadership is critical to integration. Murphy added that full integration will likely take several years as the Army adjusts both to the culture and to growing individual skills within the force. ([More](#))



A Rare Open Season For Life Insurance

Each new year brings changes to federal employee and retiree benefits. One this year that will affect almost all employees is the change in Federal Employees Group Life Insurance premiums and a rare open season for life insurance. The last FEGLI open season was in 2004, in connection with the 50th anniversary of the program. In 2016, due to the change in premiums that took effect this month, there will be another open enrollment period from Sept. 1 to Sept. 30.

Employees won't have to prove insurability or have experienced a particular life event to participate in this rare open season. Retirees won't be eligible to take advantage of the open season. (Both employees and retirees can decrease their life insurance at any time and there are circumstances under which employees can increase their FEGLI coverage without an open enrollment event.) Increases in insurance coverage made during open season won't take effect for a full year, at the beginning of the first pay period on or after Oct. 1, 2017. ([More](#))



Military Leaders Promise To Extend Child Care Hours, Shorten Wait Lists at Child Development Centers

Military families will see more flexibility in child care as defense officials move to extend the operating hours of child development centers to 14 hours a day. Long-term, the military services are developing plans to expand child care capacity in areas where wait times exceed 90 days, among other things. The hours of operation at CDCs will be extended so that they overlap the normal working shifts of service members by at least two hours. The hours will be consistent with the work patterns of a majority of service members at each specific installation, according to a DoD fact sheet. For example, if the normal workday is 7 a.m. to 5 p.m., the child development center would be open continuously from 5 a.m. to 7 p.m. ([More](#))



Ash Wednesday Service

The Army Sustainment Command, Joint Munitions Command, and First Army Chaplains' Offices welcome you to attend Ash Wednesday Service on **Wednesday, Feb. 10**, 11:30 a.m. - 12:30 p.m., in the Lock & Dam Lounge, in Bldg. 60. Father Richard Adam will offer Catholic Mass for those on Arsenal Island wanting to participate. Protestants are welcome to attend and receive the imposition of ashes. For questions and additional information contact [Sgt. Henrique Magalanes](#) at 309-782-0910.



Change to Hours at Rock Island Arsenal Museum

Effective **Monday, Feb. 15**, the hours of the Rock Island Arsenal Museum will change – the museum will be open to the public Tuesday - Friday, Noon to 4 p.m. The museum will be closed weekends, Mondays, federal holidays, the day after Thanksgiving, and Christmas Eve. The change to hours comes as a result of Army wide changes in manpower and force structure. The Rock Island Arsenal Museum is the Army's second oldest museum. It first opened to the public on July 4, 1905. The primary mission is to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island. By focusing on "People, Processes, and Products," the exhibits tell the story of the people involved in Arsenal Island's history, the manufacturing processes used at Rock Island Arsenal, and the military equipment that was produced at Rock Island Arsenal. The Rock Island Arsenal Museum is nationally recognized for its large and impressive small arms collection. More than 1,200 U.S., foreign, civilian, and military small arms are on permanent display.

Annual Weingarten Rights Reminder – Employees Rights to Be Represented By an Exclusive Union in an Appropriate Bargaining Unit

The Federal Service Labor-Management Relations Statute ([5 USC Chapter 71](#)) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5 USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.



Time to File Your Taxes

Income tax filing season is here, and Rock Island Arsenal operates a free tax assistance center. The tax center serves members of the RIA community eligible for legal assistance services - primarily active duty service members, military retirees and family members. In a change from recent years, an appointment is required and there is no "drop-off" service. Appointments are available weekdays from 10 a.m. to 3 p.m., **Jan. 25 through April 18**. Most appointments last about an hour with more complex returns taking longer. In accordance with IRS guidelines, the tax center may prepare and submit most - but not all - federal and state income tax returns. For example, the tax center cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss it with your tax preparer when you call to make an appointment. To schedule an appointment, call 782-8457/1709. Please bring the following to your appointment: a photo ID; your social security card (or official SSA correspondence with your SSN on it); documents showing income of any type (W-2s, 1099s, etc.); documents to support deductions/credits; copy of last year's return; direct deposit information; and dependents' birth dates.



2016 Election Season Is Upon Us

Whether you are a Soldier or family member far from home, or a local resident of Illinois or Iowa, the Rock Island Voting Assistance Office can help with voter registration, absentee ballot requests and finding local polling locations. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. The Illinois Primary Election is scheduled for **March 15**, and will be held at regular polling locations. As an open primary, voters may request to vote for a presidential candidate in any party. If you are not registered to vote 28 days prior to the election, special registration and voting procedures will apply under the state's "grace period" rule, so visit the Rock Island County election website for more information <http://rockislandcounty.org/Elections/Home>. Service members and dependents can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot request forms. Iowa residents can now register online, using the state's new website <https://mymvd.iowadot.gov/VoterRegistration>, while Illinois residents can visit <https://ova.elections.il.gov>. ([DoD Election 2016 Special Report](#))



Historic Clock Tower Building and Eagle Watch Tours

The U.S. Army Corps of Engineers, Rock Island District's Mississippi River Visitor Center at Locks and Dam 15 on Arsenal Island is offering free eagle watches and Clock Tower Building tours select weekends in **February** at 9:30-11 a.m. and 12-1:30 p.m. The tours will last approximately 1½ hours and will be guided by a Corps Park Ranger. Learn about the Historic Clock Tower Building as you climb the stairs to the top. Waiting there is a spectacular view of the Mississippi River where you will have the opportunity to see Bald Eagles who visit the area



during the cold winter months. The tours will begin at the Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. You must check in with the ranger staff upstairs in the Visitor Center when you arrive for the tour. The tour is outside for a short duration of time so plan and dress accordingly; good walking shoes are also recommended as the tour will involve walking up 12 flights of stairs at a moderate pace. The tours are free of charge and everyone is invited to attend. An adult must accompany children younger than 12 years of age. Space is limited and reservations are required by calling 309-794-5338. Visit <http://go.usa.gov/c9AZF> for more information.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Feb. 12 and 19, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email

SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **2:15 a.m. on Feb. 11 & 25**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. Corps of

Engineers Blood Drive: The Rock Island District, Corps of Engineers will host a blood drive from 8 a.m. to 1 p.m. on Thursday, **Feb. 11 and on March 23**. The drive will be held in the Clock Tower Building Annex, Bldg. 217, in Conf. Rm. ABC. To donate, please contact 309-794-4200 or visit

www.bloodcenterimpact.org and use code 030 to locate the drive. Vista Technical Services Blood

Drive: Vista will host a blood drive from 10 a.m. to 1 p.m. on Wednesday, **Feb. 17**. The drive will be held on the MVRBC Blood Donor Bus, parked in front of Bldg. 350. To donate, please contact Paula Johnson at 309-782-0562 or visit www.bloodcenterimpact.org and use code 1841 to locate the drive.

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).



WQPT's Embracing Our Military Partner Muster

WQPT's Embracing Our Military is hosting a Partner Muster on **Tuesday, Feb. 9**, 4-5:15 p.m., at CityView Celebrations at Trimble Pointe, located at 701 12th Street in Moline. This is an opportunity to share your stories, successes, upcoming events, and network with others dedicated to serving our military and their families. This an invitation only event for Embracing Our Military partners. There will be light snacks and beverages provided, cash bar, business casual attire. POC Jamie Lange at 309-764-2400 or jl-lange2@wiu.edu.

VIOS Schedule for February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Feb. 22, 23, 24, 25, and 26**. Appointments may be scheduled online by

submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

Free Admittance to University of Iowa Wrestling

Members of the military community who are fans of Iowa Wrestling are invited to root on the Hawkeyes as they clash with the Hoosiers from Indiana University on **Friday, Feb. 5**, at 7 p.m., at the University of Iowa in Carver-Hawkeye Arena, located at 1 Elliot Drive, in Iowa City. The Hawkeyes will be honoring those who are serving or served their nation by providing free entry to active duty, retirees, veterans (with veterans ID or veteran's driver's license), and dependents with IDs. Iowa ROTC/wrestling t-shirts will be given away to the first 500 entering the event.

Military Life at Fort Armstrong Luncheon

The Friends of Rock Island County Historical Society will be featuring "No Small Sacrifice: Military Life at Fort Armstrong" at a luncheon to be held **Monday, Feb. 15**, 11:30 a.m. – 1 p.m., at the Christ Anglican Church located at 1717 8th Ave., in Moline. Regena Jo Schantz, Quad-City area historian will be the guest speaker. Schantz is a longtime researcher who contributed to a book published by University of Iowa Press titled "Frontier Forts of Iowa: Indians, Traders and Soldiers, 1682-1862." Although Fort Armstrong is not in Iowa, it is included in the book because of its close proximity. Schantz' essay gives a short history of the post, beginning in 1816 when members of the U.S. Army disembarked from the Mississippi River and began felling trees on land beloved by the warrior Black Hawk and his people. The Sauk and Mesquakie Indians still lived in the immediate area, but the territory was opening to European settlement and conflict hung in the air. This year marks the 200th anniversary of Fort Armstrong. The event menu will include spaghetti and meatballs, oriental cole slaw, green beans, bread sticks, and cherry pie; cost will be \$8. Please RSVP by 4 p.m. on **Thursday, Feb. 11**, at 309-764-8590. ([More](#))



Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Marine Corps JROTC Trivia Night

A trivia night event will be held at the Knights of Columbus Hall (Upper Level) at 1111 West 35th Street in Davenport on **Feb. 20** at 6 p.m. to benefit the Davenport North High School Marine Corps JROTC. Doors open at 6 p.m., trivia begins at 7 p.m. \$10 per person/\$80 per table (teams of eight)

preferred – pay at the door) limited amount of tables-please make reservations early. For reservations and information please contact Greg Hingtgen at 563-370-5199 or email dnjrotctrivia@hotmail.com. Prizes for 1st and 2nd place, 50/50 raffles & more.

Executive Resilience and Performance Course

The dates and times for the upcoming Executive Resilience and Performance Course, which will be conducted by HQ-DA Resiliency Team, are out. This training is open to all Soldiers, Department of the Army Civilians and Family members. Attendance at this course meets the DA directed annual training (28 hours) requirement for all Soldiers. Maximum participation is requested. This course has been uploaded in [TEDs](#) and is available for sign up with the KEYWORD: Executive Resilience. This executive level resiliency course will be conducted over a two-day period and will take place here on Rock Island Arsenal in Bldg. 60 in Heritage Hall. The first day is **Tuesday, March 29** (two sessions) which is open to all military and civilian employees regardless of rank/grade. • **March 29, 7:30-11:30 a.m.;** • **March 29, 12:30-4:30 p.m.** The second day is **Wednesday, March 30** and is reserved for GO/SES, COL/LTC, GS15/14, CW5/CW4, CSM/SGM/1SG/MSG; **March 30, 9 a.m. – 12 p.m.** and **1-2 p.m.** (an hour break for lunch and then return for the final hour of the course). POC: [Master Sgt. Touissant Lancina](#), 309-782-1943.



American Legion Fish Fry

The American Legion Post 569 is hosting a Fish Fry every Friday between **Feb. 5 and March 25**, 5-8 p.m. They are located at 515 W. 1st Ave., in Milan. The menu includes catfish, Pollock, shrimp, frog legs, chicken strips, pork tenderloins, and side orders. Children's menu and carryouts will also be available.

Vietnam Veterans Memorial Service

Mark your calendars -- Vietnam Veterans of America, Quad Cities Chapter 299 will be conducting a Vietnam Veterans Memorial Service on **Sunday, March 27**, at 11 a.m., at Memorial Park.

Mass Transportation Benefit Program

The Mass Transportation Benefit Program provides a subsidy for mass transit commuting costs in order to reduce traffic and pollution, as well as provide commuting alternatives. The benefit is a non-taxable personnel benefit, centrally funded by HQDA; there is no cost to the local installation or agency. Who is eligible to participate? All Army active component military service members; Army Reserve component military service members (Army Reserve and Army National Guard) who are currently on active duty; DA federal civilian employees, including part-time federal employees and interns; DA Non-Appropriated Fund personnel. [Find more information and the application here.](#) Send application or questions to the local POC: kyle.e.roeser.civ@mail.mil

Vietnam War 50th Anniversary Commemoration Parade

Vietnam Veterans of America Chapters 776, 669 and 299, VFW 828, and MAVA Chapter Hero Street are sponsoring the Vietnam War 50th Anniversary Commemoration Parade taking place **Saturday, May 21**, beginning at 10:30 a.m. The start of the parade will be in the city of Rock Island and will end in the city of Davenport at Veterans Memorial Park.

RIAWC Golf Tournament

The Rock Island Arsenal Welcome Club is proud to partner with the Midwest Small Business Government Contracting Symposium to host this 2016 charity golf outing on **Tuesday, May 24**, at the Arsenal Island Golf Course; an event open to all who want to have fun and support RIAWC. Registration is 11 a.m. – 1 p.m. with a shotgun start at 1 p.m. The banquet dinner is 6-8 p.m. in the Arsenal Island Clubhouse. Cost is \$125 a player. Registration includes green fees, cart, range balls, drink coupons, lunch, and dinner. Registration is open until all teams have been filled. Non-players can register for "dinner only" for \$25. The golf tournament format is a 4-man scramble (best ball). There will be awards for 1st, 2nd, and 3rd place finishers along with prizes for designated holes. To register for golf, or RSVP for the "dinner only," please contact Wendy Truckenbrod at 563-726-9567 or at riawcfundraiser@yahoo.com. Note: If you're interested in sponsoring or donating to this event, please contact Wendy.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians

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

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Army's Top Enlisted Soldier Pushes For Authorization to Wear Earbuds with PT Uniforms

Soldiers will likely be allowed to soon wear earbuds when working out in a gym in their PT uniform. After months of feedback from soldiers, including during town hall meetings and troop visits, Sergeant Major of the Army Dan Dailey on Monday said he's ready to move forward on the issue. "I'm going to make a recommendation to the [Army chief of staff] about authorizing" in-ear headphones, Dailey told Army Times on Monday. Army Chief of Staff Gen. Mark Milley will have the final say on whether to allow the change. Army Regulation 670-1 prohibits soldiers from wearing wireless or non-wireless devices or earpieces while wearing Army uniforms. But a soldier dressed in civilian clothes is able to work out in the same gym and wear his headphones. ([More](#))

Carter Announces 12 Weeks Paid Military Maternity Leave, Other Benefits

The Defense Department is increasing military maternity leave and instituting other changes in an effort to support military families, improve retention and strengthen the force of the future, Defense Secretary Ash Carter said today. Women across the joint force can now take 12 weeks of fully paid maternity leave, Carter told reporters at the Pentagon. The 12-week benefit is double the amount of time for paid maternity leave from when he became defense chief nearly a year ago, he noted. "This puts DOD in the top tier of institutions nationwide and will have significant influence on decision-making for our military family members," Carter said. While being an incentive for attracting and retaining talent, the secretary said, the benefit also promotes the health and wellness of mothers through facilitating recovery and promoting feeding and bonding with the infant. ([More](#))

Military Spouse Fun Night

Military spouses are invited to join us **Tuesday, Feb. 23**, 6-8 p.m., ACS/USO (Bldg. 110), on the last Tuesday of each month for a chance to meet other spouses in a fun and friendly atmosphere. Activities include craft nights, games, trivia, and other fun activities providing an opportunity to relax and have fun. For more information contact Jan Saito at Army Community Service at 309-782-4736/0829 or janice.n.saito.civ@mail.mil. ([Flyer](#))

Safety Spotlight

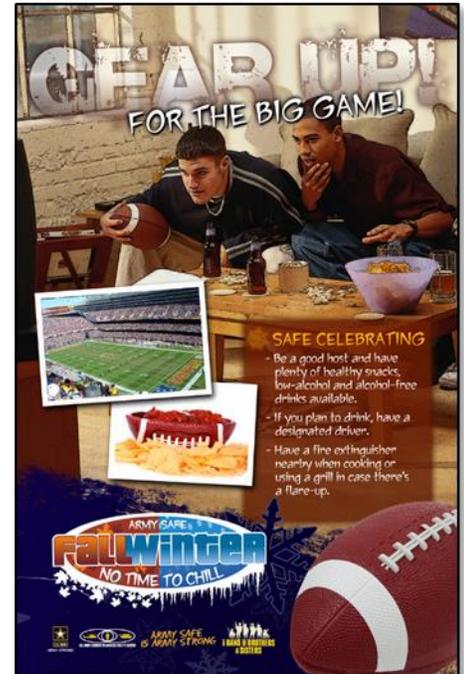


ARMY SAFE
IS ARMY STRONG



Pass Your Keys to a Sober, Designated Driver Before the Super Bowl Begins

Super Bowl Sunday is one of the year's most dangerous days on the nation's roadways due to impaired driving. According to the National Highway Traffic Safety Administration, 130 people, representing 39 percent of all traffic fatalities, died during the 2006 Super Bowl weekend in crashes involving impaired drivers with blood alcohol concentration (BAC) levels of .08 or higher. NHTSA reports that young males, ages 21 to 34, are most likely to be involved in automobile crashes, to drive while impaired and to be among those least likely to wear their safety belts. Alcohol-related crashes – and fatalities – can be prevented. Designating a sober driver before the Super Bowl party begins is just one of several easy steps to remember to help save lives. *If you are hosting a Super Bowl party* – Remember, you could be held liable and prosecuted if someone you served ends up in an impaired driving crash. Make sure all of your guests designate their sober drivers in advance, or help arrange ride-sharing with other sober drivers. Serve lots of food and include lots of non-alcoholic beverages at the party. Stop serving alcohol at the end of the third quarter of the game and begin serving coffee and dessert. Keep the numbers of local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired. *If you are attending a Super Bowl party, watching at a sports bar, or restaurant* – Avoid drinking too much alcohol too fast. Pace yourself – eat enough food, take breaks and alternate with non-alcoholic drinks. If you don't have a designated driver, ask a sober friend for a ride home; call a cab, friend or family member to come get you; or stay where you are and sleep it off until you are sober. Never let a friend leave your sight if you think they are about to drive while impaired. Remember, Fans Don't Let Fans Drive Drunk. Always buckle up – it's still your best defense against other impaired drivers. *Impaired Driving is Deadly Dangerous* – Alcohol, drugs and driving don't mix. Impaired driving is no accident – nor is it a victimless crime. Driving a car or riding a motorcycle while impaired is not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant. The tragedies and costs from drinking and driving impaired do not just end at potential death, disfigurement, disability or injury. Violators who are caught will spend their money on bail, court fees, lawyers and towing fees. Plus there is the added embarrassment, humiliation and potential loss and consequence after informing family, friends and employers. Please remember that Fans Don't Let Fans Drive Drunk. Act responsibly. Pass your keys to a sober driver before the big game begins. The life you save might just be your own.



Equal Employment Opportunity Focus

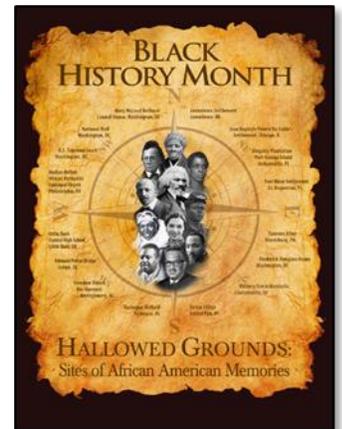


African American/Black History Month Potluck

Army Sustainment Command Equal Opportunity invites you to the African American/Black History Month Potluck on **Thursday, Feb. 11**, 11 a.m. – 12:30 p.m., in the Baylor Conference Room, Bldg. 103, on the 3rd Floor. Please join us for our Potluck lunch as George Eaton, ASC Historian, provides an educational brief on the timeline for the African American/Black History. The theme for African American/Black History month is "Hallowed Grounds: Sites of African American Memories. This theme speaks to the journey history of African Americans which unfolds across the canvas of America, beginning before the arrival of the Mayflower and continuing to the present. From port cities where Africans disembarked from slave ships to the battle fields where their descendants fought for freedom, from the colleges and universities where they pursued education to places where they created communities during centuries of migration, the imprint of Americans of African descent is deeply embedded in the narrative of the American past. We look forward to seeing everyone there as this is open to the entire Rock Island Arsenal. If you would like to bring a dish please contact Sgt. First Class Marion Wilson at 309-782-3021 or Sgt. First Class Debbie King at 309-782-0284. To sign up in [TEDs](#) use search word: "Black History." For additional information or accommodations please contact Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.

RIA African American/Black History Month Observance

Army Sustainment Command EEO will host a African American/Black History Month Observance on **Tuesday, Feb. 16**, 1-2 p.m. in Heritage Hall, Bldg. 60. The guest speaker for the event will be Lametta Wynn, the first African American mayor of Clinton, Iowa. The Presidential proclamation for Black History Month in 2016 reads: "Our responsibility as citizens is to address the inequalities and injustices that linger, and we must secure our birthright freedoms for all people. As we mark the 40th year of National African American History Month, let us reflect on the sacrifices and contributions made by generations of African Americans, and let us resolve to continue our march toward a day when every person knows the unalienable rights to life, liberty, and the pursuit of happiness." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, 309-782-9761; or Sgt. First Class Marion Wilson, ASC, EOA, 309-782-3021.



Mark Your Calendars

On **Tuesday, May 3**, First Army EEO will host a Holocaust Days of Remembrance Observance from 1-2 p.m. The keynote speaker will be Felix Weil, a survivor of the Holocaust.

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

MWR Text Alerts

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



First Friday Social

Join your Island colleagues **Friday, Feb. 5**, 3-7 p.m., at the Arsenal Island Clubhouse, for a fun evening of appetizers, drinks, networking, socializing and karaoke. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. There will be \$1 happy hour drafts from 3-5 p.m. and bring your Rocktoberfest Stein and get \$2 off re-fills. Steins are still available for \$10. Call 309-782-4372 for more info. ([Flyer](#))

Super Bowl Party

Come watch the best in the AFC battle the best in the NFC **Sunday, Feb. 7**, 5:30 p.m., in the Lock & Dam Lounge, for the title of Super Bowl 50 Champions on multiple big screen TVs. There will be beer specials and an \$8 all you can eat nacho & chili bar. Doors open at 4 p.m. and the hard-hitting gridiron action starts at 5:30 p.m. Call 309-782-4372 for more info. ([Flyer](#))

RIA FMWR Fitness Center's Annual Health and Fitness Fair

The RIA Fitness Center's annual health fair, taking place **Wednesday, Feb. 10**, 10 a.m. - 2 p.m., in the RIA Fitness Center, is a great place to obtain lots of helpful information and advice about your health. Stop by the Fitness Center to visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and cancer treatment to name just a few. There is always lots of goodies and freebies available as well. Our free shuttle will be making laps around the island to get you to the fair and back without having to walk in the cold or deal with driving and finding parking, the [shuttle route map can be found here](#). Call 309-782-6789 for more info. ([Flyer](#))

Valentine's Wine & Spirit Pairing Dinner

Show your special someone how much they mean to you by treating them to a romantic evening at the historic Arsenal Island Clubhouse on **Friday, Feb. 12**; doors open at 5:30 p.m. and dinner begins at 6:30 p.m. This delightful evening will include drinks, dinner and dancing to live music. Each course of delectable cuisine will be perfectly paired with a spirit or wine to create a

gastronomic experience you won't soon forget. Local favorites, The Whoozdads will provide the musical entertainment for the evening. Professional photographs by Ferguson Photography will be available (extra fee applies). Full menu can be found here: www.riamwr.com/event/valentines-wine-spirit-tasting-dinner Cost for this all-inclusive dinner is \$130/couple and reservations are required by calling 309-782-4372. Event subject to cancellation if minimum reservations are not met. This event is open to the public and due to the new base access policy all visitors must pass a background check and receive a visitor's pass. More information on the new policy and the simple process to obtain a pass can be found here: www.usagria.army.mil/AccessRequests ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available at the Auto Skills Shop for repairs on **Wednesday, Feb. 17**. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))

MWR Leisure Travel Office



Office Hours

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

Outdoor Recreation Ski Gear

Come check out the great new downhill ski gear at Outdoor Recreation These skis and other winter equipment are available for you to checkout at a great savings. There is a lot of winter left, get out and enjoy it. For more information, phone Outdoor Recreation at 309-782-8630.

Leisure Travel Office Discounts for Shows in February

Visit Leisure Travel in Bldg. 333 (next to the Exchange) to save money on some great shows coming to the Quad Cities in early 2016 including:

- **Feb. 20:** Phantom at Circa 21 Dinner Playhouse

Check out the flyers for the [Phantom](#), or call Leisure Travel at 309-782-5890 for more info and to reserve your discount tickets.

Snowstar Winter Sports Park, Ski, Snowboard & Tubing Outing

Join Outdoor Rec **Friday, Feb. 19**, 5-9 p.m., for a fun evening of skiing and snowboarding at Snowstar in Andalusia, Ill. Prices vary depending on your required combination of lift ticket, equipment rental and lesson options. Please see the flyer for complete pricing details.

Transportation to Snowstar is not included, participants will meet there. Call 309-782-8630 for

more info and to register. RSVP and payment are required by **Wednesday, Feb. 10**. Call 309-782-8630 for complete details. ([Flyer](#))

Chicago's Shining Star: An Earth, Wind & Fire Tribute

Shining Star is a group from Chicago that pays tribute to the greatest band ever Earth, Wind, & Fire. Eleven highly talented vocalists and musicians harmoniously join forces to present a Tribute to Earth, Wind and Fire. Leisure Travel has limited discounted tickets, \$25 each until **Friday, Feb. 26**.

Event Date: **Sunday, Feb. 28**

Event Time: **6 p.m.**

WWE Returns to the Quad Cities Road to Wrestlemania

See your favorite WWE superstars Sunday, **March 6**, at 1 p.m., including: John Cena, Alberto Del Rio, Bray Wyatt, Kane, Dudley Boyz, The Wyatt Family, The Divas and many more (card subject to change). Leisure Travel has tickets on sale until **March 2**. Section B row 1 seats 1-8, Row 2 seats 6-12 \$111; Section 113 Row 3 & 4 seats 3-12 \$69.50; and Section 113 row 8 seats 3-11 row 16 seats 1-16 \$56.

Star Trek: The Ultimate Voyage Concert Tour 2016

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

Date: **Friday, March 22**

Time: **7 p.m.**

Shear Madness

Quad City Premiere – America's favorite comedy whodunit delights audiences with its unique blend of madcap improvisation and spine-tickling mystery **April 9** at 5:45 p.m. Shear Madness takes place in a hairstyling salon and is chock full of up-to-the-minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. This is the longest running comedy in history. It has played for more than 30 consecutive years in Boston and 26 years at the Kennedy Center in Washington DC. Leisure Travel has discounted seats available until **March 26**.

MWR Inaugural Pirate and Princess Family Event

This inaugural Pirate and Princess Family Event, will take place Saturday, **April 16**, 11 a.m. – 2 p.m. We will be serving lunch (chicken nuggets, macaroni & cheese, fruit cocktail and a cookie) prepared by the Arsenal Clubhouse. Activities to include: craft table, coloring table, two separate picture taking areas, and a movie with popcorn and juice box. Cost is \$20 for one adult/one child. Each additional person is \$8. RSVP with payment no later than **April 8** to 309-782-5890.

Child, Youth & School Services



CYSS Family Advisory Board Meeting

The Rock Island Arsenal Child, Youth and School Services is holding a CYSS Family Advisory Board Meeting on **Tuesday, Feb. 9**, 11 a.m. - 12 p.m., in the Abel Conf. Rm., located on the 1st Floor in Bldg. 110. Topics will include the Child Development Center expansion of part-time school, the Summer Expo, other activities and benefits for families (i.e. discounted tickets), as well as your questions. Feel free to bring your lunch; a dessert will be provided. Participants will earn two parent participation points for each CYSS parent in attendance. The POC for the event is [Tina Bevier](#), 309-782-2165. ([Flyer](#))

Rock Island Arsenal Family Child Care Informational Meeting

The Rock Island Arsenal Family Child Care Program is holding an informational meeting on **Tuesday, Feb. 23**, at the Bettendorf Library, for Iowa and Illinois childcare providers who are interested in becoming an Army certified in-home caregiver. The meeting is 6-7:30 p.m., at the Bettendorf Library, located at 2950 Learning Campus Drive, and will be in the Kelinson room on the 2nd floor. Please call 309-782-0813 for more information or to sign up. Discussion will include the training and background check process and Army certification levels. The program is open to both Iowa and Illinois providers in the Quad City area. Information will also be available for those who are interested in getting funding support to achieve their Child Development Associate or National Accreditation.



Parents vs. Kids Dodgeball & Potluck

Parents and kids get ready to dive, duck and dodge your way to ultimate victory in our annual Parents vs. Kids Dodgeball tournament on **Saturday, Feb. 27**, 5-8 p.m., in Bldg. 150. Please RSVP to 309-782-5019 or timothy.c.hernandez2.naf@mail.mil and please plan to bring a dish to share for the potluck. ([Flyer](#))

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: **309-229-8412.**

Advanced Résumé Class

This class, taking place **Friday, Feb. 5**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110), is intended for spouses but is open to all service members, retirees' DA civilians and their family members. Learn advanced techniques on how to tailor your résumé for federal employment. RSVP

required by **Jan. 29**. Call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Sponsorship Training

Have you been appointed to sponsor a new incoming Soldier/Civilian? Make sure to attend our monthly sponsorship training session **Friday, Feb. 5**, 12-1 p.m., in the ACS Training Room, Bldg. 110, before your new Soldier/Civilian arrives so that you can help them adjust to their new duty station quickly and hit the ground running. Training is held on the first Friday of every month from 12-1 p.m. at Army Community Service (Bldg. 110) and lunch will be provided for all Service Members courtesy of the USO. Registration is required by calling 309-782-0829. ([Flyer](#))

Military Saves Lunch & Learn

Military personnel and spouses are invited to this free seminar **Wednesday, Feb. 24**, 11:30 a.m. - 1 p.m., in the Arsenal Island Clubhouse that will give you some great tips on personal financial management. Set a Goal, Make a Plan, and Save Automatically. Please RSVP by **Friday, Feb. 19** by calling 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Employee Assistance Program



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

National Eating Disorders Awareness Week – February 2016

We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year, their initial diet or weight loss "tricks" spiral out of control into a mess of isolating rituals, despair, and medical complications. Organizations across the U.S. are working to raise awareness of eating disorders during National Eating Disorders Awareness Week, **Feb. 21- 27**. The Rock Island Arsenal Employee Assistance Program wants you to know that eating disorders are treatable and you can feel better. EAP can provide confidential short-term counseling services by master's level counselors to you and your dependent family members. The EAP is located in Bldg. 56, Room 104. Appointments are available Monday through Friday from 7:30 a.m. until 5 p.m. Call 309-782-4357 to schedule an appointment. Learn more about eating disorders at <http://nedawareness.org>. You can also access an anonymous mental health screening at www.militarymentalhealth.org.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Virtual Job Fair

Disabled American Veterans has teamed up with Veterans Recruiting to host a Virtual Career Fair, Thursday, Feb. 18, 12-2 p.m. This event is a part of the "10K - DAV Hiring Challenge" that features multiple employers seeking to employ at least 10,000 veterans nationwide with disabilities. From the comfort of your office or home, you can chat with recruiters, view and apply for jobs, and explore a wide range of companies nationwide. [This event is open to all veterans who have a disability rating here.](#) Additionally, Rock Island Arsenal's Army Community Services, provides Advanced Résumé Classes on the 1st Friday of each month and if you would like individual résumé or interview training prior to participating in this or future job fairs and you are an active duty or retired service member or eligible family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or email christopher.j.gegenheimer.civ@mail.mil. Any general questions about the Soldier for Life - Transition Assistance Program (SFL-TAP) can be directed to Shelly-Ann Mimms, 309-782-5711 or Lafayette Ausborn, 309-782-4799, or usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Don't let this great opportunity pass you by.



Busting the Myths About Scholarships

There are more than \$300 million of military and veteran related scholarships and grants that often go unclaimed due to the following three myths:

- Military education benefits eliminate the need. The truth is that tuition assistance is limited to \$250 a semester hour and usually only covers tuition. There are hundreds of scholarships and grants specifically designed to supplement education related costs that tuition assistance does not cover.
- Scholarships are too difficult to win and applying requires too much work. Although some scholarships require a written essay, it is important to remember that these applications vary widely. Some require nothing more than a short application.
- Scholarships are too difficult to find. Many scholarships go unclaimed because students do not know where to look. The Military.com's Scholarship Finder is a great online resource to help service members find the scholarship and learn how, where, and when to apply.

Home Base Iowa Virtual Career Fair

We understand the value that military personnel and their families bring to the workforce – and we thank you for your service. Now it's time for us to serve you. To give military job seekers the opportunity to network with Iowa employers, we are excited to invite you to participate in the Home Base Iowa Military Online Career Fair **Wednesday, March 9**, 11 a.m. to 2 p.m., hosted by DirectEmployers Association, the National Association of State Workforce Agencies and the State of Iowa. During this free event, you will have the opportunity to engage with recruiters from various Iowa employers looking to hire veterans, transitioning service members and their families in

quick, text-based chat conversations - all from the comfort of your home, office, smartphone or tablet. ([Registration Link](#))

Tuition Assistance DECIDE

Are you ready to take your education to the next level but still have questions? Maybe you're concerned about selecting the right school, choosing the right degree program, paying tuition, or just figuring out how to get started. If so, Tuition Assistance DECIDE is exactly the tool you need. TA DECIDE Can Help You Choose a College – is a dynamic information and comparison tool designed specifically to aid participants of DoD's Tuition Assistance program in making informed choices on schools and education programs. The TA DECIDE engine is fueled by more than 10 recognized and trusted data sources from across the departments of Defense, Education and Veterans Affairs. It provides a first of its kind experience, uniquely tailored to the needs of the TA participant. TA DECIDE provides you with high value, actionable information on educational costs and outcomes to compare educational institutions that you may be considering. [Visit the TA DECIDE website for more information.](#)

Iowa Illinois Chapter NDIA and SGT Paul Fisher Scholarships

The Iowa Illinois Chapter NDIA is now accepting applications for NDIA and SGT Paul Fisher scholarships for academic year 2016-2017. Value of each scholarship is \$2,000. Applications may be downloaded from the front page of the chapter's web site, www.ndia-ia-il.org. Eligibility requirements are shown on the first page of the application. Applications must be postmarked by midnight **March 24**. Questions should be directed to the scholarship chair, John Masengarb, 563-650-3252.

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg. 56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Area Schools to Visit RIA

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

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Change to Hours at Rock Island Arsenal Museum

Effective **Monday, Feb. 15**, the hours of the Rock Island Arsenal Museum to change: the museum will be open to the public Tuesday - Friday, Noon to 4 p.m. The museum will be closed weekends, Mondays, federal holidays, the day after Thanksgiving, and Christmas Eve. The change to hours comes as a result of Army wide changes in manpower and force structure. The Rock Island Arsenal Museum is the Army's second oldest museum. It first opened to the public on July 4, 1905. The primary mission is to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island. By focusing on "People, Processes, and Products," the exhibits tell the story of the people involved in Arsenal Island's history, the manufacturing processes used at Rock Island Arsenal, and the military equipment that was produced at Rock Island Arsenal. The Rock Island Arsenal Museum is nationally recognized for its large and impressive small arms collection. More than 1,200 U.S., foreign, civilian, and military small arms are on permanent display.

This Week in Rock Island Arsenal History – Feb. 1-7

On Feb. 1, 1958, the Ordnance Management Engineering Training Program was transferred from the RIA and assigned as a special mission support activity of the Headquarters of Ordnance Weapons Command. The forerunner to AMETA. On Feb. 3, 1966, the commanding officer of Springfield Armory requested that two mechanical engineers and four armorers from RIA be trained to support the National Match activities at Camp Perry. Boresighting method of targeting rifles adapted at RIA in February 1920. Construction of the second phase of Project REARM began in February 1986.

Healthbeat



FY2Q Updates

In preparation for the FY2Q CHPC, your organization is forming a Unit Health Promotion Team including: SHARP, safety, wellness, sponsorship, transition, training, suicide prevention, resiliency and other quality of life SMEs. With the help of the Health Promotion Officer and CHPC working group members, your UHPT is better able to support the CHPC's mission to integrate, synchronize, implement and assess all functions aimed at improving Soldier, Family, civilian, and unit readiness.



Cardiovascular Health

Cardiovascular disease prevention is important for the readiness of the U.S. Army. According to the Department of Defense's 2008 Survey of Health Related Behaviors, approximately 17 percent of Soldiers have been diagnosed with hypertension since they entered the Army. Data from Operation Iraqi Freedom (2004-2008) showed that cardiac symptoms and diseases accounted for eight percent of evacuations from theater. Acute cardiovascular diseases, such as myocardial infarction (heart attack), stroke and sudden cardiac death, are the number one killer of active-duty service members over the age of thirty-nine. Combat-related trauma is independently associated with increased cardiovascular risk. ([More](#))

Notes for Veterans



New VA Education, Training Initiative Creates Pipeline to Hire Mental Health Counselors

If you are a Licensed Professional Mental Health Counselor, VA needs you! As part of the Department of Veterans Affairs' (VA) recruitment plan to hire additional mental health care professionals, a new training initiative has been funded to attract Licensed Professional Mental Health Counselors (LPMHC). LPMHCs are an important aspect of the mental health treatment team and VA plans to continue to increase hiring in this profession. "By building a pipeline of highly-trained Licensed Professional Mental Health Counselors, VA will ensure that these important mental health clinicians are available to treat the Veterans we serve today and those we will serve in the future," said Dr. Robert L. Jesse, Director, VA Office of Academic Affiliations. "Through the ongoing expansion of mental health education and training programs, VA will be better positioned to attract the most qualified and skilled professionals to treat our Veterans." To support hiring efforts, VA has announced new clinical training opportunities for LPMHC students for the upcoming 2015-2016 academic year. Eighteen pre-degree internship positions were awarded to seven VA medical centers to provide clinical experiences within VA's interprofessional mental health teams. ([More](#))

Around the Q.C.



C

- Feb. 5:** [Bacon and Beer Festival 2016](#) (RiverCenter, Davenport)
Feb. 5: [QuarterMania](#) (American Legion, East Moline)
Feb. 5-7: [37th Annual Home Builders and Remodelers Outdoor](#) Show (QCCA Expo Center, Rock Island)
Feb. 6: [Frozen Fat Fondo Fest](#) (Credit Island, Davenport)
Feb. 6: [Rudy's Chili Golf Open](#) (Red Hawk Golf & Learning Center, Davenport)
Feb. 6: [Northeast Panthers/Lady Panthers Quarter Auction](#) (American Legion, East Moline)
Feb. 6: [Winter Family Fun Dance](#) (YMCA Camp Abe Lincoln)
Feb. 6: [Share the Power of a Wish Gala: A Black & White Ball](#) (Quad-Cities Waterfront Convention Center)
Feb. 6: [Share the Love Food Drive](#) (Freight House Farmers' Market)
Feb. 7: [2nd Annual Runway Red Benefit](#) (Rendezvous Banquet Facility & Catering)
Feb. 9: [Rajun Cajun Food Fest](#) (Figge Art Museum, Davenport)
Feb. 11: [Dad & Daughter Sweetheart Date Night](#) (Stoney Creek Hotel & Conference Center)
Feb. 11: [Dream Home Moms Night Out](#) (4012 Grayhawk Court, Bettendorf)
Feb. 12-13: [Factory of Fear Presents from the Factory with Love](#) (5027 4th Ave., Moline)
Feb. 12-14: [IA-IL Regional Auto Show](#) (RiverCenter, Davenport)
Feb. 13: [The Great Saukie Adventure Run](#) (Saukie, Rock Island)
Feb. 13: [Coloring Party at the Putnam!](#) (Putnam Museum, Davenport)
Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
Feb. 18: [HAVlife Martini Shake Off](#) (RiverCenter, Davenport)
Feb. 19: [Friday Family Night: ROOTED in AG](#) (Putnam Museum)
Feb. 21: [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park, Davenport)
Feb. 21: [Davenport Parks and Recreation 2016 Daddy Daughter Dance](#) (RiverCenter, Davenport)
Feb. 22: [Full Snow Moon Meditation](#) (Indigo-A Creative Approach to Fitness & Wellness, Moline)
Feb. 24: [The Quad Cities Largest Career Fair](#) (iWireless Center, Moline)
Feb. 25-28: [Regional Firearms Auction](#) (Rock Island Auction Company, 7819 42nd St W, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
Feb. 27: [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)
Feb. 27: [Girl Scout Night at the Mallards](#) (iWireless Center, Moline)
Feb. 29-March 6: [4th Annual Quad Cities Restaurant Week](#) (greater Quad-City area)
March 4-6: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
March 5: [KWQC-TV6 & Genesis 25th Annual Women's Health & Lifestyle Fair](#) (Great River Hall, RiverCenter, Davenport)
March 5: [QCMiB 5th Annual Spring Fling Craft & Vendor Show](#) (The Viking Club, Moline)
March 6: [World of Wheels Car Show 2016](#) (Car Shop Inc, Moline)
March 6: [Davenport Parks and Recreation Mother Son Formal](#) (Davenport Parks and Recreation, 700 W River Dr, Davenport)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
March 10-13: [Missouri Valley Conference Women's Basketball Tournament](#) (iWireless Center)
March 11: [Gathering of the Clan Luncheon](#) (RiverCenter, Davenport)
March 11: [QuarterMania](#) (American Legion, East Moline)
March 12: [CASI's 34th Annual St. Patrick's Day 5k Race, 1 Mile Family Fun Run and the Tot Trot](#) (Downtown Davenport)
March 12: [St. Patrick's Day Grand Parade XXXI](#) (Downtown Rock Island & Downtown Davenport)
March 12: [Post St. Patrick's Day Parade Bash](#) (RiverCenter, Davenport)
March 12: [8th Annual Spring Crafts & More Show](#) (The Camden Centre, Milan)
March 16-19: [Gathering of the Green](#) (RiverCenter, Davenport)
March 18: [13th Annual Henry Farnam Dinner](#) (St. Ambrose University's Rogalski Center, Davenport)
March 19: [Spring Equinox Run](#) (Credit Island Club House, Davenport)
March 19: [WQPT's Imagination Station](#) (Western Illinois University-Quad Cities, Moline)
March 20: [Polar Plunge for Special Olympics Illinois](#) (Wick's Lake, Jumer's Casino, Rock Island)
March 26: [Easter Egg Scramble 5K Road Race](#) (Village of East Davenport)

April 1-3: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
April 2: [QCH3 Red Dress Run](#) (The Venue, Moline)
April 7: [Recycle the Runway 2016](#) (Jumer's Casino & Hotel, Rock Island)
April 8: [Genesis Cancer Care Institute & Gilda's Club Quad Cities Presents 7th Annual Intimate Conversations fundraiser](#) (RiverCenter, Davenport)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
April 15: [QCMiB Quarter Auction](#) (Holiday Inn Hotel & Conference Center, Rock Island)
April 16: [PFA Tower Climb and Zip Lining Adventure](#) (YMCA Camp Abe Lincoln)
April 16: [Gilda's Run for Laughs](#) (The District)
April 23: [Bandits Race to Home 5K](#) (Modern Woodmen Park)
April 23: [Gilda's Run for Laughs & Roseannadana Dash](#) (The District of Rock Island)
April 23: [Moline Kiwanis "Fling into Spring" Bags Tournament](#) (Historic Lot by Bad Boyz, Moline)
April 23: [VRIF's Be Victorious Fashion Show](#) (RiverCenter, Davenport)
April 30: [35th Annual CBRC 24 Hour Run](#) (North Scott High School Track, Eldridge, Iowa)
April 30: [Steve's Old Time Tap Spring Chaser](#) (223 17th Street, Downtown Rock Island)
April 30: [Rock Island Conservation Club's Community Yard Sale/Flea Market](#) (Rock Island Conservation Club, 2421 Big Island Pkwy, Milan)
May 1: [MIP Arts & Crafts Fair](#) (Eriksen Chevrolet-Buick, Milan)
May 6-7: Davenport Central High School JROTC Blue Raider Challenge (Navy Operational Support Center Rock Island)
May 7: [Village in Bloom](#) (Village of East Davenport)
May 7: [3rd Annual Cinco De Mayo Nacho Ordinary 5K](#) (Ganzo's Davenport)
May 7-8: [Beaux Arts Fair](#) (Figue Art Museum)
May 8: [Quad Cities Distance Classic](#) (Augustana, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)
May 14: [Young Life Quad Cities' 'You Were Made For This 5k' Race](#) (Ben Butterworth Parkway, Moline)
May 21: [The Wild 5, Running Wild](#) (Unity Point - Trinity, Bettendorf)
May 21: [Color the Quads 5K Run & Kids Fun Run](#) (Cumberland Square, Bettendorf)
May 21: [LiveFit with Lupus Race & Festival](#) (Pebble Creek Golf Course, LeClaire, Iowa)
May 30: [Quad Cities Criterium](#) (Village of East Davenport)
May 31-June 4: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 18: [The Micro Brew Mile and 6K Road Race](#) (5th Avenue, Moline)
June 18: [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [Ride the River Bike Ride](#) (Downtown Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 25-26: [Quad City Air Show](#) (Davenport Municipal Airport)
June 26: [Blossoms at Butterworth](#) (Butterworth Center, Moline)
June 26: [Hemmings Motor News Great Race - San Rafael, Calif. to Moline, Ill.](#) (Moline)
July 4: [Red, White & Boom!](#) (Rock Island & Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 14-16: [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)
July 15-17: [Radish Magazine's 2016 Yoga Fest](#) (Holiday Inn, Rock Island)
July 19-23: [Rock Island County Fair](#) (fairgrounds in East Moline)
July 29-30: [Downtown Street Fest](#) (Downtown Davenport)
July 30: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)
Aug. 4-7: [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
Aug. 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
Aug. 11-13: [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)
Aug. 13: [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 26-27: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 27: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 27: [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)
Sept. 3-4: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 10: [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)
Sept. 10: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 10: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport))
Sept. 17: [Taming of the Slough](#) (Empire Park in East Moline)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport))
Sept. 17-18: [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport))
Sept. 23-24: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline))
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 1: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 27: [Fright Night](#) (The District (Rock Island))
Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)))
Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline))
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport))
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport))

Island Insight



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