



Feb. 16, 2015

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: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Joint Munitions Command Welcomes New Senior Enlisted Advisor

Command Sgt. Maj. Walton Jones and his family were officially welcomed to the Joint Munitions Command during an Assumption of Responsibility Ceremony held, here, Feb. 11. Command Sgt. Maj. Jones assumed his duties as the senior enlisted advisor by receiving the command's colors from Brig. Gen. Kristin K. French, JMC commanding general. As



JMC's command sergeant major, Jones will serve as the commander's 'right arm' and assist Brig. Gen. French in supporting the ammunition mission as a logistician. "I am looking forward to working with Command Sgt. Maj. Jones," said Brig. Gen. French. "He is a great addition to the Joint Munitions Command and the Rock Island Arsenal community." In addition Brig. Gen. French thanked Command Sgt. Maj. Anthony M. Bryant, who served as the senior enlisted advisor for the past two-and-a-half years. ([More](#))

Upcoming Dates

- Feb. 21:** Annual Kids vs Parents Dodge Ball, Bldg. 150, 11:30 a.m. – 1 p.m.
- Feb. 22-28:** National Engineers Week [📅](#)
- Feb. 23-28:** Military Saves Week
- Feb. 23-27:** SFL-TAP Workshop, Bldg. 56, Rm. 122, 8 a.m. – 4:30 p.m.
- Feb. 25:** African American/Black History Observance, Heritage Hall, Bldg. 60, 2-3 p.m.
- Feb. 25:** Military Saves Lunch n Learn, Heritage Hall, Bldg. 60, 11:30 a.m.
- Feb. 26:** Council of Colonels, Arsenal Island Clubhouse Veranda, 11:30 a.m.
- Feb. 26:** Newcomers Orientation, Arsenal Island Clubhouse, 8 a.m. – 12 p.m.
- Feb. 26:** Council of Colonels, Arsenal Island Clubhouse Veranda, 11:30 a.m.
- March 2-6:** Severe Weather Awareness Week
- March 5:** Installation Information Forum, Lock & Dam Lounge, Bldg. 60, 3 p.m.
- March 5:** Island-Wide Social, Lock & Dam Lounge, Bldg. 60, 4 p.m.
- March 10-11:** DA Photos, Bldg. 56 Basement, 7:20 a.m. – 3:40 p.m.
- March 10:** Community Special Events Committee Meeting, Bldg. 60, Heritage Hall, 1 p.m.
- March 11:** Tenant Senior NCO Meeting, Bldg. 312, Arsenal Island Golf Clubhouse, 11:30 a.m.
- March 18:** Council of Colonels, Bldg. 312, Arsenal Island Golf Clubhouse, 11:30 a.m.
- March 19:** DeCA AAFES & FMWR Advisory Council Meeting, Bldg. 90, Rm. 12, 1 p.m.

She Helps Link People to the Arsenal's Past

They're out of sight now, but soon the uniforms will be on display, doing their part to tell the story of one of America's great conflicts. One garment, with a name tag of "Howie," is a shirt with a jagged spatter pattern of green and black triangular designs all over it — what Kris Leinicke, museum director for the Rock Island Arsenal Museum — described as "tiger stripe" camouflage. The other is a plain dark-green jacket, the army equivalent of a business suit when it was issued, she said. ([More](#))



Materiel Management Summit Concludes, Issues Addressed

Senior logisticians from Army commands around the world gathered here for a Materiel Management Summit, Feb. 10-12. Hosted by Distribution Management Center, U.S. Army Sustainment Command, the summit facilitated conversation-driven briefings and focus groups designed to improve Materiel Management across the Army. "This is the first time we've had a Materiel Management Summit here at Rock Island, and it was actually quite fitting," said DMC commander, Col. William Krahling. "It was fitting because ASC as an entity has a huge global reach." ([More](#))



First Army, Civil Air Patrol Recognize Year of Hard Work at Dining Out

Maj. Gen. Paul Benenati, a First Army general officer, recognized the achievements of local Civil Air Patrol cadets during their annual dining out and awards presentation at the American Legion Post #26 Feb. 7. Benenati, First Army deputy commanding general for support, challenged the cadets of Davenport Civil Air Patrol Composite Squadron #13041 to continue their positive role in the community. "It is your service and your commitment to the American way of life that will preserve our form of government and the ideals that make this the greatest nation on earth," Benenati said. ([More](#))



Day 2 of Materiel Management Summit Brings Small Panel, Group Discussions

Senior Army logisticians from across the globe gathered for a second day, here, Feb. 11, to participate in a discussion-driven session about Materiel Management. "So, we've had the discussion about sustainment doctrine and how it's (Materiel Management) supposed to be," said Lt. Col. Andrew J. Aiello III, chief, Distribution Management Center operations. "We've also talked about how things actually operate and how it may be in the future." Today's discussion focused on the roles and responsibilities of Theater Sustainment Commands, Expeditionary Sustainment Commands, Army Field Support Brigades and Sustainment Brigades. ([More](#))



Carter Takes Helm as 25th Secretary of Defense

Ash Carter, who was sworn in earlier today as the 25th secretary of defense, laid out his top priorities in a message to the DoD workforce. Carter's message reads as follows: To all Department of Defense personnel: I am honored to become your Secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling – the defense of our



nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants. We live in challenging times – times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities. Our first priority is helping the President make the best possible national security decisions for protecting our country– and then implementing those decisions with our department's long-admired excellence. ([More](#)) ([Special](#))

Easier Access to Installations to Enable Non-Profits to Better Assist Soldiers, Families

Non-profit groups with a track record of helping Soldiers and their families will soon experience a more streamlined process to get them access to military installations, said Carla K. Coulson, director of Army Installation Services. Coulson addressed the quarterly Veterans Service Organizations and Military Support Organizations, or VSO/MSO, summit, Feb. 11, at the Pentagon. About two dozen representatives from a variety of VSO/MSO were in attendance, as well as members of other non-federal entities who support Soldiers and family members. In December, the defense secretary issued two memos directing the military services to implement additional procedures to improve access to installations for service and support organizations, she said. The Army's executive order, or EXORD, is expected to be released in another week or so. ([More](#))



FSA Grace Period Reminder

Federal employees who had flexible spending accounts last year and who did not spend down all the money in those accounts still have until **March 15** to incur reimbursable expenses against last year's accounts. Money in FSA accounts not used by the end of the grace period is "use or lose"—a restriction primarily applying health care accounts because money comes into and goes out of dependent care accounts at fixed rates. Reimbursement claims related to expenses to be charged to last year's accounts must be filed no later than **April 30**. Effective with accounts for the current plan year, the grace period policy applies only to dependent care accounts. For health care accounts, up to \$500 can now be carried from one year to the next, so long as the employee has an account in the following year.

Tax Season Is Here

Income tax filing season is here and the Rock Island Arsenal will again host a free tax assistance center. The Rock Island Arsenal Tax Center, located on the 1st Floor of Bldg. 390, will be operational effective Jan. 28. 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 will be available weekdays, 8 a.m. to 3 p.m., starting the last week of **January through April 15**. Most appointments can be expected to take 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, we cannot prepare returns for a home-based business. If you expect your return to be complex, please discuss that with us when you call, and we can advise as to whether we will be able to prepare your return. To schedule an appointment please call 309-782-1709/8457. 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 any deductions/credits; copy of last year's return; direct deposit information; dependents' birth dates.

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (first floor, Bldg. 60), on **Friday, Feb. 20, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail 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 **Thursday night, Feb. 26**, and again on **Thursday night, March 19**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?" Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

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](#).

VIOS Schedule for March

Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal on **March 10, 11, 12**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 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. 56, basement, by elevator). 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](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

Newcomer's Orientation and Tour

Are you new to the Arsenal or do you have new employees or service members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour taking place Thursday, **Feb. 26**, 8 a.m. - 3 p.m. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union and free childcare is also available but you must RSVP for care by **Feb. 19**. To RSVP for care, call Leslie 309-782-6793. Space is limited so call 309-782-0829 for more info and to reserve your spots.

[\(Flyer\)](#)

Installation Information Forum & Island-Wide Social

Join your Island colleagues at Heritage Hall & the Lock & Dam Lounge (both in Bldg. 60), Thursday, **March 5**, at 3 p.m., for an informational update on what's going on at Rock Island Arsenal immediately followed by a fun evening of appetizers, drinks, networking, and socializing and karaoke. This event is open to the entire RIA workforce. Call 309-782-8603 for more info. ([Flyer](#))

Denim & Diamonds Dinner and Charity Auction

The Rock Island Arsenal Welcome Club invites you to the inaugural Denim & Diamonds Dinner and Charity Auction on **April 10**, 6-10 p.m., at the Arsenal Island Golf Clubhouse. Cost is \$25 per person which includes dinner; menu items include BBQ buffet, brisket and chicken, potato salad, baked beans, and peach cobbler. All proceeds to benefit scholarship and community outreach grants. Point of contact is Norricia Speights, vice president, RIAWC, at 309-206-4763, RIAWCVP@yahoo.com.

Honor Flight Golf Outing

Join us for the Inaugural R.I.A. Federal Credit Union Honor Flight Golf Outing, Friday, **April 24**. Check-in begins 11 a.m. - 12 p.m. with a shotgun start at 12:30 p.m. Cost is \$300/team or \$75/person. There's a 36 team limit. Lunch will be provided at check-in. A 19th Hole Party at the Clubhouse is also included. Proceeds will benefit Honor Flight of the Quad Cities. Send registration and/or sponsorship payment(s) to: Jake Ward, R.I.A. FCU, PO Box 4750, Rock Island, IL 61204. POC for the event is Jake at 563-355-3800 ext. 7004 or jward@riafcu.com.

Newest Edition of Army Echoes Available

The newest edition of Army Echoes is now available. Download your preferred version by clicking on one of the following links: [Full Color](#) or [Black and White](#). Army Echoes is the Army's official newsletter for Retired Soldiers and surviving spouses. Echoes updates the retired Army community about changes to laws, policies, programs, and benefits that affect them. All Retired Soldiers and surviving spouses with active myPay accounts now receive Army Echoes electronically at their email address in myPay. Update your email address in myPay by visiting <https://mypay.dfas.mil/mypay.aspx>.

Arsenal Attic Thrift Shop & Boutique

During the month of March, the Arsenal Attic Thrift Shop, Bldg. 60 Basement, will be open from 9 a.m. until 4 p.m. every Tuesday, Thursday and 3rd Saturday (**March 21**). We've added this extra hour to accommodate our working customers. Remember, all proceeds go to providing scholarships for our military family seniors and continuing education students. We believe in this very worthy cause and hope you'll stop in to your Thrift Shop. POC 309-782-6977.



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **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 St., 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



Cold-weather Closure of Davenport Gate

Due to expected dangerously cold wind chills (-20 degrees or colder), the Davenport Gate will be closed to inbound traffic **Wednesday morning Feb. 18 through Friday morning Feb. 20**. The Davenport Gate will be open, as normal, for outbound traffic each day.

Parking Closure Near Bldg. 64

Beginning Sunday, **March 1** through Wednesday, **July 1**, the Directorate of Public Works will begin replacing the roof on Bldg. 64. Parking along the east side of the street (2nd Street) will be closed **March 1 through May 8**. Parking along the west side of the street (3rd street) will be closed **April 17 through July 1**. During these closures fencing, barricades, and signage will be positioned, as required. Timeframes may be extended depending on weather related issues.

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.

Future Ft. Armstrong Construction

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.



Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Islamic State Link Probed After Threatening Messages Sent to Military Spouses

Angela Ricketts, the wife of an Army officer in Colorado, was startled by the message that popped up on her Facebook account last week. “Dear Angela! Bloody Valentines Day!” the message began. “While your president and your husband are killing our brothers in Syria, Iraq and Afghanistan we’re coming for you.” It went on: “We know everything about you, your husband and your children and we are much closer than you can imagine. You’ll see no mercy infidel!” The message was sent from an account called “CyberCaliphate.” It claimed to be on behalf of “IS,” or Islamic State — also known as ISIS or ISIL. ([More](#))

Despite War's End, Pentagon Extends Afghanistan Campaign Medal

The Pentagon will extend the Afghanistan Campaign Medal for troops currently serving there, despite the official end of the 13-year war. Defense officials said Thursday that the current phase of the Afghanistan War, known as Operation Freedom's Sentinel, is now a qualifying operation for award of the Afghanistan Campaign Medal. The phase of the war known as Operation Enduring Freedom technically ended on Dec. 31. The new mission does not involve U.S. troops in direct combat operations and instead limits their mission to advising and assisting the Afghan forces and potentially some targeted counterterrorism missions. ([More](#))

Café for Parents

Military parents, bring your experiences and be a part of a new program called "Café 4 Parents," Wednesday, **Feb. 18**, 11 a.m. - 12 p.m., in Bldg. 110. Collaborate with other military parents and develop a program that will enhance your family's feelings of support and togetherness. Each month there will be a selected topic of discussion and information sharing. This month's topic is: "Parenting in the Military." We will take time to get to know one another and talk about various community activities that are happening as well as discuss what it means to be a parent in the military. Feel free to bring your lunch or grab a snack from the USO. Call 309-782-0829 for more info. ([Flyer](#))

Military Spouse Fun Night

It's Game Night! Join your fellow active duty military spouses Tuesday, **Feb. 24**, 6 - 9 p.m., in the USO spaces (Bldg. 110), for what will surely be a night filled with fun and roaring laughter. New to the area? This is a great way to make new friends and meet other military spouses. If time permits, bring a dish to share. Soft drinks will be hosted by the USO. This activity is open to all active duty military spouses. (No couples or kids please) For more info please call 309-782-4736. ([Flyer](#))

Military Saves Lunch and Learn

Military personnel and spouses are invited to a free Military Saves Campaign Lunch & Learn, Wednesday, **Feb. 25**, 11:30 a.m. – 1 p.m., at the Arsenal Island Golf Clubhouse, hosted by the R.I.A. Federal Credit Union. Guest speakers include Nichole Foutch and Chris Gegenheimer, who will present "Saving and Investing: Set a Goal, Make a Plan, and Save Automatically." Please RSVP by **Feb. 20** to [Chris Gegenheimer](#) 309-782-0829. ([Flyer](#))

USO Taco Bar Geo-bachelors & Singles Dinner

USO of Illinois–Rock Island is having a Taco Bar Dinner for geo-bachelors and singles dinner beginning on **March 4**, 5-6:30 p.m., in USO Rock Island Center, Bldg. 110. This event will be held the first Wednesday of every month. Active duty, Reserve, and National Guard members of all branches are welcome. Please RSVP with Jackie Inman, USO director, at 309-782-3896.

Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense.

Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**.

"We are honored and excited to be able to bring this program to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at arts.gov/national/blue-star-museums.



Military 4-H Scrapbooking SPIN Club

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3rd Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). [Register online today!](#) Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978. University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.



Safety Spotlight



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Cold Weather Injury Prevention for 2014-2015 Cold Weather Season

Cold weather-related injuries remain a significant threat to individual health and unit performance during training and operations. During the 2013-2014 cold weather season, there were 111 CWI reported among Soldiers, including 12 cases of hypothermia, a potentially life-threatening condition, and 95 cases of frostbite, which can lead to amputations. Commanders, supervisors, and service members at all levels will implement protective measures to prevent CWI to Soldiers and civilians during 2014-2015 cold weather season, now through May 31. USA commanders and

leaders will ensure all personnel are educated about the prevention, recognition and treatment of CWI. CWI and other injuries related to cold weather include: • Injuries due to decreased temperature (hypothermia, frostbite, nonfreezing cold injury). • Injuries due to heaters (e.g., burns from fire, etc.). • Carbon monoxide poisoning. • Accidents due to impaired physical and mental function resulting from cold stress. USA commanders/equivalent and officers are responsible for preventing CWI. Unit Non-Commissioned Officers are accountable for the health and safety of SM's and civilians. SM's and civilians are responsible for implementing personal protective measures. During cold weather exposures, any SM or civilian who exhibits unexplained shivering, exhaustion, memory loss, slurred speech, drowsiness, lack of coordination or mental status changes should be provided appropriate first aid and evacuated to the closest Medical Treatment Facility as quickly as possible, or if medical care not available, begin active warming of the SM or civilian by getting them into a warm environment, removing wet clothing, and keeping them warm and dry until medical care is available. ([Consult ALARACT 033/2015 for the rest of this instruction](#))

Equal Employment Opportunity Focus



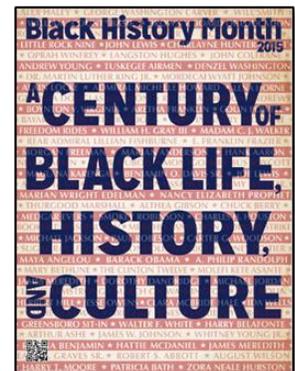
Rock Island Arsenal African American Black History Month Observance

The Army Sustainment and First Army EEO/EO Office cordially invite you to attend the Rock Island Arsenal African American Black History Month Observance on **Feb. 25**, 2-3 p.m., at Bldg. 60, in Heritage Hall. The guest speaker will be the U.S. Navy's first African American submarine commanding officer, Navy Capt. (Ret.) C. A. "Pete" Tzomes. The Arsenal Island workforce can sign-up for the event in [TEDs](#), keyword "Black History." For any additional information or accommodations please contact [Sgt. First Class Marion Wilson](#) at 309-782-3021. Go to <http://1.usa.gov/1DngPt5> to read a background story on Capt. (Ret.) C. A. "Pete" Tzomes written by Navy Mass Communication Specialist 2nd Class Patrick House, Defense Media Activity.



African American/Black History Month: "A Century of Black Life, History, and Culture"

Each February, the United States Army honors the remarkable contributions of African American men and women in the building of the nation. The 2015 theme, selected by the Association for the Study of African American Life and History is "A Century of Black Life, History, and Culture." This theme highlights the fact that over the past century, African American life, history, and culture have become major forces in the United States and the world. A tri-signed letter signed by the Secretary of the Army, the Chief of Staff and the Sergeant Major of the Army honors the remarkable contributions of African American men and women. This letter pays tribute to the sacrifices and contributions African American Soldiers, civilians and families have made to the nation. The Army leadership has asked the entire Army family to publicly commemorate the significant contributions that continue to make the Army the premiere fighting force in the world. Army Strong! ([More](#))



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

Closure of Men's Dry Sauna

The RIA Fitness Center men's dry sauna will be closed for one month effective **Feb. 17** due to renovations of the unit.

Group Fitness Class Survey

We want to hear from you. How can we structure our group fitness classes differently to make them more appealing and accessible to you? Please consider taking 1-2 minutes (that's all, we promise) to take this quick survey to tell us how we can serve you better. ([Survey](#))

Date Night Dance Classes

Come join local dance group, QC SoDa (QC Social Dancing), every Thursday, at 7 p.m., in Heritage Hall (Bldg. 60), for a fun evening of dance lessons in various styles including Swing, Salsa and more. Classes are \$8/person/class or \$35/individual or \$60/couple for the full six week session. Sign up and pay the first night you attend class. ([Flyer](#))

Auto Skills Shop, Paintless Dent Repair Service

Back by popular demand, Thursday, **Feb. 26**, 9 a.m. - 7 p.m., the paintless dent repair technician will be available for repairs. 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](#))

New Group Fitness Class at the Fitness Center

WERQ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. Instructor chooses from more than 150 routines per-choreographed to the freshest music and makes a unique play-list to deliver a calorie crushing WERQout. The 3Q1 method of cuing makes it easy to follow, and the hottest music makes WERQ highly addictive. Experience WERQ with the expert in this dance fitness session. Class will be held Mondays & Fridays, 11:30 a.m. - 12:15 p.m., and Tuesdays & Thursdays, 5:45-6:45 p.m. Fees are on a drop-in basis only and are \$3/class. Call 309-782-6787 for more info and to sign up. [Check out all the Fitness Center group fitness classes here.](#)

Group Fitness Punch Cards Now Available at the Fitness Center

According to the University of Scranton Journal of Clinical Psychology it is estimated that only 64 percent of New Year's resolutions make it into February before being abandoned. Don't be a part of that other 36 percent, take advantage of our new punch card program that saves money and eliminates the hassle of stopping to pay at the front desk for every class. Buy a 12 class punch card for \$35 (civilians) or \$18 (military & dependents). Punch card not valid for yoga classes. Try out your new card on our newest class offering, CrossCamp, which is a time efficient training using Boot Camp & CrossFit type exercises to tone you up and slim you down. Not sure if you'll like a class and don't want to waste money to find out? Come try any (or all) of the classes at the below

link and your first class is on us. Visit www.riamwr.com/community-recreation/fitness-center-adult-sports for full class schedule & more info or call 309-782-6787.

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](#))

Les Miserables – the Broadway Sensation

Les Miserables is an epic and uplifting story about the survival of the human spirit. Includes the classic songs "I Dreamed a Dream," "Master of the House," "On My Own," and more. Leisure Travel has discounted seats available for \$46 per person. On sale until **Feb. 20**.

Date: **Saturday, March 7**

Time: **5:45 p.m.**

Church Basement Ladies (The Last Potluck Supper)

All new show – the latest and final installment in the uproarious series, the lovely ladies of the church kitchen serve up a rib-tickling panorama of the Church's changes, without spilling a drop of their egg coffee. Leisure Travel has discounted tickets on sale until **April 11**. This is a show that always sells out.

Date: **Saturday, April 25**

Time: **5:45 p.m.**

Cubs vs. Cardinals Bus Trip

MWR Leisure Travel has a Cubs vs. Cardinals bus trip scheduled. Cost will be \$99 per person to include transportation and ticket to game. Seats are located in Upper Deck Box Outfield. Departing from RIA at 6 a.m. from the COL Davenport Pavilion. Limited alcohol permitted on chartered bus. Coolers must fit under the seats and not block the aisle. No glass bottles. No smoking permitted on motor coach. Estimated return time will be 8 p.m.

Date: **Saturday, Sept. 19**

Time: **12:05 p.m.**

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services



2015 Military Child of the Year Award – Recognizing Young Patriots

Operation Homefront is pleased to present the Military Child of the Year Award to outstanding military children who demonstrate resiliency, leadership and achievement. Recipients representing each service branch are recognized at a Washington, DC Gala celebration in April each year. The seventh annual award will be presented **April 16** at the Ritz-Carlton, Pentagon City, near Washington, DC. In addition to the trip to our nation's capital, recipients are awarded a laptop computer and a \$10,000 award. To learn more about Operation Homefront and the Military Child of the Year Award, please go to: www.militarychildoftheyear.org



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.

RIA Fire Station, Fatherhood Program

Attention Military Dads, bring your kids to meet the Arsenal's own firemen Thursday, **Feb. 19**, 5:30 - 7:30 p.m. We will meet at the Arsenal fire station for chili and hot dogs and then get a tour of the station. We will learn about fire safety, get to see all the trucks and enjoy many fun activities. Don't miss this event. RSVP by calling 309-782-3049 or by email: jennifer.a.kerr10.civ@mail.mil ([Flyer](#))

Military Saves Week

Learn more during Military Saves Week, **Feb. 23-28**, and take the [Saver's Pledge for the Military Saves Campaign](#).

Date Safe Class for Teens

The Armed Forces Services Corporation, through Army Community Service, is conducting a free class Tuesday, **Feb. 17**, 4:30-6 p.m., that parents and teens (ages 12-17) will take together. They will be learning about the dynamics of teen dating violence and will discuss awareness, prevention and intervention aspects, and what healthy relationships look like. Part of the class time the parents and teens will be separated to foster open discussion and customized presentation. For more information & to RSVP please email the AFSC domestic violence victim advocate at chassity.r.morse.ctr@mail.mil or call 309-782-3773 ([Flyer](#))

Hearts Apart Support Group

Hearts Apart Program is part of the Army Community Service Relocation Assistance Program for spouses of service members and Department of Defense civilians and who are separated because of military commitments (deployments, temporary duties, remote tours). Services offered include on-base and off-base resource information, personal support and group activities. Hearts Apart is now

being offered on the third Friday of each month (the next meeting is Friday, **Feb. 20**, 10-11 a.m.) and participants are encouraged to stick around for free hotdogs at Franken Friday at the USO afterwards. If you want to receive the latest information on the Hearts Apart Program, contact Ann Wood, relocation program manager, 309-782-0816. ([Flyer](#))

Moline Public Library, Date Safe Class for Teens

This is a free class that parents and teens (ages 12-17) will take together. We will be learning about the dynamics of teen dating violence Thursday, **Feb. 26**, 6-7:30 p.m. We will discuss awareness, prevention and intervention aspects, and what healthy relationships look like. Part of the class time the parents and teens will be separated to foster open discussion and customized presentation. For more information & to RSVP please e-mail: chassity.r.morse.ctr@mail.mil or call: 309-782-3773. ([Flyer](#))

Army Community Service OCONUS Briefing

Are you going out of the country? If so make sure to attend the Overseas Orientation Briefing held on the first Tuesday of every month at ACS, in Bldg. 110, and learn specifics and tips about your new duty location. Individual relocation counseling is also available by appointment, call 309-782-0829 to schedule your appointment. ([Flyer](#))

ACS Army Family Team Building Level K (Knowledge of the Military) Class

This fun, interactive classroom training for military spouses, military personnel, community leaders, Family Readiness Groups, volunteers, DA civilians and contractors being held Thursday, **March 5**, 9-10 a.m., will give you a good working knowledge of what it means to be part of the Military community. These free classes are held Thursday mornings from 9-10 a.m. at Army Community Service (Bldg. 110). Please register no later than one week prior to the class session you wish to attend. See [the flyer](#) for a complete class schedule. Register by calling 309-782-0829.

Sponsorship Training

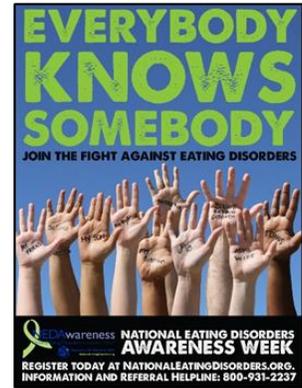
Have you been appointed to sponsor a new incoming Soldier/civilian? Make sure to attend our monthly sponsorship training session before your new Soldier/civilian arrives so that you can help them adjust to their new duty station quickly and hit the ground running. Training is held on the first Friday of every month from 12-1 p.m. at Army Community Service in Bldg. 110, and lunch will be provided for all service members courtesy of the USO. The next session is Friday, **March 6**. Registration is required by calling 309-782-0829. ([Flyer](#))

Employee Assistance Program



National Eating Disorders Awareness Week – Feb. 22-28

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 spiraled 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 and their prevention during National Eating Disorders Awareness Week, **Feb. 22-28**. The Rock Island Arsenal Employee Assistance Program would like to help you increase your personal awareness by reminding you of confidential counseling available to you and your dependent family members. Master-level counselors offer short-term counseling and referral assistance. The EAP is located in Bldg. 56, 1st floor, East Wing and appointments are available Monday through Friday, 7:30 a.m. - 5 p.m. Call 309-782-4357 to schedule an appointment. The Rock Island Arsenal Employee Assistance Program staff hopes you will take advantage of this free and confidential service because eating disorders are treatable and you can feel better. 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.](#)

Inaugural Eastern Iowa / Western Illinois Veterans Conference

On Wednesday afternoon, **Feb. 25**, St. Ambrose University will host the inaugural Eastern Iowa / Western Illinois Veterans Conference. There will be a noon [keynote speaker](#) followed by film and panel presentations. Training will be offered concurrently for faculty, staff and others on military culture, and a resource fair will be offered to registered attendees. The conference will conclude with a late afternoon networking social. The event is a collaboration between St. Ambrose University, Black Hawk College, Eastern Iowa Community College District and Western Illinois University Quad Cities. For more information or to register, please visit www.sau.edu/veteranservices.

Continuing Education Survey

In accordance with AR 621-5, the Garrison's Army Continuing Education Services office is required to administer an education survey to all military personnel on the installation every three years. Currently we have an MOU with St. Ambrose University which allows us to offer college

courses on the installation at a reduced rate. For these reasons, the education survey has been developed for all military members and federal civilian employees on RIA. All responses are voluntary and anonymous; they will be tallied and taken into consideration when making decisions regarding educational choices at RIA. To help us meet the educational needs of the Rock Island Arsenal population, [please take the time to complete this survey at this link](#). This survey will end **Feb. 28**. If you have issues opening this link please [contact the education center](#). Your opinion counts.

NDIA Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 scholarship. This scholarship is available to high school senior students of the NDIA chapter members and civilian and military employees on Arsenal Island. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than **March 24**. Call John Masengarb, 563-650-3252, for additional information.

NDIA Lifetime Achievement Awards

Nominations are being accepted for the Lt. Gen. (Ret) Lawrence Skibbie award for Lifetime Contributions to National Defense, the Maj. Gen. (Ret) William Eicher award for Lifetime Contributions to the Weapons Industrial Base and the Maj. Gen. (Ret) Paul Greenberg award for Lifetime Contributions to the Ammunition Industrial Base. Applications must be postmarked no later than **April 12**. Send nominations to Jimmy Morgan, 289 Niabi Zoo Road, Coal Valley, IL 61240 or jimcmorgan@aol.com. Application details at www.ndia-ia-il.org.

Sgt. Paul Fisher Scholarship

The Iowa Illinois Chapter NDIA is accepting applications for its one-year \$2,000 Sgt. Paul Fisher Scholarship. This scholarship is available high school seniors of active military, reserve, National Guard, or veteran in zip codes 61200-61699 in Illinois and 50000-52899 in Iowa. Scholarship applications can be found at www.ndia-ia-il.org. Applications must be postmarked no later than **March 24**. Call John Masengarb, 563-650-3252, for additional information.

Update: CLEP & DSST Testing Now at WIU-QC

CLEP/DSST testing will no longer be offered at the National Testing Center on post. Western Illinois University - QC will now be administering the exams at the Riverfront campus in Moline. Spring 2015 Testing Hours: Monday - Thursday: 9 a.m. - 12 p.m. & 1:30 p.m. - 4:45 p.m. Friday: 8:30 a.m. - 12 p.m. & 1:30 p.m. - 4:15 p.m. Saturday: by appointment. POC: Leslie Mose, Site Administrator. WIU - QC Testing Center, 3300 River Drive QC Complex - Room 2215, 309-762-3999 Ext 64567, LA-Mose@wiu.edu

Rock Island Arsenal Welcome Club Scholarship

The Rock Island Arsenal Welcome Club Scholarship applications are now available at the Thrift Shop and Education Center. There are two applications: high school seniors and continuing education students. The merit-based scholarship is open to applicants who have not previously received an RIAWC scholarship and who meet the RIA affiliation qualifications set forth in the application. Completed applications must be postmarked by **March 16**. Questions can be sent to scholarship chair Nicole Kirschmann at RIAWCscholarships2015@yahoo.com. Information for the 2015 RIAWC Scholarship can be found at www.facebook.com/RIAWC and <https://sites.google.com/site/rockislandarsenalwelcomeclub>.

Army Emergency Relief Announces Opening of Scholarship Application Period

Army Emergency Relief has announced the opening of its scholarship application period. Applications will be accepted from **Jan. 2** until **May 1**. AER supports both the Spouse Scholarship Program, as well as the Maj. Gen. James Ursano Scholarship Program for dependent children. Scholarship specifics and the applications are available on [AER's website](#). The Spouse Scholarship can be used for full or part-time students, while the Ursano Scholarship is only for full-time students. Last year AER awarded 3,637 scholarships, totaling more than \$8.8 million to Spouses and Children of Soldiers. "The entire scholarship process is on line," said Tammy LaCroix, manager for AER's scholarship programs. "Last year we found that the on line process worked best for those who downloaded the step-by-step instructions and used them as a checklist." "Applicants are able to create their own profile, submit their documentation online, and check their status," added LaCroix. "This proved to be a huge time saver for both the applicants and the scholarship staff." ([More](#))

RIA AUSA Scholarship Program 2015-2016

The Rock Island Arsenal Association of the United States Army announces the annual scholarship program for 2015-2016 school year. Applications are available on the RIA AUSA web site at www.ria-ausa.org. Eligible applicants must reside in the RIA AUSA geographical footprint covering eastern Iowa and western Illinois identified in the application, and be associated with the military as a current military member, veteran, family member or DoD civilian. Applicants can download the application and return it completed no later than **May 1** to the mailing address listed in the application form. Questions can be directed to the RIA AUSA chapter representative Tim Considine, at considinet@aol.com or by calling 512-565-4089.

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, **April 21**, and **July 23**; • Black Hawk College, **April 9** and **July 9**; • Eastern Iowa Community College, **March 5**, **April 2**, **May 7**, **June 4**, **July 2**, **Aug. 6** and **Sept. 3**; • Kaplan University, **May 14**, and **Aug. 13**; • Saint Ambrose University, **April 16**, and **July 16**; • Trinity College of Nursing & Health Sciences, **Feb. 19**, **May 21**, and **Aug. 20**; • Upper Iowa University, **May 13**, and **Aug. 12**.

KHAN Academy SAT Prep

The College Board has partnered with KHAN Academy to provide no cost SAT Preparation tutoring. Download and take a real, full-length practice test. Watch videos showing step-by-step solutions to problems you missed or found challenging, and get even more practice with unreleased questions from real SATs provided by College Board. After all that practice, it wouldn't hurt to take the full-length test again so you can get used to the feeling of answering all of the questions correctly. ([More](#))

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](#))

DoD Plan Would 'Destroy' Commissaries, Industry Representatives Say

The Defense Department's fiscal 2016 budget request would slash taxpayer support of base grocery stores by \$322 million in 2016 and by \$1 billion next year, enough to "destroy" the shopping benefit, warns the American Logistics Association. ALA, which represents manufacturers, distributors and brokers of products sold in commissaries and base exchanges, released a position paper that contrasts DoD's plan to "wreck" commissaries with less onerous recommendations of a blue-ribbon panel to consolidate all base store operations to gain efficiencies. ([More](#))

Exchange Opens Earlier, Serves Breakfast

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornadoes, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.



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](#))

Rock Island Arsenal Historical Society Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **March 5**, in the Veranda Room of the Arsenal Island Golf Clubhouse. The menu for dinner will be plantation salad, breaded breast of chicken with tomato relish, rice pilaf and medley of vegetables, chocolate mousse. Dinners include rolls, breadsticks, coffee, tea and water. The total cost is \$14 per person including tax and tip. Our event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. The guest speaker will be Brian Alm, an independent scholar in Egyptology. For reservations call Monica at 563-650-4349 or Linda at 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on Monday **March 2**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518. Visit the RIA Historical Society's website at www.arsenalhistoricalsociety.org

This Week in Rock Island Arsenal History – Feb. 16-22

Construction of the second phase of Project REARM began in February 1986.

Healthbeat

Lab Closure

The Rock Island Arsenal Health Clinic Lab will be closed **Feb. 23-27**. If you require routine lab work, please plan on coming to the lab either before or after those dates. We thank you for your understanding as Erika attends training.

DoD Must Pay For Quality, Not Quantity, to Tackle Rising Health Costs

By one measure, DoD's health care bill has tripled over the last 15 years. By another, medical costs now swallow 10 percent of the military's budget, compared to 6 percent in 2000. And while the rest of the nation's health care costs also wildly outpaced inflation during that time, the problem is significantly worse in the military health system for reasons that can't be blamed on the costs of the wars in Iraq and Afghanistan, according to a new report from the Center for a New American Security. Rather, the authors point to a familiar culprit: the military procurement system. ([More](#))

Required Shots Mean Few Military Measles Cases

Despite a recurrence of measles affecting states across the nation, strict immunization policies that require service members to be vaccinated against infectious diseases and programs that encourage

family members to get their shots have kept the U.S. military nearly measles-free since 2008. According to Defense Department data, just three cases of measles have occurred since 2008 in a beneficiary population of 9.5 million. The most recent was a Tricare patient in Southern California diagnosed in November — a month before the start of the Disneyland outbreak that was the wellspring of the current wave of cases. ([More](#))

Rock Island Arsenal Health Clinic Premiers Newsletter

The personnel at the Rock Island Arsenal Health Clinic are now producing a monthly newsletter with news you can use and other information in relation to the clinic. The newsletter, titled the "[Rock Island Arsenal Clinic Connect](#)," will be completed at the end of each month for publication. Capt. Katherine Converse, the CNOIC at the clinic, took the initiative to create the informational product and is also establishing a distribution list so it can be sent out directly to personal or work emails. "We need to ensure people are getting accurate, useful information," said Converse." The sign-up for the publication is on the last page of the newsletter. ([Rock Island Arsenal Clinic Connect](#))

Show Your Heart Some Love

Did you know that your heart beats more than 100,000 times a day, pumping nearly 1,900 gallons of blood? This means your heart is beating almost 42 million times and pumping about 700,000 gallons of blood a year! February is American Heart Month, a time to bring awareness to the risks of heart disease and ways to stay 'heart healthy.' So, show your heart some love this month. ([More](#))

Will You Make It Past February 18?

It's that time of year again when weight loss tops the resolution list of many Americans. Weight-loss commercials have begun flooding the airways; health clubs are promoting discounts and new books and phone apps are hitting the marketplace. Nearly half of all Americans make New Year's resolutions, and nearly 40 percent of these resolutions are related to weight loss. In the end, however, the only thing that drops is the resolution itself. According to a recent study by Gold's Gym, Feb. 18 marks the day when most people abandon their New Year's resolution to lose weight and get more fit. This is the date when gym member check-ins take a nose dive. How can you keep your weight loss efforts from fizzing out? Follow the steps below to turn your New Year's resolution into a lifestyle resolution. ([More](#))

February 19 is Great American Spit Out

On Feb. 19, join others across the nation in recognition of the Great American Spit Out, a time to quit the use of smokeless tobacco products such as chewing tobacco, snuff, snus and dissolvable products (i.e., lozenges, strips, sticks) for a period of 24 hours or more. Despite media advertisements promoting smokeless tobacco products as less harmful than smoking tobacco products (i.e., cigarettes), any form of tobacco use is dangerous and increases the users susceptibility to oral cancers. ([More](#))

TRICARE Tip of the Week – Do Military Pharmacies Now Accept Electronic Prescriptions?

Electronic prescribing (also known as e-prescribing) is now accepted at many military pharmacies in the United States, Puerto Rico and Guam. This change allows your civilian providers to send prescriptions electronically to military pharmacies near you, reducing the need for handwritten prescriptions. Electronic prescribing from a health care provider to a pharmacy reduces medication

errors and offers more convenience. You can ask your provider to look for your local military pharmacy in the electronic prescribing database/network. Have a Great Tricare Day!

Notes for Veterans

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VA Announces \$300 Million in Grants to Community Partners Working to End Veteran Homelessness

Building on President Obama's commitment to end Veteran homelessness, the Department of Veterans Affairs (VA) is announcing the availability of \$300 million in grants to non-profit organizations and other groups that serve Veterans through VA's Supportive Services for Veteran Families (SSVF) program. The SSVF program assists very low-income Veteran families who are homeless or at risk of becoming homeless. The \$300 million grants are available to current grantees seeking renewals. ([More](#))

New Rules On Narcotic Painkillers Cause Grief for Veterans and the VA

New federal rules that make it harder to get narcotic painkillers are taking an unexpected toll on thousands of veterans who depend on these prescription drugs to treat everything from missing limbs to post-traumatic stress. The restrictions, adopted last summer by the Drug Enforcement Administration to curb a national epidemic of opioid abuse, are for the first time, in effect, forcing veterans to return to the doctor every month to renew their medication, although many were already struggling to get appointments at overburdened VA health facilities. And even if patients can get appointments, the new rules pose an additional hardship for many who live a good distance from the health centers. ([More](#))

VA Reaches Out to Sexual Trauma Survivors Via Facebook

The female veterans on the Women Veterans for Equality in our VA System Facebook page couldn't believe what they saw. But there it was. A Department of Veterans Affairs military sexual trauma (MST) coordinator personally assigned to helping them, answering questions directly and guiding them through what many say is an emotionally harrowing and complicated financial benefits process. The Washington Post last month chronicled efforts, sometimes for decades, by this group to receive financial benefits for post-traumatic stress disorder caused by sexual trauma — ranging from harassment to rape — in the military. ([More](#))

Around the Q.C.

©



Feb. 17: [Mardi Gras Rajun Cajun Fest](#) (Figge Art Museum, Davenport)

Feb. 17: [Quad Cities Largest Career Fair](#) (iWireless Center, Moline)

Feb. 20-22: [RV & Camping Show](#) (QCCA Expo Center, Rock Island)

Feb. 21: [Iowa Freedom Rock Chili Cook-off](#) (Road House, 701 N Cody Rd, LeClaire, Iowa)

Feb. 21: [Free Family Day](#) (Figge Art Museum, Davenport)

Feb. 22: [Daddy Daughter Dance](#) (RiverCenter, Davenport)

Feb. 25: [Eastern Iowa/Western Illinois Veterans Conference, 12-5 p.m.](#) (Rogalski Center, St. Ambrose University, Davenport)

Feb. 28: [2nd Annual Big Bacon Bonanza](#) (RiverCenter, Davenport)
March 2-8: [3rd Annual Quad Cities Restaurant Week](#) (Greater Quad Cities)
March 7: [24th Annual Women's Health & Lifestyle Fair](#) (RiverCenter, Davenport)
March 8: [Hand-in-Hand Special Needs Expo](#) (3860 Middle Road, Bettendorf, 9:30 a.m. - Noon)
March 13: [Gathering of the Clan Luncheon](#) (TBD)
March 14: [St. Patrick's Day Parade](#) (The District, Rock Island & Downtown Davenport)
March 26-29: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
March 28: [Havana Daydreamn' 11th Annual Havana Daydreamn' by the Quad City Parrot Head Club](#)
(Waterfront Convention Center, Bettendorf)
April 11: [Bandits Race to Home 5K](#) (Modern Woodmen Park)
April 11: [Marine Corps League Trivia Night](#) (American Legion Post #26, 702 West 35th Street, Davenport)
April 11: [18th Annual Public Swap Meet](#) (QCCA)
April 18: [Quad Cities on Tap Craft Beer Festival](#) (QCCA)
April 25: March of Dimes March for Babies (Rock Island Arsenal, Memorial Park)
April 25: [Quad Cities Cruisers Cruise-In](#) (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
May 2: [Festival of the Arts' Village in Bloom](#) (Village of East Davenport)
May 4-10: [Navy Week Quad Cities](#) (Quad City Area)
May 9-10: [29th Quad City Air Show, featuring the U.S. Navy Blue Angels](#) (Davenport Municipal Airport)
May 9-10: [Beaux Arts Fair](#) (Figue Art Museum Plaza, Downtown Davenport)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA)
May 16: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
May 22-31: [Historic Homes & Gardens of the Scottish Highlands](#) (QC Botanical Center, Rock Island)
May 25: [50th Annual Quad Cities Criterium](#) (Village of East Davenport)
June 1-6: [25th Annual Quad Cities Senior Olympics](#) (1800 3rd Ave, Rock Island)
June 3, 4: U.S. Army & NDIA Small Business/APBI Symposium (iWireless Center)
June 5-6: [Rhubarb Festival](#) (Aledo, Ill.)
June 6: [QC Pridefest](#) (Downtown Davenport)
June 12-13: [Gumbo Ya Ya](#) (The District, Rock Island)
June 13: [Quad Cities Cruisers Cruise-In Carshow](#) (4-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
June 13-21: [Quad Cities Museum Week](#) (Greater Quad Cities)
June 17-20: [Rally on the River](#) (Centennial Park, Davenport)
June 20: [2nd Annual Micro Brew Mile & 6K Road Race](#) (Moline)
June 21: [Ride the River Bike Ride](#) (Mississippi River bike paths, Iowa & Illinois)
June 28: [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)
July 3: [Red, White & Boom!](#) (The District, Rock Island & Downtown Davenport)
July 2-4: [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)
July 4: [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (parade at 10 a.m.)
July 6-12: [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)
July 9-11: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 11: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
July 15-19: [Rock Island County Fair](#) (Fairgrounds, East Moline)
July 24-25: [Downtown Street Fest](#) (2nd Street in downtown Davenport)
July 25: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 2: [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 6: [Freedom Run 5k](#) (Moline)
Aug. 7-8: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 8: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Aug. 13-15: [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 15: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 28-29: [River Roots Live](#) (Downtown Davenport)
Aug. 28-30: [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
Sept. 5-6: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 5-7: [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
Sept. 12: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)

Sept. 12: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 12: [Quad Cities Cruisers Cruise-In](#) (6-9 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Sept. 12-13: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 18-19: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 19: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 19-20: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 27: [Quad Cities Marathon](#) (downtown Moline)
Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
Oct. 10: [Quad Cities Cruisers Cruise-In](#) (3-6 p.m., Davenport Learning Center, 1002 W Kimber Rd.)
Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Nov. 20-29: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 21: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)



Island Insight



[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor

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