



March 28, 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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Bystander Engagement Key to Addressing Sexual Assault

A total of about 180 Army personnel attended two separate "Got Your Back Training" sessions for preventing sexual violence in Heritage Hall, here, March 23. The training was a part of the Sexual Harassment/Assault Response and Prevention program. Courtney



Abbott and George Zerante, senior educators from Catharsis Productions, co-presented the session. Catharsis is an organization based in Chicago that educates military personnel, college students and corporate employees across the country and internationally about sexual violence and prevention. "This is all about your role to be a part of the solution," said Scott Welker, deputy to the commander, Joint Munitions Command, while he introduced the speakers. "Like it or not, [sexual harassment and sexual assault] happens every day across the Army and our communities. We need you to be a part of the solution." Catharsis uses research, charismatic speakers, honesty and even humor to address the sensitive topic of sexual assault, its website states.

[\(More\)](#)

Upcoming Dates

March 29: Executive Resilience & Performance Course, Heritage Hall, Bldg. 60, 7:30 a.m. – 4:30 p.m.

March 29: Emotional Intelligence, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m. - 12:30 p.m.

March 29: Military Spouse Fun Night, ACS/USO, Bldg. 110, 6 p.m.

March 30: Executive Resilience & Performance Course, Heritage Hall, Bldg. 60, 9 a.m. – 2 p.m.

March 30: Island-Wide Electronic Town Hall, Facebook, 6-7 p.m. [📱](#)

March 31: Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.

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

April 1: First Friday Social with Special Iron Spike Brewery Tap Takeover, Lock and Dam Lounge, Bldg. 60, 4 p.m.

April 2: 50th Anniversary of the Vietnam War, R.I. National Cemetery, 11 a.m.

April 2: 3rd Annual Youth Summertime Activities Expo, Fitness Center, 11 a.m. - 2 p.m.

April 4: Stress Management & Parenting Class, ACS Trng. Rm., Bldg. 110, 4-5 p.m.

April 4: Babysitter Training, SKIES, Bldg. 110, 4-6 p.m.

April 5: Overseas (OCONUS) Briefing, ACS, Bldg. 110, 9:30-13:30 a.m.

April 5: Gold Star Spouses' Day, After Noon Tea at Bldg. 110 and tour of the RIA Museum, 1-3:30 p.m.

April 6: Babysitter Training, SKIES, Bldg. 110, 4-6 p.m.

Academy Commandant: 'We Are Adapting NCO Development'

Command Sgt. Maj. Dennis Defreese, commandant, U.S. Army Sergeants Major Academy, discussed his top initiatives while serving as the keynote speaker for the U.S. Army Sustainment Command's senior-level Commanding General's Leadership Professional Development training event, here, March 17. Defreese discussed his plans for keeping non-commissioned officer education relevant. He focused his overview on the USASMA and the Noncommissioned Officer Professional Development System. As the top academy for NCO's education, the USASMA's mission statement is, "To provide professional military education that develops enlisted leaders to meet the challenges of an increasingly complex world." NCOPDS is the framework of studies for NCOs, and it consists of several basic-level to senior-level courses. "We are adapting the NCO professional development curriculum to support what the Army needs," he said. "We are not stagnating, we are continuing to update and develop for this 21st century complex world." ([More](#))



Army's Acting Secretary Emphasizes Readiness Above All

To the American Soldier, nothing is more important than standing ready, no matter what unknown threats the future volatile world may bring. No one knows that better than Acting Secretary of the Army Patrick J. Murphy. He's walked in their combat boots. He's deployed to fight a dangerous enemy. He's mourned the loss of his comrades. Murphy made a stop in Huntsville March 16-18 for the Association of the U.S. Army's Global Force Symposium and Exposition, which not only gave him the opportunity to address Army and industry leaders at the Von Braun Center, but also included a stop at Redstone Arsenal, where he witnessed firsthand the ways Team Redstone is working for readiness, the Army's top priority. "Redstone is critical to our Army's readiness," he said. "What they do every day is to make sure that our Army and that our Soldiers do not have a fair fight, that they have a technical and a tactical advantage over our enemy. Their partnerships with private industry are second to none." ([More](#))



DoD Workers Will See 'New Beginnings' With Performance Reviews

Hundreds of thousands of Defense Department civilian employees will see a change to the way their performance is appraised by their supervisors beginning in April. For the past three years, DoD has been working on its New Beginnings initiative, which will require more frequent reviews between supervisors and employees and a linkage between performance and rewards such as bonuses and promotions. The new system will also create a three tiered employee rating system to assess employee performance. "One of the changes we are really trying to advocate through this system would be that we have communication throughout the ratings cycle and that the employees receive recognition and acknowledgement of their performance and their contribution to the nation throughout the ratings cycle and then there is nothing that comes as a surprise on the 365th day," said Paige Hinkle-Bowles, deputy assistant secretary of Defense for Civilian Personnel Policy, in an exclusive March 25 interview with Federal News Radio. ([More](#))



DoD, Coast Guard Civilians Eligible For Expedited Airport Screening

Civilian Defense Department and Coast Guard employees will soon be eligible for the same expedited screening that servicemembers receive at 115 U.S. airports. Beginning April 15, some 800,000 DoD and Coast Guard civilians will be able to “opt in” to the Transportation Security Administration’s pre-check expedited screening program, according to an American Forces Press Service news release. All military and Coast Guard personnel, including those in the reserves and the National Guard, already are eligible for the program, which began in March 2012. Participating members can keep shoes, light outerwear and belts on during preflight screening, and can keep laptops inside their cases. They also may have a compliant liquids and gels bag in a carry-on bag in select screening lanes, officials said. To participate in the program, DoD and Coast Guard civilian employees first must opt in online at: <https://www.dmdc.osd.mil/milconnect>, officials said. ([More](#))



House Oversight Committee to Consider Limits on Facebook, Gmail

The House Committee on Oversight and Government Reform has voted to consider legislation that could restrict a federal employee’s ability to access personal accounts on Facebook, Gmail or other platforms. The Federal Information Systems Safeguards Act of 2016, HR-4361, was introduced by Rep. Gary Palmer, R-Ala., in January and aims to shield agency management from having to negotiate with federal employee unions when putting in place Internet usage restrictions. In particular the bill aims to circumvent a 2014 Federal Labor Relations Authority Ruling that agencies lack “sole and exclusive discretion” over IT systems including computers and networks. Unions have maintained that usage of those assets is a negotiated right, while Palmer and the measure’s co-sponsor, Rep. Jason Chafetz, R-Utah, maintain that failing to control what federal employees access online over agency networks is an information security risk. ([More](#))



Online Conduct Can Have Far-Reaching Effects: Think, Type, Post

The evolution of the Internet, social media, and other electronic media over the last decade has drastically altered how people communicate and interact. It is now easier and faster to convey messages and information than ever before, and in some cases, this can be done in complete anonymity. While anonymity may allow people to feel more free and uninhibited to discuss otherwise embarrassing or stigmatizing topics, it can also be a community's biggest enemy. People can hide behind their computers while saying whatever they want with little ramification. Protected by this sense of anonymity and lack of accountability, some people become ill-meaning individuals who participate in inappropriate and potentially harmful interactions over the Internet. The Army spelled out its online social discipline policy last year in an "All Army Activities" message defining online misconduct. While the message is primarily of interest to Soldiers, it also has implications for civilians, contractors and Family members. The ALARACT states that online misconduct is "the use of electronic communication to inflict harm." Examples include, but are not limited to: harassment, bullying, hazing, stalking, discrimination, retaliation, or any other types of misconduct that undermine dignity and respect. ([More](#))



GI Film Festival Heading to a Theater near You

The GI Film Festival is coming to a theater near you. If traveling to Washington, D.C., for the weeklong event in May isn't an option, check out one of your local theaters to see if the festival's new one-night event is playing in your hometown. Tickets went on sale Friday for the festival's Cinematic Salute to the Troops — a two-hour program that will be shown in more than 400 movie theaters across the country on **April 7**. "We've taken the best parts of actually attending the festival and packed it into a two-hour show," said Brandon Millett, co-founder and president of the event that's been dubbed "Sundance for the troops." Audiences will see two short films, "Climb" and "The Real Inglorious Bastards," plus an interview with World War II veteran Fred Mayer, star of "The Real Inglorious Bastards." The pre-taped show features interviews with Gary Sinise and Danny Trejo as well as on-screen appearances from first lady Michelle Obama and Dr. Jill Biden. Marine veteran and actor Adam Driver, known for his roles in "Girls" and "Star Wars: The Force Awakens," will deliver a message about what it's like to be a veteran in the entertainment industry. Cinema audiences will also get a behind-the-scenes sneak peek at the military zombie film "Range 15." ([More](#))



Stand Down for Homeless Vets - Taco Fundraiser

Join Bridging the Gap QCA for their upcoming Taco Dinner. The dinner will take place **Tuesday, March 29**, 5-7 p.m., at the Moline Viking Club, 1450 41st Moline. The Taco Dinner is a major fundraiser to help Bridging the Gap QCA continue in its mission to provide assistance to homeless veterans in the Quad Cities. Everyone at Bridging the Gap is a volunteer, so 100 percent of proceeds go toward their mission. \$5 donation for tacos. Funds will be used for the operation costs of Stand Down, run by Bridging the Gap, QCA Inc. If you have any questions or would like to sponsor, please contact Mike Malmstrom at 309-269-2012.



Island-Wide Electronic Town Hall

The Rock Island Arsenal-Garrison will conduct an Island-Wide Electronic Town Hall via Facebook on **Wednesday, March 30**, beginning at 6 p.m. Questions will be fielded from the Island workforce, family members, and the general public by the Garrison Commander and his staff. Questions will be [posted and answered using this Facebook thread](#). Prior to the Town Hall, questions can be posted to the thread [in advance](#); answers to those questions will be posted during the Town Hall. The type of questions that will be fielded can be of almost any subject matter, but should have something to do with the installation and/or Post operations in some way, shape or form. Always practice OPSEC! Security protocols, PII, photos, content and videos can go viral quickly. Review closely before posting to ensure the information you are providing does not give away sensitive information which if released could be harmful to an individual, organization, facility or the installation.



Change of Visitor Control Center Operating Hours

Effective Monday, March 14, the hours of the Visitor Control Center (VCC) changed from its original hours of 6 a.m. to 6 p.m. to its new hours of **6 a.m. to 3 p.m.**, Monday through Friday. The change in operating hours is due to a low volume of visitor traffic during this timeframe as well as a shortage of security guards to operate the VCC. There is no change to weekend hours, which are 7 a.m. to 3 p.m. Visitors or employees requiring a pass when the VCC is closed will be checked and processed at the Moline gate access control point.

Rock Island National Cemetery Hosting 50th Vietnam War Anniversary

The Rock Island National Cemetery will host a ceremony commemorating the 50th anniversary of the Vietnam War on **Saturday, April 2**, at 11 a.m. The ceremony will be held at the main flagpole circle. The ceremony will include for following: • Patriotic music (bagpiper) • National Anthem • Wreath presentation • Keynote speaker: U.S. Marine Corps Maj. (Ret.) Lynn Lowder • Rifle Salute (Moline American Legion Post 246) • Taps (Moline American Legion Post 246 – performed by Tracy Hepner). The cemetery will mark the graves of all Vietnam era veterans interred at Rock Island National Cemetery with yellow, helium-filled balloons. At the end of the ceremony, guests will be invited to help collect the balloons, which will be released together (bio-friendly balloons and twine). Lapel pins will be handed out to Vietnam War veterans at the conclusion of the ceremony. Lowder, the keynote speaker, is a national advocate for veterans. In 1967, he voluntarily enlisted in the U.S. Marine Corps and went on to serve as a team leader with 1st Force Reconnaissance Company (Special Operations) in Vietnam. His experiences in combat are profiled in such books as "First Force Recon Company: Sunrise at Midnight" by Bill Peters and "Inside Force Recon: Recon Marines in Vietnam" by Michael Lee Lanning and Ray William Stubbe. Following his time in the Marine Corps, Lowder worked as a trial attorney and law firm executive. He is the past director for Military and Veteran Services at the University of Central Missouri, where he was responsible for day-to-day support for veterans transitioning from combat zones to higher education, emphasizing classroom skills, mental wellness and job placement. His civilian accomplishments are profiled in the book "Above and Beyond: Former Marines Conquer the Civilian World" by Rudy Socha and Carolyn Darrow.



Deluxe BLT's Are Back!

Deluxe BLT Days are back in the Bldg. 350 6th Floor Café! If you haven't had one of these or have been missing them this winter, here's your chance; **Tuesday, April 5**, 11 a.m. - 1 p.m., Bldg. 350's Café will offer Deluxe BLT's every 1st and 3rd Tuesday of the month throughout the summer. For just \$6.25 you will get six slices of apple wood smoked bacon, lettuce, tomato & mayo on thin Texas toast bread. Add your option of pickles and/or onions. Don't forget to "Make It a Combo" to get a fountain and house fried chips for just \$2 more. If you have any questions please direct them to the operations manager at rockisland60@tafoodservices.com. ([More from Treat America at Rock Island Arsenal](#))



Taco Tuesday

Come visit Bldg. 60 food court for tacos every Tuesday, 10:30 a.m. - 1 p.m., through the month of October. Each Tuesday we will feature either seasoned beef or spicy pork (pastor). Two tacos with rice and Beans is \$7.49, while a single taco is \$2.50 each. Questions? Please contact Camellia at rockisland60@tafoodservices.com.

Battery Recycling

The Rock Island Arsenal once again has a battery recycling program in place. Effective immediately, batteries can be turned in to Public Works for recycling at the following locations: • The AbilityOne Base Supply Center in the basement of Building 104. • The maintenance crib in the basement of Building 220. • The tool crib in Building 211. • Building 299 near the east overhead

door in the cardboard recycle area. Other organizations are welcome to start their own collection points and call the POC below to arrange a time to turn them in. Acceptable battery types are: • Lithium rechargeable batteries; • Nickel-Metal Hydride (NiMH) rechargeable batteries; • Nickel-Cadmium (NiCad) rechargeable batteries; • Lead acid sealed or vented batteries; • Standard Alkaline batteries are not considered hazardous and can be thrown in the trash. If it does not specifically say "Alkaline" or if you are unsure, please contact the POC for assistance; • For any other battery types or if you are unsure of the type, please contact the POC below. The POC for this program is [Chris Mills, Public Works Hazardous Waste Manager, IMRI-PWE](#), 309-782-5785.

Building Cooling Systems

The Directorate of Public Works started up facility cooling systems effective March 10, to provide building cooling. Heat is still available when outdoor air temperatures fall below 55 degrees.

Lunch Live Action Stations at Bldg. 350 & 60

Looking for something different for lunch? Come join our chefs 11 a.m. to 1 p.m. every Tuesday in Bldg. 350, 6th Floor Cafe and every Wednesday in the Bldg. 60 Food Court for a live action station! The menus and prices will vary. Come check us out! ([Bldg. 350 Flyer](#)) ([Bldg. 60 Flyer](#))

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.



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, April 8 and 15, 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. We will also host a **2nd Shift** Blood drive in the cafeteria at JMTC (Bldg. 211 cafeteria) on Friday, **April 22**; that drive begins at 6:30 p.m. For the 2nd and 3rd Shift drives, donors should see their supervisors to sign up. **DMC Blood Drive:** DMC will host a blood drive 12-4:30 p.m., **Thursday, April 21**, at the parking lot, Bldg. 350, inside the MVRBC Donor Bus. Any Arsenal employee is invited to donate at this blood drive. To donate, please contact Staff Sgt. Camille Richardson at 309-782-0261 or visit www.bloodcenterimpact.org and use code 1554 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](#).

RIA Federal Credit Union Changing Branch Hours

The hours of operation for the Rock Island Arsenal Federal Credit Union branch on Post is changing effective **Monday, April 18**. The new hours will be 9 a.m. to 4 p.m., Monday through Friday. RIA Federal Credit Union is a progressive, member-owned credit union focused on the needs of its members by providing quality products and services. It offers financial services that are new and different, if there is a member need and ability to do so cost-effectively. For more information about RIA Federal Credit Union go to www.riafcu.com.

Summer Outdoor Grill at Building 60

With warmer weather approaching we are gearing up to open the outdoor grill in front of Bldg. 60. The tentative date is **Monday, April 18**, 10:45 a.m. - 12:45p.m., weather permitting. Be on the lookout for informative flyers in vending machines as well as table tents in the dining and break rooms. We will offer most of the same options as we did last year with a few new additions. I am excited to announce that Treat America has teamed up with AMI Vending and will offer ice cream this year at the outdoor grill.

VIOS Schedule for April

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **April 18, 19, 20, 21, and 22**. 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](#).

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.



2016 Community Support Application

The Rock Island Arsenal Welcome Club community support chairperson is accepting funding requests from local nonprofit organizations until **Thursday, March 31**. Money for the Community Support Fund is raised through club activities such as the Arsenal Attic and other fundraisers. All nonprofit organizations are welcome to apply applicants must show how grant will benefit service members and families. Additional sheets are allowed for information that does not fit on this form. Only one specific purpose should be listed per form additional forms are available at <https://sites.google.com/site/rockislandarsenalwelcomeclub>. This completed form should be mailed to the below address and postmarked no later than **Thursday, March 31**. Organizations selected for funding will be notified late **April 2016**.

Free Boating Safety Classes

The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering four different opportunities to attend a free boating safety education class. The classes will be held on the following dates: **April 2, 9, 16, and 23**. Each class will run from 8 a.m. - 4:30 p.m. and only one 8-hour class is required to complete your certification. This class is recommended for people who are new to boating on the Mississippi River, families that enjoy weekend boating adventures, or seasoned boaters who would just like to brush up on their safe boating knowledge. Anyone over the age of 12 can be certified. This is a classroom based safety course and will not include any on-the-water experience. Upon successful completion of the class and exam, participants will be issued an Illinois DNR Boat Safety Certification which is honored in both Iowa and Illinois. These classes will be held at the Mississippi River Project Office at Locks and Dam 14 in Pleasant Valley, Iowa. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the Mississippi River Visitor Center at 309-794-5338.



Personnel Readiness Transformation Training

Medical Readiness Transformation Training on new medical readiness standards and system updates. Baylor Conference Room, Bldg. 110, 1-3 p.m. Audience: Command Teams and appropriate support staff (COMPO 1-3)

Event Date: **April 6**

Event Time: **1-3 p.m.**

QC Honor Flight Sign Up Now Open for Vietnam Vets

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell 4-8 weeks prior to the honor flight date to advise them they have been selected for the next scheduled flight. Applications are dated in the order they are received.



Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, April 21**, and **Thursday, May 26**.

B-17 Bomber 'Aluminum Overcast' to Visit the Quad Cities

Join us **April 28 - May 1**, 9 a.m. - 6 p.m., at the Davenport Municipal Airport, for an unforgettable experience aboard one of the few remaining airworthy B-17s in the world. You won't want to miss Aluminum Overcast when it visits an airport near you. Climb aboard the 65,000-lb. B-17 bomber and step back in time to the World War II era. Feel the might of this magnificent flying machine as it soars through the sky on your mission flight where you'll discover why it's called the Flying Fortress. Stand in the footsteps of the bombardier, the navigator, and the waist gunner and relive history by experiencing this once-in-a-lifetime opportunity to fly in one of World War II's most vital and magnificent aircraft. People of all ages will appreciate the history associated with this airplane that helped the Allies achieve victory. A special invitation goes out to all veterans, active military and Family/escorts. Jason's Box, a non-profit organization supporting our military men and women for the health and wellbeing, will be in attendance. ([See this page for details](#))



American Legion "Veterans Awareness Walk 22" Coming to the Quad Cities

The American Legion will hold "Veterans Awareness Walk 22" in Milan, Illinois, **Saturday, April 30**, beginning at 10 a.m., kicking off at the [Milan American Legion Post 569](#), 515 1st Ave. West. The purpose of this walk is to raise public awareness about the crucial issues facing America's veterans and their families. An estimated 22 veterans a day commit suicide. Traumatic brain injuries have become a signature wound of the Global War on Terrorism and up to 20 percent of the men and women who served in Iraq or Afghanistan are believed to experience Post Traumatic Stress Disorder. Veterans still have difficulty receiving health care in a timely manner and many have been waiting years to have their disability claims resolved. We owe it to those who served our country to never forget their sacrifice and devotion. We are walking for those who marched for us. The walk will consist of a 5K (3.2) miles through Milan. The walk includes a t-shirt, water, fruit and a really good time. All proceeds will be given to the Department of Illinois American Legion to support all veterans in Illinois. Let's walk together so that we can make our communities, state, and nation aware of what "22" means. All donations and [registration for walk](#) can be mailed to: P.O. Box 1066, Milan, IL 61264, Attn: Awareness Walk. [Registration](#) and donations for the walk can be done early or at walk site. A lunch will be provided by the [Milan American Legion Post 569](#) for a fee. Pledge cards and t-shirt form or more information can be obtained on our [Facebook "Veterans Awareness Walk 22"](#) or by calling Rick Schomer at 309-558-0712 or email at rrschomer@gmail.com.



Ruffneck Resistance Inaugural Fun Run For Jason's Box

Let's Get Out and Ride! — The Ruffneck Resistance Inaugural Fun Run for Jason's Box will be held **Saturday, May 14**, 9 a.m. – 5 p.m. The cost will be \$10 per driver and \$5 for a passenger. Sign up will take place 9-11 a.m. at Race Car Central (RCC) at 1727 W. 4th Street, in Davenport. Last bike in by 5 p.m. Raffle items, 50/50 drawing. Stops will include: Judy's Barge Inn in Buffalo, Iowa; Tee's Ice Cream & Burgers in Muscatine, Iowa; Rhino's Bar & Grill in Tipton, Iowa; The Depot in Donahue, Iowa; and the final stop will be Scott's ShovelHead Shed at 220 N. Pine, in

Davenport. Come out and help us support our veterans in need. Monies raised through raffle and drawings will go directly to [Jason's Box](#).

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. The purpose of this celebration is to honor veterans of the Vietnam War including those killed in action, prisoners of war, and missing in action for their service and sacrifice and to thank their families. Our parade will include honor guards from all services, military and school bands, military vehicles and floats carrying our veterans and their families. ([More](#))



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.

Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless: As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660 **Sunset Lakes Resort:** Located near Hillsdale Illinois at I-88 Exit #6, we offer free campsites for those who currently serve and veterans; call 1-800-747-5253 for reservations. Complete details on both military weekends at www.sunsetlakesresort.com under our news section. **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



Elevator Closure, Building 62

The First floor west elevator in Bldg. 62 closed to employees and the public on March 28 and will remain closed till **Friday, April 1**, to support building repair work in the area. The south wing restrooms will be available for use. Signs and barriers will be used to warn and control access.

Active Duty/Reserve Zone



Pentagon Proposes Changes to Uniform Code of Military Justice

The Pentagon has proposed significant changes to how troops are tried and sentenced, two years after a comprehensive review of the military justice system was ordered by then-Defense Secretary Chuck Hagel in the wake of persistent sexual assault controversies. The changes to the Uniform Code of Military Justice are the first proposed by the Pentagon in 30 years, after years of Congress mandating change, and would also make the system more transparent to public view. The Senate Armed Services Committee is expected to be briefed on the proposed guidelines in the next few weeks. For decades, the military's unique sentencing procedures have required untrained military

jurors to decide guilt or innocence as well as impose sentences upon conviction. In most military crimes, there were no minimum sentences, and legally allowed maximum punishment could include life in prison. Under the Pentagon proposal, military judges in all cases would decide sentences based on U.S. Department of Justice guidelines. ([More](#))

Military Spouses Back Common Core as Key to Improving Kids' Education

A group of military spouses is taking on the issue of the quality of education in schools, promoting Common Core State Standards as the best chance to raise the bar for military children — and all children. Fifteen people, including primarily spouses of active-duty and retired service members from all branches of service, have launched Military Families for High Standards. Active-duty members and government civilians are also part of the group. “It’s a wonderful opportunity to organize military spouses to support the kind of educational opportunities their children deserve,” said Christi Ham, chairwoman of the organization. A former teacher, she has moved 26 times over the 38-year military career of her husband, retired Army Gen. Carter Ham. Their two children are grown, with children of their own. ([More](#))

Military Spouse Fun Night

Join us **Tuesday, March 29**, 6-8 p.m., in the Army Community Service/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](#))

Military Fatherhood Program

Military dads, bring the kids **Thursday, April 21**, 5:30-7:30 p.m., to QC Entertainment Center, for everyone's favorite activity, bowling. Pizza, bowling and shoe rental are all included, free to you. Please RSVP to Jenny at 309-782-3049 or jennifer.a.kerr10.civ@mail.mil ([Flyer](#))

Bix 7 Road Race Waives Entry Fee

The 2016 Bix 7 organization is again happy to be able to offer free entry, **July 30**, to all active duty military, Reserve and Guard. Again, there will also be a specific viewing area location designated for and honoring our veterans at Brady and Kirkwood. Complete the [printable entry form](#), enter your military ID number where indicated and mail your entry to us. You must pick up your packet in person at the Bix 7 Expo and show your military ID. Last year we had an increase over the first year, we hope to be able to continue that momentum again in the third year of this appreciation. ([Entry Form](#))

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Motorcycle Riding Courses

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate

motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

May

- Basic Motorcycle Rider Course: **May 17-18** (two eight-hour days)
- Experienced Rider Course: **May 19** (one eight-hour day)
- Military Sport Bike Rider Course: **May 20** (one eight-hour day)

July

- Basic Motorcycle Rider Course: **July 12-13** (two eight-hour days)
- Experienced Rider Course: **July 14** (one eight-hour day)
- Military Sport Bike Rider Course: **July 15** (one eight-hour day)

September

- Basic Motorcycle Rider Course: **Sept. 20-21** (two eight-hour days)
- Experience Rider Course: **Sept. 22** (one eight-hour day)
- Military Sport Bike Rider Course: **Sept. 23** (one eight-hour day)

Registration for courses is through the web-based "AIRS" system at <https://imc.army.mil/airs/default.aspx>

Note: Each course is limited to 12 riders. If a minimum number six of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If you need further information please contact either [Nancy Carlson](#) or [Michael Chaplin](#) via phone extension 309-782-1380.

Equal Employment Opportunity Focus



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](#))



Now You Can Use Your Discover® Card for MWR Purchases

MWR is happy to announce that we are now accepting Discover® credit cards at all our facilities at Rock Island Arsenal. ([Flyer](#))

Registration is Open for the 2016 Army Ten Miler Qualifying Run

All active duty are encouraged to sign up for this **Saturday, May 14**, qualifier race here at the Rock Island Arsenal. The top six finishers in this race will go on to represent RIA at the annual Army Ten Miler Race on **Sunday, Oct. 9**, in Washington, D.C. Call the Fitness Center for more info or stop by and fill out the registration paperwork. ([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](#))

First Friday Social and with Special Iron Spike Brewery Tap Handle Takeover

Join your Island colleagues **Friday, April 1**, kicking off at 3 p.m., in the Lock & Dam Lounge (Bldg. 60), 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. This special First Friday will feature a handle takeover with Galesburg favorite, Iron Spike Brewery providing the malty beverages. Get an Iron Spike glass and fill it with your favorite brew of theirs or bring your 2015 Rocktoberfest stein and get \$2 off refills. Call 309-782-4372 for more info. ([Flyer](#))



Spring Car Care Month Oil Change Special at the Auto Shop

The days are getting longer and gas is cheap so get those cars ready for summer road trips. All during the month of April get standard oil changes for just \$21, standard oil change includes up to five quarts of 5w20 or 5w30 oil + oil filter. Call 309-782-8631 for more info and to schedule your appointment. ([Flyer](#))

Ghost Hunters Dinner & Tour of Quarters One

It all takes place **Saturday, April 9**, starting at 5:30 p.m. where you'll be enjoying a prime rib & chicken buffet at the Arsenal Island Clubhouse and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have

experienced there throughout the years. The cost is \$40/person and reservations can be made by calling 309-782-4372. RSVP required by **Tuesday, April 5**. This event is open to the public. Event subject to change/cancellation based on number of reservations. ([Flyer](#))

Free Vehicle Inspection Day

Make sure to mark **Saturday, April 16**, on the calendar and attend the free vehicle inspection day from 9 a.m. – 2 p.m. at the Auto Skills Shop. Cars will be inspected on a first come/first served basis (no appointments necessary). Our experienced mechanics will give your ride a good once over and alert you to any potential problems before they become bigger/more expensive problems. Enjoy free refreshments while your car is inspected. ([Flyer](#))

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](#))

FMWR Storage Units Available

Outdoor Recreation currently has several storage units available for rent. Each unit is approximately 10' x 15' in size; patrons supply their own lock; the fee is \$70 per month. For more information, phone 309-782-8630 or stop by Outdoor Recreation in Bldg. 333 to sign up.

Discount Tickets for Upcoming Local Shows & Bus Trips at the Leisure Travel Office

Leisure Travel which is located in Bldg. 333 (next to the Exchange) has discount tickets for the following upcoming shows/trips. Contact them at 309-782-5890 or visit their webpage:

www.riamwr.com/community-recreation/leisure-travel for more information.

- **Saturday, April 30 & Sunday, May 1:** Monster Jam at the iWireless Center
- **Sunday, June 19:** NASCAR Xfinity Series Race Trip to Newton, Iowa
- **Saturday, July 9:** Taste of Chicago/Navy Pier Bus Trip
- **Friday, Aug. 19:** Cubs vs. Cardinals Bus Trip to Wrigley Field

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. ([Flyer](#))

Monster Jam

Monster Jam roars back into the Quad Cities at the iWireless Center for two spectacular events, the first on **Saturday, April 30**, at 7 p.m., and the second on **Sunday, May 1**, at 2 p.m. Monster Jam brings high-octane, motorsports entertainment to fans around the world. The action-packed live events feature the most recognizable trucks including Grave Digger, Max-D and many more, performing jaw-dropping displays of gravity-defying feats. This year's truck line-up includes Grave Digger driven by Morgan Kane, Max D driven by Colton Eichelberger, El Toro Loco driven by

Kayla Blood, Scooby-Doo driven by Bailey Shea Williams, Blue Thunder driven by Tyler Menninga, NEA driven by Travis Groth, and Zombie driven by Tyler Groth (truck and driver lineup are subject to change). The Party in the Pits starts three hours before show time and gives fans the opportunity to get a view of the trucks up close and meet the drivers of the massive Monster Jam trucks. Leisure Travel has discounted tickets and pit passes on sale until **Friday, April 22**.

Taste of Chicago/Navy Pier Bus Trip

What is Chicago's recipe for a fantastic food festival? Chefs and musicians, combined with entertainment for all ages and several thousand tasting servings of favorite Chicago bites. Fill up on all flavors of Chicago – from classic local dishes, to specialty cuisines from ethnic neighborhood restaurants, to inspired chef creations. — or — You can't truly experience Chicago without a trip to Navy Pier. This 50-acre playground of entertainment, museums, activities, restaurants, and shops is the perfect place for some family fun time. This is a popular bus trip and fills up fast. Cost for your transportation is \$41 per person.

Event Date: **July 9**

Cubs vs. Cardinals

Leisure Travel will be offering another Cubs vs. Cardinals bus trip on **Friday, Aug. 12**. Bus trip includes transportation aboard a Tri-State Motor coach and a ticket to the game. Location of seating is in Terrace Reserved. Time of game and departure will be announced at a later date. Package is \$129 per person. Limited alcohol is allowed on the bus.

Child, Youth & School Services



Family Game Night

Parents and children, come and enjoy a great family evening on us **Thursday, April 7**, 5:30-7 p.m., at the School Age Center (Bldg. 150), while incorporating stress relief techniques. Attend both this and the Stress Management Class on **Monday, April 4**, and receive a free family night goodie bag. RSVP by calling 309-782-0829. ([Flyer](#))

Our Piano Teacher Has Arrived

Meet piano and voice instructor Joe Dillon... Joe is a professional pianist who originally hails from the Quad Cities. A soon to be 2016 graduate of St. Ambrose University, and the student of Juilliard trained musician Dr. Marian Lee. He began playing piano at the age of 5-years-old and has enjoyed sharing his passion for piano by teaching students for the past four years. **Enrollment is open** — Preschool Piano, Kinder Music, and Private Piano and Voice Classes will begin in April. Classes will include: Piano: • *Introductory Piano*, 4-5-year-olds, \$60 for April and May, Wednesdays, **April 6 - May 25**, 9:30-10 a.m.; • *Beginning Preschool*, 4-5-year-olds, \$60 for April and May, Wednesdays, **April 6 - May 25**, 10-10:30 a.m.... and *Kinder-Music*, 3-4-year-olds, \$60 for April and May, Wednesdays, **April 6 - May 25**, 9-9:30 a.m. *Private Lessons: Piano or Voice*: Available for school age children on Monday & Tuesday evenings. Please call Laura at 309-782-5969 to reserve your spot. 5-18-year-olds, \$45 per month for Piano, \$50 per month for Voice, Mondays and Tuesdays, beginning **April 4**



and 5, 30 minute classes (four per month). Enrollment: You must be registered with CYSS to enroll in SKIES Unlimited classes. Please call 309-782-0791 to schedule a registration appointment. If you are currently registered with CYSS, you may enroll at <https://webtrac.mwr.army.mil/webtrac/rockislandcymys.html> or by calling 309-782-0791.

Babysitter Training

Teens learn about the ages and stages of child growth and development, safety, food and nutrition, how to handle emergencies, appropriate activities to implement with children, and the business of babysitting. Eligible ages are 13-18 years of age (12 years with approval), and the cost is free. All participants who complete this class are eligible to be added to the RIA babysitter referral list. Those with CPR and first aid certificates are eligible for the Star Sitter referral list. To enroll in SKIES classes, teens must be registered in CYSS. Call 309-782-0791 to schedule a registration appointment. Registered patrons can enroll via CYS Services Online at <https://webtrac.mwr.army.mil/webtrac/rockislandcymys.html> or at CYSS Parent Central Services, Bldg 110.

Date: **Monday, April 4 & Wednesday, April 6**

Time: **4-6 p.m.**

Where: **SKIES, Bldg. 110**

Home Alone

The purpose of this course is to prepare children to respond safely to a variety of situations when direct parental supervision is unavailable. Training includes role play door/visitor and phone safety, gun and internet safety, house key and personal safety, first aid situations, and family communications. Note: Per Garrison Home Alone Policy, all children in 6th-8th grade and residing on RIA must complete this course prior to staying home alone. To enroll in SKIES classes, teens must be registered in CYSS. Call 309-782-0791 to schedule a registration appointment. Registered patrons can enroll via CYS Services Online at <https://webtrac.mwr.army.mil/webtrac/rockislandcymys.html> or at CYSS Parent Central Services, Bldg 110.

Ages: **10-14 years old**

Cost: **Free**

Date: **Monday April 18**

Time: **4-5:30 p.m.**

Where: **SKIES, Bldg. 110**

May the 4th Be With You Party

On **Wednesday, May 4**, 6:30-8 p.m., the School Age Center is hosting a Star Wars themed family night for children and parents alike. There will be a Jedi obstacle course, build your own light saber, star wars crafts, BB-8 training, free hotdogs, and more. Call 309-782-5019 to RSVP for a night of fun. May 4 is considered a holiday by some Star Wars fans to celebrate the franchise's film series, books, and culture. The date was chosen for the easy pun on the catchphrase "May the Force be with you" – "May the Fourth be with you." Even though the holiday was not actually created or declared by Lucasfilm, many Star Wars fans across the world choose to celebrate the holiday.



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's AER Campaign, March 14 – April 29: "Never Leave a Soldier in Need"

Over the last several years AER has made significant changes to meet the needs of today's Army, adding new categories of assistance, expediting the assistance process and increasing grants by 30 percent. Last September AER made a policy change which allows all Soldiers, regardless of rank, direct access to AER assistance. "Never Leaving a Soldier in Need is in keeping with the Army's core values," said AER's Director, retired Army Lt. Gen. Robert Foley. "Whether the need is money for a Soldier's emergency leave, new brakes for the family car or to cover the initial rent deposit on a new apartment, AER is there. To maintain this level of assistance today, donations from Soldiers, active and retired, are essential to ensure the legacy of Soldiers Helping Soldiers." For information on the local campaign, contact Army Community Service at 309-782-0815. ([StandTo!](#))

Sponsorship Training

Have you been appointed to sponsor a new incoming Soldier/Civilian? Make sure to attend our monthly sponsorship training session **Friday, April 1**, 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](#))

Advanced Résumé Class

Army Community Service will conduct Advanced Résumé Class on **Friday, April 1**, 1:30-3:30 p.m., in the ACS Training Room, Bldg. 110. This class is for spouses, but 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 **Wednesday, March 30**, call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Youth Summertime Activities Expo

Are you looking for activities to keep the kids busy this coming summer? Then make sure you plan to attend Rock Island Arsenal's 3rd Annual Youth Summertime Activities Expo **Saturday, April 2**, 11 a.m. - 2 p.m., in the RIA Fitness Center (Bldg. 67). Businesses from all over the QC area will have booths to provide information to parents on what activities they have for youth during the upcoming summer. Participate in the vendor quiz scavenger hunt to be eligible to win some great prizes from our sponsors including a \$100 gift certificate good for Girl Scouts Summer Camp at Camp Liberty, Family Four Packs of tickets to Whitewater Junction Water Park and a Jumbie Jam Steel Drum Kit from West Music. Call 309-782-3049 for more info. ([Flyer](#))

Stress Management & Parenting Class: Fostering Healthy Coping Skills in Children

This free class taking place **Monday, April 4**, 4-5 p.m., in the ACS Training Room (Bldg. 110), focuses on what stress is, what stress looks like in children, and how to help children manage stress. Attend this class and the Family Game Night event on **Thursday, April 7**, and receive a free family night goodie bag. To RSVP, call 309-782-0829. ([Flyer](#))

Gold Star Spouses Day

We invite all Gold Star Spouses to join us **Tuesday, April 5**, 1-3 p.m., at the Army Community Service Center (Bldg. 110) for an afternoon tea while meeting other Gold Star Spouses and the new SOS Financial Counselor. Afterwards we will take a tour of the RIA Museum. For more information and to RSVP call 309-782-0829. ([Flyer](#))

Protecting our Children: Child Abuse Prevention Class

Join the Family Advocacy Program **Wednesday, April 13**, 3-5 p.m., in the Abel Conference Room (Bldg. 110), for an informative class on child abuse prevention. Please note: this class contains videotaped interviews with convicted sex offenders and graphic discussions about sexual crimes and child abuse. Participants with a personal history of abuse are encouraged to have support people available following the presentation. Children and teens should not attend. Call 309-782-3049 or email jennifer.a.kerr10.civ@mail.mil for more info and to RSVP. ([Flyer](#))

Volunteer Recognition Ceremony

RIA Army Community Service would like to take the time to recognize our community volunteers. "Volunteering is the ultimate exercise in democracy. You vote in an election, but when you volunteer you vote about the kind of community you want to live in"(unknown source). RIA's Annual Volunteer Recognition Ceremony is scheduled for **Tuesday, April 19**. 11 a.m. - 12:30 p.m. at the Arsenal Island Clubhouse. Registered volunteers should have R.S.V.P.'d to ACS by **Friday, April 1**. They are encouraged to bring a guest to help them celebrate their contribution to our community. Cake and Refreshments will be provided. We cannot show enough gratitude for the work that our volunteers contribute to our community, but this event is just our way of saying thank you for your selfless service and your commitment to our RIA family. To R.S.V.P. call ACS at 309-782-0829. ([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.](#)

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from

others while learning about the grieving process. Groups will be held each **Thursday** from 12:30-1:30 p.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. This workshop will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. You can register on [TEDs](#) or call 309-782-4357.

Event Date: **May 26**

Event Time: **10 a.m. - 12 p.m.**

Emotional Intelligence

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **March 29, June 28, Sept. 27, and Dec. 20**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

Time Management

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. Upcoming class dates are **April 26, July 26, and Oct. 25**, at 10:30 a.m. in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

National Prescription Take Back Day

Rock Island Arsenal will participate in National Prescription Drug Takeback Day on **Wednesday, April 27**, at Memorial Field Pavilion. The drop off times will be 6-8:15 a.m. and 2-4:45 p.m. We cannot accept needles, syringes, or aerosol products including inhalers. National Prescription Drug Take-Back addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that many abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards. The Rock Island Arsenal Army Substance Abuse Program & Employee Assistance Abuse Program coordinates this initiative bi-annually. The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in

an effort to promote wellness and improve the climate of the Rock Island Arsenal. RIA EAP is located in Bldg. 56, 1st Floor, Room 104, and are open 7 a.m. – 4:30 p.m., Monday through Friday. To schedule an appointment call 309-782-4357 (HELP). After hour emergencies call 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly.

Improving Workplace Relationships

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **May 5, June 7, and Aug. 2**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

The RIA Employee Assistance Program Presents: Real Colors

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact Lori Griffin at 309-782-2551 Additional dates: **Aug. 9, Nov. 8.**

Event Date: **May 10**

Event Time: **8 a.m. - 12 p.m.**

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class dates are **Aug. 23 and Nov. 29**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact Bob Donohoo, employee assistance program coordinator at 309-782-2552. Register for classes on [TEDs](#) under "Current Classes."

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.](#)

Job Fair Prep Class

This free class, **Wednesday, April 20**, 12-1 p.m., Army Community Service (Bldg. 110), presented by the Employment Readiness Program, will give you some great advice on how to prepare for the Employment/Education event on Wednesday, April 27. RSVP no later than **Friday, April 15**, by calling 309-782-0829 or emailing: usarmy.ria.imcom-central.mbx.usag.acs@mail.mil. ([Flyer](#))

Rock Island Arsenal Employment-Education Event

The Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, April 27**, 9:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members.

Numerous employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, 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. Any questions about the event can be directed to [Shelly Mimms](#), 309-782-7780 or [Lafayette Ausborn](#), 309-782-4799. Do something today that your future self will thank you for!



Association of the United States Army Scholarships

The Rock Island Arsenal AUSA Chapter is now accepting applications for the 2016-2017 academic year. There will be four scholarship awards of \$1,000 each. Applications may be downloaded from the [chapter's web site](#). Eligibility requirements are shown on the first page of the application. Applications must be postmarked no later than **Sunday, May 1**. Questions should be directed to the scholarship chair, [Chioma Ezeugwu](#), 309-269-7551.

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, **June 16**; • Black Hawk College, **April 14**, and **July 14**; • Eastern Iowa Community College, **April 7**, **May 5**, **June 2**, and **July 7**; • Kaplan University, **May 19**, and **Aug. 18**; • Saint Ambrose University, **April 21**, and **July 21**; • Trinity College of Nursing & Health Sciences, **May 12**, and **July 28**; • University of Dubuque, **May 26**, and **Aug. 11**; and • Upper Iowa University, **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](#))

Commissaries Highlight Month of Military Child

Savings, giveaways and nutritional tours for the entire family are on tap for April as commissaries worldwide observe Month of the Military Child. "We know military family life is made better thanks to the commissary benefit, and we're all about providing our customers with great values, especially for children during April," said Tracie Russ, the Defense Commissary Agency's sales director. DeCA's industry partners – vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions: ([More](#))

Commissary May Case Lot Sale

The Rock Island Arsenal Commissary is having its May Case Lot Sale on **Friday, May 20**, and **Saturday, May 21**, 8:30 a.m. to 6:30 p.m. both days.

Special Orders

We offer special orders on any item in the store just give us a 48-hour notice for perishable and non-perishable items such as paper product, detergents etc. We offer fruit and vegetable trays in two different sizes. Need a gift for the person who has everything? How about a fruit basket? Need a special cut of meat? Just ask one of our meat guys, they are more than willing to help. You can also call us to put in a special order at 309-782-4614. Produce and meat items... a 24-48 hour notice is appreciated.

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 Friday, 12-4 p.m. Closed weekends, Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Museum Schedules 2 Closures

The Rock Island Arsenal Museum has scheduled the temporary closure of its facility on **Tuesday, March 29**, and **Wednesday, March 30**. The closure is due to unforeseen mission related duties impacting the staff's ability to sustain the minimal level of customer service necessary to keep the museum open during the identified dates. Normally the Museum's hours are Tuesday through Friday, 12-4 p.m., but is closed weekends, Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. The Museum is open to the public and admission is free. The Rock Island Arsenal Museum is the Army's second oldest museum. It first opened to the public on July 4, 1905. Its 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 twelve hundred U.S., foreign, civilian, and military small arms are on permanent display. The Rock Island Arsenal Historical Society maintains its public accessible website at www.arsenalhistoricalsociety.org/museum.

This Week in Rock Island Arsenal History – March 28-April 3

On March 26, 1898, the RIA received orders to produce 25,000 complete outfits of infantry equipment. RIA Fire Department was organized on April 1, 1918, with the hiring of 20 firemen and a fire chief. Congress passed a special act on April 2, 1844, that granted Col. George Davenport the right to acquire 157.81 acres of land on Rock Island for \$1.25 an acre. On April 3, 1871, ground breaking work for the building of Shop E (Bldg. 106) had begun. In the Spring of 1904, five foreman, 12 inspectors, 10 toolmakers and machinists, 13 millers and drillers, nine filers, five drop forgers and temperers, and 10 operators from Springfield Armory transferred to the Rock Island Arsenal. They came to assist in the establishing a small arms armory at Rock Island. Only 13 of these workers returned to Springfield. The rest became permanent workers at RIA.



Healthbeat

What's Your Cholesterol Score?

Since the number one killer of men and women in the U.S. is heart disease, it's important to know your cholesterol numbers. Cholesterol, an important substance made by your liver, forms cell structures, produces hormones, and helps with digestion. Here are the cholesterol numbers to know:

- Good, or high-density lipoprotein (HDL), cholesterol helps prevent fat and cholesterol from clogging your arteries. Know your HDL: Think H for healthy! A healthy number is greater than 60 mg/dL.
- Bad, or low-density lipoprotein (LDL), cholesterol can cause cholesterol buildup and block your arteries. Know your LDL: Think L for lousy! A healthy number is less than 100 mg/dL.
- Your total cholesterol score should be less than 200 mg/dL. Starting at age 20, get your cholesterol checked every 5 years. Doctors use these numbers along with your age, blood pressure, and weight to help you manage your cardiac health. Smoking, diabetes, and heredity play important roles too. There are ways to manage your cholesterol and heart health! Regular physical activity can lower LDL and raise HDL. A diet low in saturated fats can help as well, so make sure to check out the New Dietary Guidelines for Americans. ([More](#))

March is Brain Injury Awareness Month

Warmer weather is upon us which usually means the Fort Rucker population will soon be heading outdoors to partake in all sorts of activities, ranging from a simple playground visit, sports or an evening motorcycle ride. March is brain injury awareness month, so now is the time to become more aware of the causes, symptoms and prevention of traumatic brain injuries. Lyster Army Health Clinic will be supporting Brain Injury Awareness Month throughout the month of March at locations around Fort Rucker. What exactly is a traumatic brain injury? A traumatic brain injury (TBI), also known as a concussion, is an injury to the head that disrupts an individual's normal brain function. ([More](#))

Notes for Veterans



MouthMobile Brings Free Dental Care to Veterans

Veterans who can't afford to make regular trips to the dentist may now have an alternative — the dentists are coming to them. Aspen Dental, a nationwide network of locally owned and operated dental practices, and Got Your 6, a nonprofit dedicated to empowering veterans to strengthen communities, have teamed up for the Healthy Mouth Movement, which includes a "MouthMobile" that will stop at more than 30 cities across the country over the next several months. The dental clinic on wheels offers care ranging from a regular cleaning to a set of dentures. "When you think about empowering veterans and strengthening communities, oftentimes veterans don't have the basic services, including dental care," said Bill Rausch, an Army veteran and executive director of Got Your 6. Not all veterans qualify for dental care at the VA, Rausch said, so this provides an opportunity for them to receive the care they need. Appointments for the MouthMobile are filled in advance with support from local veterans organizations. To learn more about the MouthMobile tour, visit HealthyMouthMovement.com. ([More](#))

Around the Q.C.



March 31: [Living Lands & Waters Tree Wrapping](#) (Transportation Garage of the East Moline School District, 2025 Morton Drive, East Moline)

March 31: [If You Only Knew: The Journey through Teen Depression and Suicide](#) (WQPT-Quad Cities PBS, 6600 34th Ave, Moline)

March 31: [Bring On Summer tapping of Bell's Oberon](#) (Central Standard, Bettendorf)

April 1: [Kick off to Spring w/ Exile & Lion Bridge](#) (BREW in the Village, East Village of Davenport)

April 1-3: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)

April 1-30: [Quad Cities Live Month](#) (Greater Quad Cities area)

April 2: [Free Family Day](#) (Figue Art Museum, Davenport)

April 2: [QCH3 Red Dress Run](#) (The Venue, Moline)

April 2: [Fundraiser for The Quad City Food Forest](#) (Fraternal Order of Eagles #235)

April 3: [Mallards Fun Run](#) (iWireless Center)

April 4: [Taste of ProStart for Davenport Community Schools ProStart program](#) (RiverCenter, Davenport)

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 9: [Moline Centre's 12th Annual Cabin Fever Pub Crawl](#) (Bent River Brewing, Moline)

April 9: [3rd Annual Churches United Big Bacon Bonanza](#) (RiverCenter, Davenport)
April 9: [Quad City Symphony Orchestra Family Music Carnival](#) (RiverCenter, Davenport)
April 9: [Mother Daughter Weekend 2016](#) (YMCA Camp Abe Lincoln)
April 9: [Global Glamour Gala: A Red Carpet Evening](#) (Hotel Blackhawk, Davenport)
April 10: [Quad City Symphony Orchestra Family Side-By-Side](#) (RiverCenter, Davenport)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
April 12: [World Adventure Series: Rediscovering Ancient America](#) (Putnam Museum, Davenport)
April 14: [Stylin' Against Breast Cancer Educational Symposium](#) (iWireless Center)
April 14: [11th Annual Stylin' Against Breast Cancer Runway Fashion Show](#) (iWireless Center)
April 15: [QCMiB Quarter Auction](#) (Holiday Inn Hotel & Conference Center, Rock Island)
April 15: [10th Anniversary Family Resources Opening Doors Gala](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
April 15: [Masquerade Dance Competition](#) (RiverCenter, Davenport)
April 16: [Stout Wars](#) (Rock Island Brewing Company, Rock Island)
April 16: [Quad Cities on Tap](#) (QCCA Expo 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 16: [Alzheimer's Benefit Bazaar](#) (Rock Island First Church of the Nazarene, 2921 38th St, Rock Island)
April 16: [Record Store Day](#) (Ragged Records)
April 22: [Fish & Fire Friendraiser/Fundraiser](#) (Modern Woodmen Park)
April 23: [Nerves of Confusion Take Over Walk MS](#) (Veterans Memorial Park, Bettendorf)
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 23: [Walk MS: Quad Cities](#) (Veterans Memorial Park, Bettendorf)
April 23: [River Action Day - Earth Day Clean-up](#) (Hennepin Canal Parkway State Park, Milan)
April 23: [Spring Scrabble Social Ride](#) (Happy Joe's, 2900 River Dr, Moline)
April 24: [4th Annual Earth Day Concert](#) (Unitarian Universalist Congregation of the Quad Cities, Davenport)
April 25: [Rock Island Parks and Recreation's Pickleball Sock Hop Fundraiser](#) (Rock Island Fitness & Activity Center, Rock Island)
April 27: [Protecting Against Identity Theft](#) (Rock Island Main Library, Rock Island)
April 28: [Child Abuse Council Quad Cities' Lifesaver Celebration 2016](#) (CACQC, 524 15th St, Moline)
April 28 – May 1: [B-17 Bomber 'Aluminum Overcast' to Visit the Quad Cities](#) (Davenport Municipal Airport)
April 29: [Grains to Growlers](#) (Quad City Botanical Center, Rock Island)
April 29: [Milan Lions Club 2nd Annual Black Light BASH](#) (The Camden Centre, 2701 1st St E, Milan)
April 30: [American Legion Veterans Awareness Walk 22](#) (Milan American Legion Post 569)
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)
April 30: [City of Davenport 6th Annual Cleanup and Greenup](#) (Emeis Park, Davenport)
May 1: [MIP Arts & Crafts Fair](#) (Eriksen Chevrolet-Buick, Milan)
May 6: [Leadercast 2016 - Architects of Tomorrow](#) (Leadercast Quad Cities, 2018 Grant St, Bettendorf)
May 6-7: Davenport Central High School JROTC Blue Raider Challenge (Navy Operational Support Center Rock Island)
May 7: [Rev it up for Awareness Ride](#) (Eagles Lodge, 4401 W Locust St, Davenport)
May 7: [Village in Bloom](#) (Village of East Davenport)
May 7: [3rd Annual Cinco De Mayo Nacho Ordinary 5K](#) (Ganzo's Davenport)
May 7: [Quad Cities Juvenile Diabetes Research Foundation's Blooming Basket Event](#) (Advance Auto Parts, 3813 18th Ave, Rock Island)
May 7-8: [Beaux Arts Fair](#) (Figge 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 13-14: [Factory of Fear: INFECTED](#) (Factory of Fear, 5027 4th Ave, Moline)
May 14: [Young Life Quad Cities' 'You Were Made For This 5k' Race](#) (Ben Butterworth Parkway, Moline)
May 15: [Bears for Buddies Ride](#) (Rock Island County Court House)

May 16-21: [4th Annual Quad Cities Beer Week](#) (Greater Quad Cities)
May 21: [Vietnam War 50th Anniversary Quad Cities Bi-State Commemorative Parade](#) (Rock Island and Davenport)
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 21: [Quad Cities Craft Beer Festival](#) (Bass Street Landing, Moline)
May 21: [MadeRight Market](#) (Lincoln Park, Rock Island)
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 2: [Living Lands and Waters' 2016 Barge Party](#) (Schwiebert Riverfront Park, Rock Island)
June 3-4: [Rhubarb Festival](#) (Aledo, Ill.)
June 4: [Shamrock 'n Roll](#) (Kavanaugh's Hilltop, 1228 30th St, Rock Island)
June 4: [Quad Cities Comic Con](#) (Mississippi Valley Fairgrounds)
June 4: [College Hill District Retro Rally 2016](#) (College Hill District Rock Island)
June 10-11: [Gumbo Ya Ya](#) (The District, Rock Island)
June 11: [Quad Cities Cruisers Car Show](#) (SouthPark Mall)
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: [3rd Annual Micro Brew Mile Craft Beer Festival](#) (Downtown Moline)
June 18-26: [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)
June 19: [32nd Annual Ride the River: Father's Day Bicycle Ride](#) (River Action, 822 E River Dr, Davenport)
June 24: [American Red Cross' Picnic on the River 2016](#) (Schwiebert Riverfront Park, Rock Island)
June 24: [Mud, Sweat & Cheers Obstacle Challenge](#) (Credit Island Park, Davenport)
June 24: [Ultra BlackOut](#) (The Col Ballroom, 1012 W 4th St, Davenport)
June 25: [Royal Ball Run For Autism](#) (Hyvee, Milan)
June 25-26: [6th Annual BBQ & Craft Brew event](#) (Credit Island Park, Davenport)
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 1-2: [31st Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
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 16: [Rivers Edge Homebrew Festiv-ale](#) (The District Plaza, Rock Island)
July 16: [Insane Inflatable 5K Quad Cities](#) (Mississippi Valley Fairgrounds)
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. 6: [2nd Annual BBQ n' Blues Fest](#) (Rolling Smoke, 1228 30th St, Rock Island)
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. 13: [13th Annual Xstream Cleanup](#) (Greater Quad Cities)
Aug. 19-20: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 20: [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, 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: [River Action's 11th Annual Taming of the Slough](#) (Hampton, Ill.)
Sept. 17: [Brew Ha Ha](#) (LeClaire Park (Davenport)
Sept. 17: [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)
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. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
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. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Island Insight

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

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