



**April 11, 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](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:**



[www.usagria.army.mil/News/II.aspx](http://www.usagria.army.mil/News/II.aspx)

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## Community Leaders Renew Pledge to Combat Sexual Violence

Leaders from Rock Island Arsenal and the surrounding Quad Cities signed a document proclaiming their continued commitment to ending sexual violence, here, April 1. The event honored Sexual Assault



Awareness and Prevention Month. "We are here today to renew our commitment to prevent sexual assault, to maintain a climate where survivors are treated with respect and receive the care they need -- where witnesses have the courage to intervene and where perpetrators are punished at the highest levels," said Michael Hutchison, deputy to the commander, U.S. Army Sustainment Command. The guest speaker was Sandee Bills, community educator, Safe Path Survivor Resources in Moline, Illinois. Bills spent 22 years as a teacher and now spends her days educating children about body safety. "Children need to know about their bodies and about being safe at a very, very young age," she said.

[\(More\)](#)

## Upcoming Dates

- April 10-16:** National Volunteer Appreciation Week
- April 12:** CHPC Social Resiliency Work Group, Room 25, Bldg. 90, 1-2 p.m.
- April 13:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m. – 12:30 p.m.
- April 13:** Protecting Our Children: Child Abuse Prevention Class, Abel Conf. Rm., Bldg. 110, 3-5 p.m.
- April 14:** RIA CHPC Spring/Summer Safety Awareness Day
- April 14:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- April 15:** Hearts Apart Support Group, ACS, Bldg. 110, 10-11 a.m.
- April 15:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- April 16:** Free Vehicle Inspection Day, Auto Skills Shop, 9 a.m. – 2 p.m.
- April 16:** Princess & Pirate Party, Bldg. 60, Heritage Hall, 11 a.m.
- April 18:** Clothesline Project Display, Bldg. 350 6<sup>th</sup> floor cafeteria, 11 a.m. - 1 p.m.
- April 18:** Home Alone Class, SKIES, Bldg. 110, 4-5:30 p.m.
- April 18-22:** DA Photos, Bldg. 90, Bmt., Rm. B11, 7:20 a.m. – 3:40 p.m.
- April 19:** RIA Volunteer Recognition Ceremony, Arsenal Island Clubhouse, 11 a.m.
- April 20:** Job Fair Prep Class, ACS, Bldg. 110, 12-1 p.m.
- April 21:** MWR Commissary & Exchange Advisory Council Meeting, Arsenal Island Clubhouse, 11:30 a.m.

### **Training Opportunities Highlighted During Working Group**

The support and resources First Army offers Army National Guard and Reserve units was the focus of a Training Support and Synchronization Working Group (TSSWG), held at First Army headquarters here April 5-8. The working group's main task was to forecast Reserve Component training exercise opportunities in order to ensure commander teams can determine which ones will best serve their units. In opening remarks, First Army Commanding General, Lt. Gen. Michael S. Tucker, reviewed the deployment tempo of the last 20 years and noted that mission requirements are continuing worldwide. This highlights the importance of Reserve Component Soldiers and units being ready when called upon, Tucker said. He told attendees, "We've got to make the training count." ([More](#))



### **Milley Names Top 3 Readiness Focal Points**

While manning and equipping the Army are vitally important to winning the nation's wars, and needs to be addressed, the Army's No. 1 current priority is readiness, said Chief of Staff of the Army Gen. Mark A. Milley. Within readiness, the top three focuses are on increasing aviation flight hours, increasing quality home-station training, and providing much-needed realistic training to National Guard Soldiers at combat training centers, or CTCs, both stateside and abroad, he said. All brigade combat teams should be going to a CTC, he said. And the key to success at the CTC is home-station preparatory training, he continued. It's imperative that the National Guard gets CTC training "because of the capacity issue of the regular Army" to deal with threats, Milley said, April 7, while testifying before the Senate Armed Services Committee. This year there will be two CTC rotations with the Guard, he said and "we're trying to increase that to four." Home-station training would better prepare Soldiers for the high-end type combined arms training at the CTCs, he said. ([More](#))



### **Know the Left and Right Limits of Your Participation in Partisan Political Activities**

As the presidential election nears, personnel should re-visit the regulations that govern military and all Federal civilian employees concerning their participation in the political process. The Hatch Act restricts the political activity of Federal civilian employees, including Department of the Army Civilians. The law was amended in 1993 to allow most employees to engage in certain types of political activity while in their personal capacity. DoD Directive 1344.10 outlines rules governing political activity by members of the armed forces. "Neither the Hatch Act nor the DoD Directive 1344.10 restrict civilian employees and military members from exercising their right to vote," said Lawrence J. Wilde, Army Materiel Command's ethics counselor. The restrictions pertain to participation in partisan political activities. "We encourage voting," said Wilde. "Know the left and right limits of your participation in partisan political activities. If you'd like to become involved with a political campaign, it's a good idea to seek advice from your legal office first." ([More](#))



## It's Official: Family and Medical Leave Act Now Includes Spouses of Gay Feds

The Office of Personnel Management on Friday published the final rule changing the statutory language allowing federal employees in same-sex marriages to take time off to care for ill spouses. The definition of "spouse" will be changed officially as of May 9 in OPM's Family and Medical Leave Act regulations to include same-sex spouses. Gay married federal employees have been able to take FMLA leave to care for sick spouses since June 2013 when the Supreme Court overturned Section 3 of the 1996 Defense of Marriage Act, which defined marriage as between a man and a woman and prevented same-sex spouses of federal employees and retirees from accessing benefits available to opposite-sex spouses of government workers. In October 2013, OPM issued guidance to agencies noting employees could use FMLA leave -- which allows employees to take 12 weeks of unpaid time off in a 12-month period -- to care for their same-sex spouses, retroactive to the Supreme Court's ruling. The final rule, coming nearly three years after the Supreme Court's decision, codifies that guidance in federal statute. OPM published the proposed rule on the change back in June 2014. ([More](#))



## DoD Begins Rollout of New Appraisal System, but Who's Next?

Defense Department employees will be moved into the department's new performance appraisal system in six-month phases, although exactly who and how many will be in each phase is yet to be announced. The new Defense Performance Management and Appraisal Program formally started April 1 with some small defense components and some headquarters operations, encompassing only about 14,000 employees of an eventual total that probably will exceed 700,000. DPMAP is a three-level system with numerous provisions for employee input and dialog with the rating supervisor over a one-year cycle; results are to be used in decisions ranging from within-grade increases and rewards to demotion and firing. The next phase is scheduled to start October 1, with those employees presumably having only a six-month initial rating cycle since the eventual goal is to have all covered employees on an April 1-March 31 cycle. ([More](#))



## Long-Term Care Premiums for Federal Employees Set To Rise

Premiums in the long-term care insurance program for federal employees and retirees are expected to increase later this year for most enrollees, the government has said, but exactly when and by how much is yet to be determined. The Office of Personnel Management on Tuesday awarded a new seven-year contract to the John Hancock Life and Health Insurance Company to administer the Federal Long Term Care Insurance Program. The program provides in-home, assisted living and nursing home benefits for those unable to fully care for themselves due to physical or mental conditions. "While details about the rates for current enrollees are still being finalized, it is expected that rates will increase as is occurring across the industry" for reasons such as longer lifespans and low returns on investments of the program's trust fund, OPM press secretary Sam Schumach said. ([More](#))



The **Federal** Long Term Care Insurance Program™

## OPM Explains Expansion of Autism Coverage

OPM has put out a fuller explanation of a recent directive to expand FEHB coverage of “applied behavior analysis” for autism spectrum disorder, saying that while it has been encouraging carriers for several years to offer that coverage, not all do, and there is variation among those that do. OPM described that as an “intense one-on-one therapy that is becoming a leading form of treatment for these children.” It is increasingly available in private sector health care plans and 43 states mandate that health plans operating in them cover it, OPM said. OPM first announced an intent to set a program-wide standard in its recent call letter outlining its expectations for the 2017 plan year; in conjunction with a conference for carriers last week, it stated that “We expect all carriers to offer clinically appropriate and medically necessary treatment for children diagnosed with ASD; exact benefits will vary by plan.” ([More](#))



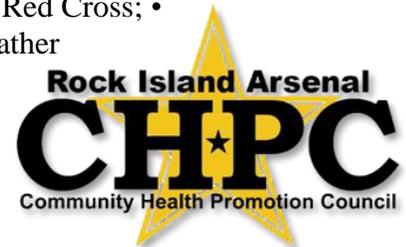
## Changes to Prices by AMI Vending, Vending Machines

AMI Vending is run by the disabled, for the betterment of the disabled, for profit. We are not subsidized financially by any state or federal agency. Due to the increasing cost of products and our policy of paying a living wage to our staff, we are giving notice of some price adjustments that need to be made. On or after **Monday, April 11**, the following adjustments in price will take affect: • The price of Aquafina water will decrease from \$1.50 to \$1; • All soda (Pepsi, Mountain Dew, etc.) will increase from \$1.50 to \$1.75; • 16 oz. Rockstar Energy Drink will increase from \$1.75 to \$2.25; • Microwave popcorn will decrease from \$1.25 to \$1; • Large bagged candy will decrease from \$2 to \$1.75. We thank you for your continued patronage. For questions or our assistance in any way [ria.automaticmerchandising@yahoo.com](mailto:ria.automaticmerchandising@yahoo.com)



## RIA Spring/Summer Safety & Health Awareness Day

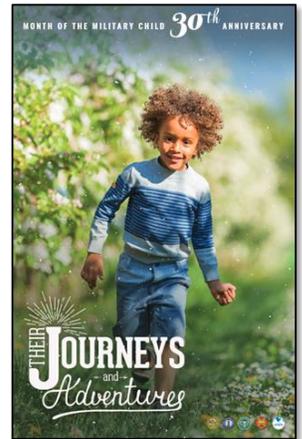
The Rock Island Arsenal Community Health Promotion Council, in coordination with RIA command safety offices, is presenting the inaugural RIA Spring/Summer Safety & Health Awareness Day on **Thursday, April 14**, 10:30 a.m. to 1:30 p.m., in front of Bldg. 60, with additional activities at the RIA Fire Department and parking lot 3B (behind Bldg. 360). There will be displays to include: • RIA Fire Department static displays; • Fire extinguisher training in the Bldg. 360 parking lot; • Coast Guard rescue boat static display and boating safety training; • RIA ASAP drunk driving go-cart trainer in the Bldg. 360 parking lot; • RIA MEDCOM IH-sponsored Heat injury Prevention and PPE; • Red Cross; • Force Protection/Emergency Preparedness; • SHARP; • Retention; • Severe weather preparedness; • Motorcycle safety display- PPE awareness/layouts; • Motorcycle simulator (Honda SmarTrainer); • ACS AFAP domestic violence display; • Master resiliency training; • EEO; and • HQ ASC wellness division booth. The RIA Community Health Promotion Council functions as the commanding general's executive agency for the recommendation of priorities and the implementation, synchronization, reporting and assessment of all Ready and Resilient Campaign plan functions in order to ensure a ready and resilient force. The Community Health Promotion Council seeks to integrate and consolidate all prevention, health and holistic programs on the installation. Additionally, the CHPC identifies gaps and overlaps in health and well-being services in order to support the needs of the Rock Island Arsenal Community. The CHPC supports the **Five Pillars of Resiliency** from the Comprehensive Soldier and Family Fitness



Program, which include **Physical Resiliency, Emotional Resiliency, Social Resiliency, Family Resiliency, and Spiritual Resiliency.** ([RIA CHPC](#)) ([RIA CHPC on Facebook](#))

### Month of the Military Child

Month of the Military Child is an opportunity to acknowledge the personal sacrifice and important contributions of military children. The U.S. Army appreciates the commitment, contributions and sacrifices of the military children and recognizes their role in strong Army Families. The strength of the nation is built on the readiness and resilience of every member of the premier all-volunteer Army including the military children and youth. In 1986, the Department of Defense designated April as Month of the Military Child. This year marks the observance's 30th anniversary. The Army remains committed to honoring the service and sacrifices of those who serve the Nation, including Army Families. MOMC is an opportunity to recognize, applaud, and celebrate the resilience of Army children and youth and their role in ensuring a ready force now and into the future. ([More](#))



### Deluxe BLT's Are Back!

Deluxe BLT Days are back in the Bldg. 350 6<sup>th</sup> Floor Café! If you haven't had one of these or have been missing them this winter, here's your chance; 11 a.m. - 1 p.m., Bldg. 350's Café will offer Deluxe BLT's every 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto: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](mailto:rockisland60@tafoodservices.com).

### 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 15, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email

[SHoegerl@mvrbc.com](mailto: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 **2<sup>nd</sup> 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 2<sup>nd</sup> and 3<sup>rd</sup> 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](http://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](#).**



## Clothesline Project Display

[U.S. Army Garrison Rock Island Arsenal SHARP](#) will present the Clothesline Project Display on **Monday, April 18**, 11 a.m. - 1 p.m., in the Bldg. 350 6<sup>th</sup> floor cafeteria. The Clothesline Project is a program started in Cape Cod, Massachusetts, in 1990, to address issues of violence against women. It's a non-governmental organization created to bring awareness to the issue of violence against women. For women who have been affected by violence, it is a means of expressing their emotions by decorating a t-shirt. After the shirts have been decorated, they are hung on a clothesline display. The intention of the display is to honor survivors and act as a memorial for victims. It is also intended to aid in the healing process for those who were directly affected and those who have lost someone special to violence. Lastly, the clothesline display is to educate society and promote awareness, as well as to document violent crimes against women. The display is also part of Sexual Assault Awareness and Prevention Month observed every April to raise awareness and educate communities on the prevention of sexual violence. Agencies and organizations throughout the Army plan and execute commemorative activities to celebrate SAAPM. Many have partnered with outside organizations to spread awareness through local communities. Through coordinated planning of special events, Army commanders and SHARP proponents will continue to raise awareness, internal and external media attention, and momentum for preventing and ending sexual violence. The Army SHARP Program is the Army senior leadership's number one priority. The SHARP Program must continually evolve to sustain momentum and achieve the Army's goals and objectives of eliminating sexual harassment and assault from the ranks.

the  
clothesline  
project

## ICE Needs You

Our goal is to meet your expectations and provide the best customer service possible. We appreciate hearing from you and value your opinions. We recognize that not all feedback is positive. Negative comments or observations regarding any services here on Rock Island Arsenal provides us with the necessary information to improve those services. Providing your contact information is vital to helping us obtain additional information if needed and to also inform you of reasons why a product or service can't be changed. When the customer chooses to remain anonymous, and does not provide sufficient information to identify the issue or problem, the Garrison staff is not able to take action and the comment is rendered useless. Now that you know how you can help, please take the time to let us know how we're doing. It takes less than a minute to fill out the standard six questions on the [ICE website](#) and you're always welcome to add additional information in comment spaces provided. Be assured that all comments and information are secured and kept confidential. As an added convenience, we are introducing the USAG-RIA "QR" code that will allow you to use your smart phone to submit ICE comments.



## 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](http://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 and May

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**, as well as **May 23, 24, 25, 26, and 27**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

## Free 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 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.



## 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](http://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](#))



**JOIN THE FLIGHT!**  
ALUMINUM OVERCAST

Climb aboard EAA's B-17C Aluminum Overcast for a once-in-a-lifetime opportunity to fly in one of World War II's most vital aircraft.

Davenport, IA  
Davenport Municipal Airport  
April 29-May 1, 2016

FLIGHT EXPERIENCE PRICING AND TIMES		ADMISSION PRICING AND TIMES		
Flight Duration: 70-90 minutes		Event runs from 10:00 a.m. to 5:00 p.m.		
EAA MEMBERS	NONMEMBERS	INDIVIDUALS	FAMILIES	VETERANS/ACTIVE MILITARY
\$435	\$475	\$10	\$20	FREE

Visit [B17.org](http://B17.org) or call 800-359-8272

## American Legion "Veterans Awareness Walk 22" Coming to the QC

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 1<sup>st</sup> 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](mailto:rrschomer@gmail.com).

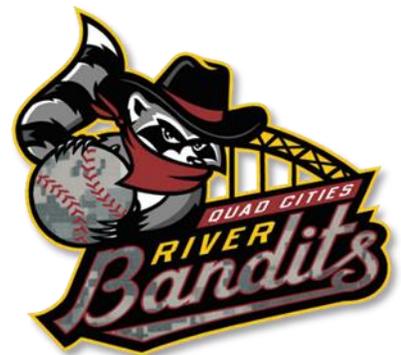


## Ruffneck Resistance Inaugural Fun Run For Jason's Box

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. 4<sup>th</sup> 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](#).

## AUSA Military Appreciation Night at Modern Woodman Park

The Association of the United States Army-Rock Island Chapter 5102, is hosting veterans at the Quad Cities River Bandits game versus the Clinton Lumberkings on **Thursday, May 19**, at Modern Woodman Park. The event is free to all military veterans and AUSA members. AUSA will honor military service during the game. Tickets can be picked up the Modern Woodmen Park the evening of the event with a military ID card or proof of service. Tickets will also be available through any AUSA board member. For information regarding this event, please contact [Marla Schultz](#) at 563-219-3322.



## Vietnam War 50<sup>th</sup> Anniversary Commemoration Parade

Vietnam Veterans of America Chapters 776, 669 and 299, VFW 828, and MAVA Chapter Hero Street are sponsoring the [Vietnam War 50<sup>th</sup> 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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](mailto:riawcfundraiser@yahoo.com). Note: If you're interested in sponsoring or donating to this event, please contact Wendy.

## AbilityOne Base Supply Center Vendor Show

The AbilityOne Base Supply Center will conduct a vendor show **Wednesday, June 8**, at the Rock Island Arsenal location at 3154 Rodman Ave., Bldg. 104 basement. BSC Vendor Events in 2016 represent our reorganization to better serve our customer promise of Need It? We Can Get It! These strategically planned events will provide direct engagement with key decision makers and buyers at each location. For more information contact the RIA AbilityOne manager, Zoëann Forsythe, at 309-782-1666 or [zforsythe@wsifb.com](mailto:zforsythe@wsifb.com).



## 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](http://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](http://www.sunsetlakesresort.com) under our news section. **Infinity Salon & Spa:** Located at 220 W 3<sup>rd</sup> 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 5<sup>th</sup> 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 18<sup>th</sup> 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. 2<sup>nd</sup> 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 3<sup>rd</sup> 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.*

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## Arsenal Traffic/Construction

### **Building 85 Parking Lot Repairs**

On April 4, Public Works began work to repair the parking lot that services Bldg. 85 (Child Development Center under ages of six). Building 85 is located at the northeast corner of East Court Drive. The work effort includes installation of parking and sidewalk. The work is expected to be completed by **Monday, May 16**, depending on weather. A temporary parking area and sidewalk will be installed to support utilization of the facility during construction.

### **Concrete Repairs**

On April 6, Public Works began making repairs to the concrete in the alley between Bldg. 208 and 212. The deteriorating concrete patch removal and replacement will take approximately two weeks to complete depending on weather.

### **Bldg. 110 Handicap Ramp Repairs, Entrance Closure**

On April 6, Public Works began making repairs to the handicap ramp on the northwest corner of Bldg. 110. The work will include the removal and replacement of the handicap ramp, steps, sidewalk and railings. The entrance will be closed during construction. Handicap accessibility to the building can be made by using the passenger elevator, which can be accessed through the northwest doors of the basement courtyard via South Avenue. The construction is scheduled to be completed by **Wednesday, June 15**, depending on weather.

### **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.



*There are no announcements at this time.*



### **Defense Department Announces Pilot Tutor Program for Service Members**

The Department of Defense Voluntary Education Program and the Defense Activity for Non-Traditional Education Support (DANTES) announced the launch of a pilot tutoring program that will provide service members with tutoring support at no cost, anytime, anywhere. "If a service member is struggling with a college course or simply needs help with a homework assignment, this DOD-funded tool offers a place to go to get answers," said Jeff Allen, DANTES director. The program provides around-the-clock, online, tutoring services for active duty service members, Coast Guard members and full/part time National Guard and Reserve component members. Some Family members are also eligible to use the tutoring services. The program is available online, and provides one-to-one tutoring with educators able to help with more than 40 college subjects, including algebra, statistics, physiology, and more. The tutors provide help with all types of homework assignments and test preparation. Tutors and students communicate in a secure online classroom using text chat and by drawing on an interactive whiteboard. There are no webcams or telephones used and no personal information is shared between the tutor and student. ([More](#))

### **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](mailto: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](#))

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# 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.

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# 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](http://www.riamwr.com) for information on all MWR programs.

## Lock & Dam Lounge Closes for Renovations

Effective April 2, the Lock & Dam Lounge closed for renovations until further notice.

## 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](#))



## Administrative Professionals Day Buffet Special

Is your Administrative Professional the glue that holds your office together? Make sure they know how much they mean to your organization by treating them to an all-you-can-eat buffet at the Arsenal Island Clubhouse during the week of **April 26–29** from 11 a.m. – 1:30 p.m. The normal soup salad and sandwich buffet menu will feature special items such as our famous Plantation Salad and other assorted additional salads. All admins also receive a free dessert with their meal. Cost is \$9/person which includes a drink (tea, soda, water). Call 309-782-4372 for more info or group seating. ([Flyer](#))

## Registration is Open for the 2016 Army Ten Miler Qualifying Run

All active duty are encouraged to sign up **Saturday, May 21**, 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](#))

## 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](#))

### **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](#))

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## **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](#))

### **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](http://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. 12:** Cubs vs. Cardinals Bus Trip to Wrigley Field

### **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**.

### **Sister Act**

Area premiere... this feel-amazing Broadway musical comedy is based on the hit 1992 film featuring Whoopi Goldberg and has audiences jumping to their feet. When disco diva Deloris Van Cartier witnesses a murder, she is put in protective custody in one place the cops are sure she won't be a found: a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique disco moves and singing talent to inspire the choir, Deloris breathes new life into the church and community but in doing so, blows her cover. Soon, the

gang is giving chase only to find them up against Deloris and the power of her newly found sisterhood. Leisure Travel has discounted tickets (\$46) on sale until **Friday, June 3.**

Event Date: **Saturday, June 18**

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

### **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.

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## **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](#))

### **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 6<sup>th</sup>-8<sup>th</sup> 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 CYSS 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, 1<sup>st</sup> 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!](#))

## 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](mailto: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](#))

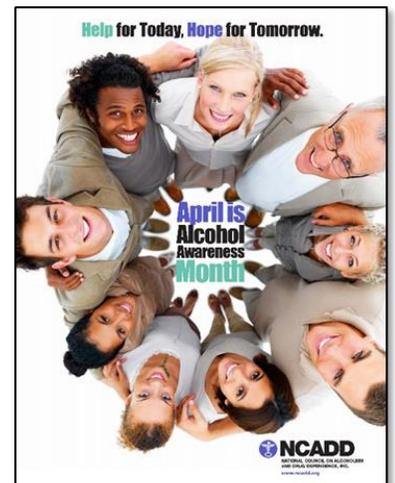
## Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> 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.](#)

### April is Alcohol Awareness Month

April is Alcohol Awareness Month. Alcohol is the most commonly used drug in the United States (National Institute on Drug Abuse). Alcohol is popular, socially accepted, and legal. Yet it is the most frequent cause of individual and family pain and suffering. Alcohol Awareness Month is an opportunity to raise awareness about alcohol misuse and encourage people to make healthy, safe choices. During this month, take time to educate yourself and your loved ones about the dangers of alcohol misuse. One way to educate yourself about your own drinking is to take the anonymous alcohol use self-assessment online at [www.DrinkingIQ.org](http://www.DrinkingIQ.org). The Survey is free and can give you feedback about your drinking and if you may be at risk. If you would like to learn more about alcohol or have any questions, please call the EAP at 309-782-HELP (4357) or look for an EAP staff member at your lunch cafeteria in April.



### Grief Support Group

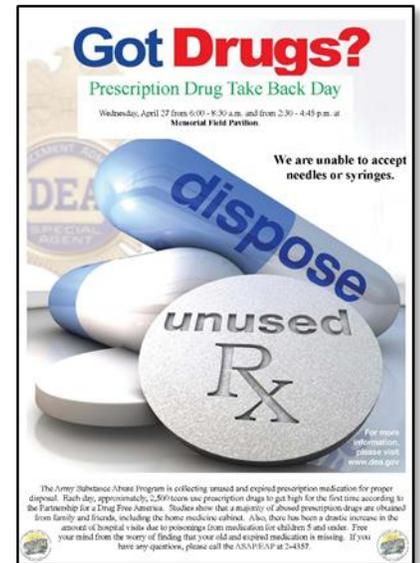
Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning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

### 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, 1<sup>st</sup> 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."

## 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 **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."

## 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."

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# Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> 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.](#)

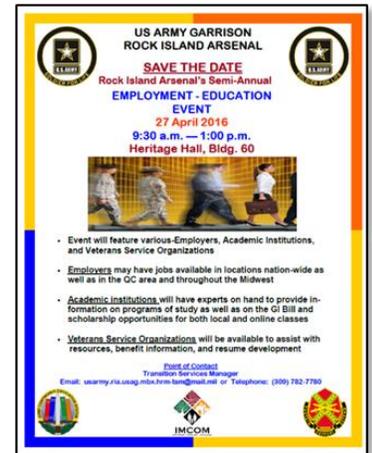
## Job Fair Prep Class

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](mailto: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.

## Higher Education

Do you plan on attending college? Do you know where to start? We have the answer for you. The next Higher Education Track (course) is scheduled for **Tuesday and Wednesday, June 14-15**, Bldg. 56, Room 122. The Higher Education Track helps guide you in pursuing a college education with preparation for college application process. Topics covered include: identifying educational goals, finding education funding, and researching and comparing institutions. This course is designed to guide you through the variety of decisions involved in choosing a degree program, college institution and funding considerations. This course is open to all military service members and their family members. Please phone 309-782-7780 to reserve your seat.

## Using the GI Bill: Some Factors to Consider

Please join us for a GI Bill Briefing on **Tuesday, June 28**, 10-11 a.m., in Bldg. 56, Room 116. Kent Ketter, Veterans Educational Specialist - Illinois Dept. VA and Alison Hemmert, Education Service Officer - USAG RIA Army Education Center, will provide a GI Bill overview and address FAQs. Call 309-782-2065 to reserve a seat. As an eligible service member, veteran, or dependent planning to use the GI Bill, consider yourself a consumer about to make one of the most important decisions of your life. You owe it to yourself to thoroughly consider your educational and career goals, needs and options in order to utilize



the GI Bill in the most timely and cost-effective manner possible. Some questions to consider: • What are my career goals and how do they relate to my educational needs? • How do I choose a school that is right for me? • Will my professional field respect a degree from the school I'm considering? • How well does my chosen school support Veterans and dependents? • In addition to the GI Bill, what are other ways to finance my education? • What are grants and loans? Remember, in the military you demonstrated commitment, discipline, and a desire to succeed. As a dependent you developed strong critical-thinking and decision-making skills. Leverage those same qualities when considering the school that best provides what you need and maximizes your investment. For more information and resources: [www.benefits.va.gov/gibill/choosing\\_a\\_school.asp](http://www.benefits.va.gov/gibill/choosing_a_school.asp).

### **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, **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.



**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](http://www.commissaries.com) ([Facebook](#))**

### **Spring Case Lot Sales Offer Maximum Savings**

Military members and their families in the U.S. wanting to load up on savings only need to venture as far as their local store during the Defense Commissary Agency's spring National Case Lot Sale event. "You cannot find a better deal than our case lot events to save up to 50 percent on some items," said Tracie Russ, DeCA's director of Sales. "Many of our savvy shoppers circle their calendars for these events – they never miss the chance to stock up." Each stateside store hosts an individual two- or three-day case lot sale. Sale dates begin in some locations as early as the first week in May and in others as late as the end of June. Patrons are encouraged to check the Case Lot Sales page for schedules. Commissaries in Alaska, Hawaii and Puerto Rico are also participating. ([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.

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# **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](#))**

## **Town Hall to Discuss Changes at Rock Island Arsenal Museum**

U.S. Army Garrison, Rock Island Arsenal, will host a town hall at 5:30 p.m. on **Wednesday, April 27**, to discuss changes at the Rock Island Arsenal Museum. The event will be held in the theater in the Rock Island Arsenal Museum. The changes come as a result of Army wide changes in museums and the maintenance of artifacts. More than 3,000 artifacts will be moved from the Rock Island Arsenal Museum's collection to the Field Museum Support Facility at Anniston Army Depot, Ala. The Rock Island Arsenal Museum is the Army's second oldest museum. It first opened to the public on July 4, 1905. The primary mission is to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island. By focusing on "People, Processes, and Products," the exhibits tell the story of the people involved in Arsenal Island's history, the manufacturing processes used at Rock Island Arsenal, and the military equipment that was produced at Rock Island Arsenal. The Rock Island Arsenal Museum is nationally recognized for its large and impressive small arms collection. More than 1,200 U.S., foreign, civilian, and military small arms are on permanent display.

## **This Week in Rock Island Arsenal History – April 11-17**

In April 1933, the RIA began manufacturing models and prototypes of half-track truck, T1; combat car, T5; and a light tank, T2. On April 12, 1947, the RIA celebrated Army Day by inviting the public to an open house to view displays and equipment at the RIA. In April 1944, the court in Shop L was completely rehabilitated in preparation for the manufacturing of breech mechanisms for the 155mm M2 artillery piece. Construction of Shop L (Bldg. 250), originally designed as an ammunition loading plant for shells and fuzes, began on April 16, 1917. In April 1883, excavation work for Storehouse A, which was located behind Shop A (Bldg. 102), had begun.

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# **Healthbeat**



## **Rock Island Arsenal Health Clinic Pharmacy Closure**

The Rock Island Arsenal Health Clinic Pharmacy will be closed **Friday, April 29**.

## 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](#))



## Notes for Veterans



### List of Agent Orange-Related Diseases May Expand

The Veterans Affairs Department is weighing whether to add several diseases to the list of health conditions presumed in Vietnam veterans to be caused by exposure to Agent Orange. A VA working group is studying a report issued in March by the Institute of Medicine to determine whether bladder cancer, hypothyroidism and Parkinson's-like symptoms — illnesses the IOM said may be more strongly linked to exposure than previously thought — should automatically make a Vietnam veteran eligible for VA disability benefits and health care. According to Dr. Ralph Erickson, VA's chief consultant for post-deployment health services, the group will make a recommendations to VA Secretary Robert McDonald on whether the diseases should be added to a list of 15 already in place. ([More](#))

### 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](http://HealthyMouthMovement.com). ([More](#))

# Around the Q.C.



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- April 1-30:** [Quad Cities Live Month](#) (Greater Quad Cities area)
- April 11:** [18<sup>th</sup> 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:** [11<sup>th</sup> Annual Stylin' Against Breast Cancer Runway Fashion Show](#) (iWireless Center)
- April 15:** [QCMiB Quarter Auction](#) (Holiday Inn Hotel & Conference Center, Rock Island)
- April 15:** [10<sup>th</sup> Anniversary Family Resources Opening Doors Gala](#) (Quad-Cities Waterfront Convention Center, Bettendorf)
- April 15:** [Masquerade Dance Competition](#) (RiverCenter, Davenport)
- April 15:** [Special Needs Night](#) (Family Museum, Bettendorf)
- 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 16:** [WQPT's Ready To Learn Conference](#) (Western Illinois University-Quad Cities)
- April 16:** [2016 Autism Awareness Walk](#) (Augustana College - Pepsico Center)
- April 21:** [Father-Daughter Dinner](#) (Milan Market Grille)
- 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:** [4<sup>th</sup> 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 27:** [Fine Arts Expo](#) (Scott Community College)
- 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:** [Quad Cities March for Babies](#) (Rock Island Arsenal Memorial Park)
- April 30:** [American Legion Veterans Awareness Walk 22](#) (Milan American Legion Post 569)
- April 30:** [35<sup>th</sup> Annual CBRC 24 Hour Run](#) (North Scott High School Track, Eldridge, Iowa)
- April 30:** [Steve's Old Time Tap Spring Chaser](#) (223 17<sup>th</sup> 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 6<sup>th</sup> Annual Cleanup and Greenup](#) (Emeis Park, Davenport)
- May 1:** [MIP Arts & Crafts Fair](#) (Eriksen Chevrolet-Buick, Milan)
- May 5:** [Quad City Youth Summit - Stop The Violence - Keep Us Safe](#) (Beyond The Baseline, 1540 W 12th St, Davenport)
- May 5:** [USA VETS Writer's Studio](#) (Midwest Writing Center, 225 E 2nd St, Ste 303, Davenport)
- 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:** [Kentucky Derby Bash](#) (Me & Billy, 200 W 3rd St, Davenport)

**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:** [3<sup>rd</sup> 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 18<sup>th</sup> Ave, Rock Island)  
**May 7-8:** [Beaux Arts Fair](#) (Figge Art Museum)  
**May 8:** [Quad Cities Distance Classic](#) (Augustana, Rock Island)  
**May 10:** [Books and Brews Night at Great River Brewery](#) (Great River Brewery, 332 E 2nd St, Davenport)  
**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:** [4<sup>th</sup> Annual Quad Cities Beer Week](#) (Greater Quad Cities)  
**May 19:** [AUSA Military Appreciation Month at the River Bandits sponsored by AUSA](#) (Modern Woodmen Park, 7 p.m.)  
**May 20:** [Run for the Wings](#) (Wieblers Harley-Davidson, Davenport)  
**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 28:** [First Step Riverfront 5K presented by Western Illinois University](#) (WIU-QC)  
**May 27:** [Colona Memorial Day](#) Festival (Colona, Ill.)  
**May 30:** [Quad Cities Criterium](#) (Village of East Davenport)  
**May 31-June 4:** [Quad Cities Senior Olympics](#) (1800 3<sup>rd</sup> 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:** [2016 Komen Quad Cities Race for the Cure](#) (iWireless Center)  
**June 11:** [Quad Cities Cruisers Car Show](#) (SouthPark Mall)  
**June 13:** [iCan Bike Camp](#) (3541 Morton Drive, East Moline)  
**June 16-18:** [Quad City Symphony Orchestra's Volunteers for Symphony 33rd Annual Second Fiddle Sale](#) (Former Moline Library located at 504 17th Street)  
**June 18:** [The Micro Brew Mile and 6K Road Race](#) (5<sup>th</sup> Avenue, Moline)  
**June 18:** [Quad Cities Triathlon 2016](#) (West Lake Park, Davenport)  
**June 18:** [3<sup>rd</sup> Annual Micro Brew Mile Craft Beer Festival](#) (Downtown Moline)  
**June 18-26:** [Quad Cities Museum Week](#) (QCCA Expo Center, Rock Island)  
**June 19:** [32<sup>nd</sup> 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:** [6<sup>th</sup> 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:** [31<sup>st</sup> 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 4<sup>th</sup> 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 15<sup>th</sup> Ave., East Moline)  
**Aug. 4-7:** [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)  
**Aug. 6:** [2<sup>nd</sup> 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:** [13<sup>th</sup> 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 11<sup>th</sup> 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:** [4<sup>th</sup> 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)

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# Island Insight



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

*The Army publication, [Island Insight](#), is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of [Island Insight](#) are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of [Island Insight](#) is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the \[Island Insight\]\(#\)](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: 309-782-1121. [The \[Island Insight\]\(#\) is available on-line.](#)*

