



July 18, 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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First Army Welcomes New Commander

Soldiers and civilians of First Army welcomed their new commander in a ceremony on July 15 on Memorial Field here. Lt. Gen. Stephen M. Twitty replaced Lt. Gen. Michael S. Tucker in a ceremony officiated by Gen. Robert Abrams, U.S. Army Forces Command commanding general. Abrams noted that First Army was replacing one first-class leader with another. "Lt. Gen. Tucker is recognized as one of the Army's premiere trainers. During his command, he oversaw the successful mobilization, training, deployment, and demobilization of more than 2,500 units, and more than 250,000 personnel," Abrams said. "And today we welcome another great Army family to the First Army team. Lt. Gen. Twitty is one of our most respected warfighters and trainers who has a wealth of operational experience at every echelon. I am convinced that he is the right leader to take the First Army team to higher levels of success." Twitty addressed the Soldiers in formation before him, and talked about his excitement in leading them toward successful accomplishment of the mission. ([More](#))



Upcoming Dates

- July 18-22:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m.–3:40 p.m.
- July 20:** Stress Management Class, ACS Trng. Rm., Bldg. 110, 4-5 p.m.
- July 21:** ASC Organizational Day, Memorial Field, 10 a.m. – 4 p.m.
- July 21:** Discovery Time Playgroup, QC Botanical Center, 10 a.m.
- July 21:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- July 21:** Fatherhood Program, The Rivers Edge, 5:30-7:30 p.m.
- July 22:** Understanding Veterans Preference, ACS Trng. Rm., Bldg. 110, 1:30 p.m.
- July 26:** Summer Reading Adventure, ACS, Bldg. 110, 10-11 a.m.
- July 26:** Time Management, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m.
- July 26:** Military Spouse Fun Night, Bldg. 110, ACS/USO spaces, 6-8 p.m.
- July 27:** Paintless Dent Repair Service, Auto Skills Shop, 9 a.m. – 2 p.m.
- July 27:** Scott Welker Retirement, Bldg. 60, Heritage Hall, 10 a.m.
- July 27:** Parenting Class: Sensory Awareness & Self Care, ACS, Bldg. 110, 3-5 p.m.
- July 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- July 28:** Discovery Time Playgroup, Vander Veer Park, 10 a.m.
- July 28:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- July 29 & 30:** RIA Commissary "Your Healthy Lifestyle Festival"
- August:** Anti-Terrorism Month

RIA Now Accepting Illinois Driver's License to Obtain Pass to Access the Installation

The Department of Homeland Security has recognized the Illinois driver's license as fully compliant with the REAL ID Act of 2005 through Monday, Oct. 10, 2016, as Illinois further implements measures to maintain compliance with the Act. In accordance with Department of the Army and U.S. Army Installation Management Command guidance, the Illinois Driver's License is accepted as a vetting credential to obtain a pass, effective Monday, July 18, for access to Rock Island Arsenal without a requirement for a second form of identification. Effective Monday, July 18, the Illinois driver's license is accepted by the RIA Visitor Control Center to obtain a pass for access to RIA without a second form of ID being required. Anyone using Illinois identification to access the Arsenal must still undergo the required National Crime Information Center – Interstate Identification Index (NCIC III) background check to receive a pass to enter as they would if their ID was from Iowa or any other compliant state. Illinois driver's licenses, while now suitable to submit for the background check, do not make visitors eligible for entry without going through the background check procedure. Should the status of the Illinois driver's license change as Monday, Oct. 10, 2016, approaches, further notice will be provided if Rock Island Arsenal must comply with any changes in guidance issued by IMCOM or the Department of the Army. ([More](#))



Pokemon Go on Rock Island Arsenal

Since Pokemon Go hit last week there have been reports around the country of serious injuries and accidents of people driving or walking while looking at the app and chasing after the virtual Pokemon. For budding Pokemon trainers using Pokemon Go on Rock Island Arsenal:

- Do not chase Pokemon into controlled or restricted areas, office buildings, or homes on Post.
- Restrict hunting Pokemon to personal time and in common outside areas. Places that are off-limits prior to the game taking off remain off-limits.
- Please be careful in parking lots, crossing roads, etc. It's a good idea to look up, away from your phone and both ways before crossing streets. That Pokemon isn't going anywhere fast.



Be Safe Rock Island Arsenal! ([More](#)) ([Stars and Stripes - the non-gamer's guide to playing Pokemon Go](#))

VA Policy on Smartphone Recreational Gaming at VA Facilities, Cemeteries

VA welcomes those coming to our medical center campuses who are volunteering to serve or visiting our nation's veterans. Our primary duty is to provide veterans and their families safe access to care and benefits with respect to their privacy. We encourage the public to be respectful of our veterans receiving health care at the facility and abide by the federal access and conduct laws VA facilities have. Recreational gaming, like Pokémon Go, is not permitted at VA's medical campuses. VA's National Cemeteries are national shrines honoring the sacrifices of America's Veterans and their families. Recreational activities, such as biking and dog-walking, are not permitted. Recreational



gaming, like Pokémon Go, is not permitted at VA's national cemeteries. We request that visitors to any national cemetery exhibit the respect and decorum of our shrines, follow federal regulations governing access and behavior and proper cemetery etiquette. VA leadership and VA police will continue to enforce laws and regulations to keep our veterans, visitors, patients and employees safe, and allow VA to fulfill its mission to provide timely care and greatest benefits for our veterans.

OPM Guidance Extends Veterans' Preference to Vets' Parents

The Office of Personnel Management has issued a new guidance detailing how the parents of deceased or disabled veterans can now claim veterans' preference. The guidance coincides with the Gold Star Fathers Act of 2015, a law that went into effect on Jan. 7. The law—sponsored by Sen. Ron Wyden, D-Ore.—amends the veteran preference statute to include both parents of deceased or permanently disabled veterans instead of the previous version of the law, which extended preference only to the mother of a veteran. Veterans' preference promotes eligible veterans for civil service jobs over other applicants based on their military service. While not a guarantee of federal employment, the practice does ensure that hiring managers do consider qualified veterans for positions in government before other applicants. ([More](#))



Cobert: FEHB Will Offer Autism Coverage in 2017

Federal employees registering for Federal Employee Health Benefits in 2016 will have the option for a new coverage and a new way to evaluate their plans, acting Office of Personnel Management Beth Cobert said March 31. Starting this open season the FEHB will provide Applied Behavior Analysis benefits for children with Autism Spectrum Disorder, and OPM will open its Performance Plan Assessment to let beneficiaries have a voice in the quality of their health care coverage. Cobert said, speaking at the 2016 Federal Employees Health Benefits Carrier Conference, that OPM had been encouraging insurance carriers to pick up autism coverage since 2013 with some success, but the new move extends the coverage to all plans. "Until now, FEHB coverage has been uneven for this intense one-on-one therapy that is becoming a leading form of treatment for these children," she said. ([More](#))



Building 60 Outdoor Grill Update

Treat America's Building 60 Outdoor Grill will only be accepting cash until our new card reader arrives. We expect this to be early next week. We will send out notification of its arrival. Thank you for your patience and understanding. Operating hours for the outdoor grill: Monday to Thursday 10:30 a.m. to 12:30 p.m. Due to the reduced interest in Friday operations, we will not be open on Fridays for the remainder of the grilling season.

VIOS Schedule for July & August

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **July 18, 19, 20, 21, and 22**; and **Aug. 22, 23, 24, 25, and 26**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty).

The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#)

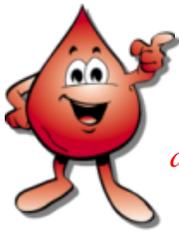
Blood Drives

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, Aug. 12 & 19, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **6:30 p.m. on July 22**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Donors at these drives will:

- Receive an "I Gave To Save" t-shirt
- Be entered into a drawing for a \$300 gas card for the month of July
- Be entered into a summer long drawing for a new Ford Fiesta



Charlie Corpuscle reminds us, "All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email shoegerl@mvrbc.org if they have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."



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](#).

9/11 Never Forget Mobile Exhibit

This year marks the 15th anniversary of 9/11. Modern Woodmen of America's [Be An Everyday Hero](#) project remembers and honors those lost... and recognizes the brave first responders, military members and others who continue to serve our community every day. The exhibit will be parked at the west lot of Schwiebert Riverfront Park in downtown Rock Island, next to Modern Woodmen's home office, **July 19 – July 23**. Modern Woodmen is sponsoring free public admission to this traveling exhibit, which was created to honor a New York City firefighter who lost his life on 9/11. The 1,000-square-foot memorial includes artifacts, videos and live tours from FDNY firefighters. It travels the country as an educational



resource and poignant reminder of that tragic day. ([Watch the trailer](#)) ([More info and hours of admission](#)) ([Exhibit website](#))

Deluxe BLT's

You asked for it, here it is – Deluxe BLT's will be served up on **Tuesday, July 19**, from 10:30 a.m. until 12 p.m. in the Bldg. 212 Café. These BLT's are made with thick Texas toast, six slices of apple-wood smoked bacon, crisp lettuce, sliced tomato and mayo; add pickles and onion too. Make your sandwich a combo for just \$2 more, getting house fried chips or French fries and a fountain drink.

Logistics Readiness Center

The Logistics Readiness Center (LRC) will be working limited hours this **Thursday, July 21**, 10 a.m. to 4 p.m., due to the U.S. Army Sustainment Command, Organizational Day. Please pick up GSA vehicles before 10 a.m. For GSA dispatching assistance please contact Christopher Cooper at 309-782-0835 or Scott Odens at 309-782-1373. GSA reservations can be made by submitting your email request to usarmy.ria.asc.mbx.gsa-vehicle-request@mail.mil.

USO Heartland Classic - Tee-Off for the Troops

On **Monday, July 25**, the USO of Illinois will host its 6th Annual USO Heartland Golf Classic, an opportunity to "Tee-Off for the Troops" at Sunset Ridge Country Club in Northfield, Ill., to raise funds for USO of Illinois programs and services that serve more than 330,000 military and military families every year. The annual USO Heartland Classic is a one-of-a-kind experience for sporting enthusiasts and features a full day of golf, recreation, and entertainment, including the chance to sponsor a premier golf experience for active duty military members. Proceeds from the USO Heartland Classic benefit the USO of Illinois. Questions? Contact USO of Illinois at 312-822-6699. ([More](#))



Korean War Armistice 63rd Anniversary Wreath Laying Ceremony

Korean War Veterans Association Quad Cities Chapter 168 will hold a ceremony to commemorate the 63rd Anniversary of the Korean War Armistice and National Korean War Veterans Armistice Day on **Wednesday, July 27**, at 10 a.m., at the Memorial Walkway, at the Rock Island National Cemetery. The ceremony will include a wreath laying, rifle salute, and Taps. The Korean War, which began June 25, 1950, with the North Korean army's invasion of South Korea, officially ended July 27, 1953, a day now officially recognized as Armistice Day. The signing marked the end of the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. Last year's presidential proclamation stated, "Today, the Republic of Korea enjoys a thriving democracy and a bustling economy, and the legacy of our Korean War veterans continues on in the 50 million South Koreans who live with liberty and opportunity. The United States is proud to stand with our partner in Asian security and stability, and our commitment to our friend and ally will never waver—a promise embodied by our servicemen and women who fought from the Chosin Reservoir to Heartbreak Ridge and Pork Chop Hill, and by every American since who has stood sentinel on freedom's frontier."



Shoes for Veterans

IowaWORKS – Eastern Iowa Davenport Center's 11th Annual Shoes for Veterans Drive is currently underway. Donations can be dropped off at IowaWORKS Eastern Iowa, 902 W. Kimberly Road in

Davenport from 8:30 a.m. - 4:30 p.m., Monday through Friday. All donations will be distributed to our veterans at the Bridging the Gap Quad-City Homeless Veterans Stand Down, **Thursday, Sept. 15 through Saturday, Sept. 17**, at the Quad City Expo Center in Rock Island. Your support of this event will be deeply appreciated. All monetary donations for footwear are tax deductible and will be graciously accepted.

Fallen Soldiers Tribute

A student led initiative partnering with the [Fallen Soldiers Tribute](#) will take place **Tuesday, Aug. 2**, at American Legion Post #26, at 702 W. 35th Street, Davenport, beginning at 5 p.m. The event will feature members of the [Combat Veterans Motorcycle Association](#); flag bearing color guard lining both sides of 35th Street; Davenport All Star Student Marching Band playing the National Anthem; a police escort; mayoral proclamation declaring the first week of August as "Fallen Soldier Appreciation Week"; the Davenport Central High JROTC Squad; family friendly, activities for children; a rock concert; and a free hog roast and sides for fundraising. All donations and proceeds given to the CVMA for veteran assistance are tax deductible.

Ammunition and Explosives (A&E) Amnesty Day — Aug. 4

Rock Island Arsenal will host its annual Ammunition and Explosives (A&E) Amnesty Day on **Thursday, Aug. 4**, 9 a.m. – 2 p.m. A&E items may be dropped off in the parking area adjacent to Bldg. 25, located at the east end of the Island by the Moline Gate. Signs will be posted directing you to the amnesty site. Only military issued A&E will be collected. No commercial items. The intent of amnesty day is to provide you with a safe means in which to dispose of A&E. Per regulation, the amnesty day turn-in process is anonymous and is designed to eliminate any fear of reprisal. If you need additional information please contact Jeff Totton, 309-782-7796.

American Veterans Traveling Tribute

The American Veterans Traveling Tribute, a 360 foot replica of Veterans Memorial, is coming to Geneseo City Park in Geneseo, Ill., **Wednesday, Aug. 17, through Sunday, Aug. 21**, as part of the city's "The Cost of Freedom Festival," honoring all veterans and active military. This traveling replica is a 80-percent to scale traveling version of the Veterans Memorial, and is the largest traveling Veterans Memorial replica. American Veterans Traveling Tribute travels across the nation, providing veterans without the means to travel to the national Vietnam Memorial site a chance to see a replica model. Many vets take the opportunity to reflect and remember those lost. The Vietnam Wall has been a part of more than 300 events nationwide over the last 8 years. Organizers are planning a line-up of activities similar to the last time the Wall was in town with speakers, concerts and displays part of the events. A highlight of the Wall's visit will be a parade to honor all veterans at 2 p.m. on Saturday, Aug. 20. "We want veterans and their families, local groups and businesses to all get involved. We just want it to be one big patriotic parade," said Rhonda Borkgren of the Don Cherry VFW Post No. 5083 Auxiliary. "We want to give our veterans the recognition they deserve, and we hope to especially draw out our younger veterans." The August celebration will be a "tribute to all veterans" she said. "Every veteran deserves their welcome home." ([Facebook event page](#)) ([Geneseo Republic article](#))

Rock Island Arsenal Welcome Club Super Sign Up

Military and Arsenal Island workforce spouses are invited, **Thursday, Aug. 18**, 10 a.m. – 3 p.m., to our Super Sign Up at the Arsenal Attic Thrift Shop & Boutique in Bldg. 60 basement on the corner of Gillespie and South. Our proceeds go to support scholarships and community grants. Enter to win raffle prizes, from Arsenal Attic, Rock Island Federal Credit Union and more. Come out to greet old

friends and meet new friends. RIAWC's purpose is to develop and foster a spirit of Quad Cities Area community responsibility at Rock Island Arsenal, to provide opportunities for social, cultural and creative pursuits and to support worthwhile service and community projects. Rock Island Arsenal Welcome Club is built on six core values of friendship, service, integrity, generosity, accountability and courtesy. These values serve as the organizations foundation and establish character and identity of RIAWC and its members. Open to active duty, Reserve and National Guard Spouses all ranks and branches of service, military retiree spouse, civilian employee spouse, retired civilian employee spouses and other federal government spouses' community. Come out to greet old friends and meet new friends. ([Flyer](#))

Tribute to Our Fallen

Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today Tribute to Our Fallen annual event, held at the Davenport Memorial Park, has grown exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. The event this year is **Friday, Aug. 19, through Sunday, Aug. 21**, and is free to the public. Tribute to Our Fallen is staffed around the clock from the opening ceremony, Friday, **Aug. 19**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 21**, at 4 p.m. There are several events scheduled throughout the weekend. The key note speaker for Saturday's ceremony at 7 p.m. will be USMC Capt. Eric G. Kirsch, Citadel graduate, a veteran of both Operation Enduring Freedom and Operation Iraqi Freedom, he was to Naval Criminal Investigative Service, Washington DC Field Office's (DCWA) Foreign Counterintelligence "A" Squad and was responsible for multiple named Offensive Foreign Counterintelligence Operations; since his honorable discharge in 2012, Kirsch has served as an Offensive Counterintelligence Operations instructor at Joint Counterintelligence Training Academy; as a civilian special agent with NCIS; and as a civilian advisor to the American government and the Kurdish Regional Government in Iraqi Kurdistan. He is the founder and CEO of Torchlight USA. Please invite a friend. Volunteers are always welcome to join on Friday, **Aug. 19**, for setup. ([More](#))



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.

Save the Date — 9th Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9th Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the

Troops for card- making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: mssipple1@gmail.com.

Free Tours of Locks and Dam 15

The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering free tours of Locks and Dam 15 every Saturday and Sunday beginning Memorial Day Weekend through Labor Day Weekend. These tours will be offered at 10 a.m. and 2 p.m. and will each last one hour. Participants must wear shoes with enclosed toes and backs, tennis shoes are preferred. Purses, bags, cameras and pictures are not allowed on the tour but will be allowed in the Visitor Center before and after the tours. Walking is required. Pre-registration is also recommended as the group size is limited and tours sometimes fill fast. Tours will begin and end at the Mississippi River Visitor Center. To make a reservation please call the staff at the Mississippi River Visitor Center at 309-794-5338. ([More](#))



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

Repair Steps Bldg. 90 West Entrance

Effective **June 27**, Public Works began making repairs to the Bldg. 90 west entrance steps. The doorway on the west, facing East Street, were closed. The work includes removal and replacement of the steps and hand railing. The project is expected to last approximately eight to nine weeks depending on weather. Orange safety fence have been installed around the perimeter of the work area. Please use caution when traveling near the area.

Gillespie Street Repair Project

The Directorate of Public Works (DPW) plans to accomplish major repairs to the Gillespie Street corridor between Rodman Avenue and Blunt Road. This will impact traffic and on-street parking in the area during the construction. Work is currently planned to start during the FY16 construction season. There will also be some permanent changes resulting from the project. Major changes are as follows:

- Replacement of the sidewalk along the west side of Gillespie Street with a wider shared-use path to be used by pedestrians and bicycles.
- Conversion of diagonal on-street parking along the northern sections of Gillespie Street to parallel parking spaces resulting in a loss of about 40 parking spaces.
- Conversion of Blunt Road along the river from Gillespie Street to East Street to a shared-use path predominantly for pedestrians and bicycles. Motorized vehicles will be restricted to emergency and service vehicles. As the project progresses, further announcements will be provided regarding construction related events.

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

Closure Notice Bldg. 62 Window Installation

Effective **July 11, through approximately Monday, Aug. 1**, the Directorate of Public Works will be working on a construction project to install windows on the south side, second floor, of Bldg. 62. The handicapped entrance ramp will remain open during construction. The other south side entrances will be closed at intermittent periods throughout construction. During the closures, fencing and signage will be positioned as required. Timeframes may be extended depending on material delays or weather related issues.

Work to Close Doors at Bldg. 299

The Directorate of Public Works has a construction project to replace the fire water loop at Bldg. 299. This work entails trenching for the pipe line around the exterior of the building. This will result

in some door closures of both passenger doors and overhead doors. During closures, signs will be posted both inside and outside the building with direction to the next nearest door. Once work is complete on the southeast side, work should begin on the east side of the building beginning **Wednesday, July 13 through Wednesday, July 27**. Work on the east side of the building will take place in the graveled area and will not result in any door closures nor affect deliveries. Please keep in mind that these dates are approximate and can change due to weather or unexpected circumstances that may occur with the trenching. As the project progresses, further announcements will be provided regarding closures and access on the north face of the building.



Military Fatherhood Program

Military Dads, bring the kids **Thursday, July 21**, 5:30-7:30 p.m., to The River's Edge, for a fun night of ice skating. Come beat the summer heat and join us on the ice. Everything will be provided, all free to you but remember it will be cool in there so plan/dress accordingly. Dinner will be a choice of a hamburger, hot dog or walking taco basket. RSVP to 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](#))

Military Family Night-Picnic & Swimming

All Military families are invited **Saturday, Aug. 20**, 3-8 p.m., Longview Park & Whitewater Junction Waterpark, to join MWR for a free fun night of games, swimming and Famous Dave's® barbeque. Games, including water balloon toss, sponge dodgeball and bean bags start at 3 p.m., food will be served at 4 p.m. and then swimming at Whitewater Junction from 6-8 p.m. This great annual event is only made possible through the generosity of our sponsor, the [Rock Island Chapter of the Association of the United States Army \(AUSA\)](#) so make sure to stop by their table that night and say thanks. No official U.S. Army endorsement of sponsors is implied. ([Flyer](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Bicycle Safety on Arsenal Island

Bicycle riding is a great way to get into shape and enjoy the outdoors. To remain safe on the roads, it is important to follow the same traffic safety laws that govern vehicle drivers. Everyone must obey the rules of the road. Rock Island Arsenal Regulation (RIAR) 190-5, Rock Island Arsenal Traffic Regulation, states: Bicyclists will follow all local state traffic laws. In Illinois, the law states that when riding your bicycle on roadways, you must obey the same traffic laws, signs and signals that apply to motorists. Bicyclists must ride in the same direction as other traffic. Riding in the opposite direction of traffic is both dangerous and against the law. To ride safely in traffic, bicycle riders must use their hands and arms to communicate to other motorists around them. There are four important arm signs you must know and use every time you prepare to turn or stop. They are: Left Turn Signal, Right Turn Signal (using left arm), Right Turn Signal (using right arm) and the Stop Signal. Remember to signal about one-third of a block before you plan to turn so vehicles behind you have ample time to slow down. Your eyes are an important safety tool when riding your bike. Watch other drivers closely to make sure they have seen you and your arm signals. When walking or riding your bicycle on a sidewalk (where permitted), you must obey all pedestrian signs and signals. Additionally, bicyclists must yield the right of way to pedestrians using sidewalks or crosswalks. Slow down and go around them when possible. Right of way means that one person has the right to go ahead of another. This applies to bicycle riders, motorists and pedestrians. If others do not follow the rules, let them have the right of way to avoid the risk of an accident. When approaching pedestrians from behind, bicyclists are to slow down and give an audible signal to alert the pedestrians of his/her presence and intent to pass them. Additionally, RIAR 190-5 states that bicyclists will wear helmets approved by the Consumer Product Safety Commission, use lights during hours of darkness or low visibility, not ride abreast and not use a cellphone or earphones while riding. Please follow these regulations and have a safe and enjoyable riding season. ([Poster](#))



Equal Employment Opportunity Focus



Diversity Makes Military Stronger, DoD Panel Says

Diversity in the military makes the force stronger, top Defense Department officials said at a lesbian, gay, bisexual and transgender panel discussion here today. Speakers at the forum at the National Defense University at Fort McNair included the deputy assistant secretary of defense for operational energy, Amanda R. Simpson. Simpson, the highest-ranking openly transgender official

in the government, recalled that when she was in college she was recruited by the Navy to be a nuclear officer. "But I really couldn't, in good conscience, serve in uniform," she said. "I held a secret that I was still holding from myself." She said at that time it was "illegal and, quote, 'immoral' for a transperson to serve in the military." Instead, she said, she became a government contractor. Simpson said she was asked to join President Barack Obama's administration seven years ago. It is important to note, she said, that she was neither selected for the opportunity nor excluded from it because she was transgender. ([More](#))

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](#))



Lock & Dam Lounge Closes for Renovations

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

Volunteers Needed for the QC Marathon

Arsenal Island makes up a significant portion of the route for this annual Quad Cities tradition and that means we need lots of hands to help pull it off successfully. Volunteers are needed **Saturday, Sept. 24**, to set up and tear down the course, hand out water and sports drinks, cheer on all the runners and much more. If you'd like to donate some of your time to this great event please contact the Fitness Center at 309-782-6787.

Submission Period for 2016 Army Arts & Crafts Contest

Novice and accomplished artists are encouraged to submit their works of art to the annual Army Arts & Crafts contest, open **June 13 – Aug. 12**. There are 10 categories this year including ceramic, digital, fiber, glass, metal, wood, drawings, paintings, 2D & 3D mixed media. Find more info on eligibility and contest rules at www.armymwr.com/arts ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, July 27**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

First Friday Social Featuring Bur Oak Brewing Company Tap Takeover

Join your Island colleagues **Friday, Aug. 5**, 3-7 p.m., Lock & Dam Lounge (Bldg. 60), for a fun evening of appetizers, drinks, networking, socializing and karaoke. This First Friday will feature a tap takeover featuring brews by Bur Oak Brewing Company out of Columbia, Mo. 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. Bring your 2015 Rocktoberfest stein and get \$2 off refills. Call 309-782-4372 for more info.



Free Family Outdoor Movie Night

Join MWR **Friday, Aug. 19**, 7-10 p.m., Memorial Field, for our first ever Outdoor Family Movie Night — Bring your blankets and lawn chairs and stake out your spot at Memorial Field to watch the Lego Movie under the stars. This fun family night will feature a free screening of the hit movie, concessions, and bounce houses for the kids before the movie. Inclement weather location is Heritage Hall. Call 309-782-8630 for more info. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

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

MWR Leisure Travel Office



Office Hours

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

Discount Tickets for Upcoming Local Shows, Bus Trips & Attractions 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/attractions. Contact them at 309-782-5890 or visit their webpage: www.riamwr.com/community-recreation/leisure-travel for more information.

- Six Flags, Adventureland and Noah's Ark Theme Parks
- **Saturday, Aug. 20**, 5:45 p.m., Menopause the Musical at Circa 21 Dinner Playhouse
- **Saturday, Sep. 10**, 6:30 a.m. - 8 p.m., Bus Trip to Shedd Aquarium & Navy Pier in Chicago
- **Saturday, Dec. 10**, 6:30 a.m. - 8 p.m., Bus Trip to Christkindlmarket in Chicago

Noah's Ark Water Park

Located on 70 sprawling acres in the heart of Wisconsin Dells, Wis., featuring 51 water slides and dozens of various attractions. From two Endless Rivers, four children's water play areas, bumper boats, a mammoth 4-D Movie Theater, and not just one, but two giant wave pools, there is

something for the whole family. Children two years or 36" and under are free. LTO price \$26, gate is \$41.62 with tax. Note: Special Salute to Heroes — Military Days — Free Admission: **Entire month of June and Aug. 22 — Sept. 5:** Military (active, Retired, Reserve) with valid ID; family members additionally receive 50 percent off.

Menopause at Circa 21 in Rock Island

This hilarious musical parody staged to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles. See what millions of women worldwide have been laughing about for 14 years. Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats and chocolate binges. A sisterhood is created between these diverse women as they realize that menopause is no longer The Silent Passage, but a stage in every woman's life that is perfectly normal. It's the hilarious celebration of women and the change. Leisure Travel has discounted seats on sale at \$46 until **Saturday, Aug. 6.** *NOTE: PG13 — This show contains adult language and content; not recommended for children.* ([More](#))

Event Date: **Saturday, Aug. 20**

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

2016 Adventureland Tickets

Leisure Travel has discounted one day admission tickets for the 2016 season to Adventureland Amusement & Water Park. Adult and Child \$33; at the gate adult is \$42, child is \$37.



Extended Application Deadline for New Part-Day Preschool Program

As part of our ongoing efforts to adapt our programs and offerings to best meet your needs, Child, Youth and School Services is now accepting applications for our new part-day preschool program, due to lower than expected response the application deadline has been extended. If this is a program you are interested in please don't delay in submitting your application. See [the flyer for more details](#) on program days, times and ages and email usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil for more info. ([Flyer](#)) ([Application](#))

Army Transitions to Simplified DoD Request For Childcare Website

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need. In March 2016, select Army garrison families will begin to use www.MilitaryChildCare.com as their website to search for and request child care services where they are or where they are planning to move. "The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs," said Theresa

Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. "The DoD has worked hard to develop a system which allows patrons



to create their own account, search and request care, manage requests and update their profile from the convenience of their home," she said. Using MilitaryChildCare.com, parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained. Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii. Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint Base Myer-Henderson Hall will gain access to the site in March. Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout. ([More](#))



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**.

Stress Management Class

Come learn about stress and how to cope with it in positive and healthy ways **Wednesday, July 20**, 4-5 p.m., in the ACS Training Room (Bldg. 110). RSVP required for this free class by calling 309-782-3773 or emailing samantha.m.mathew.ctr@mail.mil. ([Flyer](#))

Understanding Veterans Preference Class

Come learn about Veterans Preference and how it applies to the federal recruitment process **Friday, July 22**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110). Subjects covered will include information on VEOA, VRA, Schedule A and how you can use Veterans preference. RSVP must be made no later than **Friday, July 15**, by calling 309-782-0829 or emailing usarmy.ria.imcom-central.mbx.usag-acs@mail.mil. ([Flyer](#))

Summer Reading Adventure

According to scholastic.com, "Studies suggest children who read as few as six books over the summer maintain the level of reading skills they achieved during the preceding school year. Reading more books leads to even greater success." Don't let your little ones backslide this summer in their reading proficiency, join us **Tuesday, July 26**, 10-11 a.m., Army Community Service (Bldg. 110), for our summer reading program and keep them on track to literacy greatness. Sign up at ACS in Bldg. 110 and receive a free book to get you started plus a log to track reading minutes. Prizes will be awarded at the **end of August**. Also join us for activities throughout the summer to earn extra minutes. Open to children ages 3-10. See the flyer for all dates and featured books. ([Flyer](#)) For more info or to register for an activity, please call 309-782-3049/0829.

Parenting Class: Sensory Awareness & Self Care

Join us **Wednesday, July 27**, 3-5 p.m., Army Community Service (Bldg. 110), in a helpful discussion on how sensory issues can impact the way kids (& parents) think, feel and act. Learn ways to increase your awareness about the senses and explore several techniques to help your kiddos cope with sensory issues. We will also discuss the importance of self-care and wellness

especially living with hectic lives as parents, and how to be positive role models of health and balance for your kiddos. The training will feature guest speaker, Sara Kessinger, M.S.Ed, NCC, child therapist for the Child Abuse Council. Those registered with CYSS will receive two participation points for attending. Call 309-782-3049 or email jennifer.a.kerr10.civ@mail.mil to RSVP. ([Flyer](#))

Advanced Résumé Class

This class, **Friday, Aug. 5**, 1:30-3:30 p.m., Army Community Service (Bldg. 110), 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 **Friday, July 29**, call 309-782-0829 or e-mail usarmy.ria.imcom-central.mbx.usag-acg@mail.mil ([Flyer](#))

Announcing Financial Fitness Week

Come join us during lunch for free financial classes **Monday through Friday, Aug. 15-19**, 12-1 p.m. Classes will be provided by RIA Federal Credit Union, your Accredited Financial Counselor® (AFC®) and Certified Financial Planner® (CFP®). You may attend one or all.

- **Understanding Your Credit Report and Score — Monday, Aug. 15**
RIA Federal Credit Union's, Helen Wols, takes you through why credit is important, what's in a credit report, how to get one, how it's calculated, building/rebuilding credit and some common myths. Pizza provided by RIA Federal Credit Union. ([Flyer](#))
- **A Financial Primer: 12 Tips to Secure Your Financial Future — Tuesday, Aug. 16**
Your AFC® provides you the key tips you should know about a secure financial future. Bring your lunch and get an understanding of financial planning. ([Flyer](#))
- **Money Management and the TSP — Wednesday, Aug. 17**
Why use the Thrift Savings Plan, Saving and Investing, the rule of 72, the five funds and L Funds. Bring your lunch and let your AFC® help you understand why should be using the TSP. ([Flyer](#))
- **Picture Perfect Retirement — Thursday, Aug. 18**
Your CFP® gives you a glimpse into strategies you can adopt to help you plan ahead during the different age phases? After years of hard work, you're certainly entitled to a happy retirement. A financial planning web base tool will be used to demonstrate retirement required Savings, IRA vs Roth IRA, proper life insurance coverage and more. ([Flyer](#))
- **Financial Fitness Check — Friday, Aug. 19**
Your AFC® gives you a personal financial security review. Here's your chance to review what your financial situation really looks like. It is recommended that you do a review at least annually. Hear what you should be reviewing at a minimum. Bring your lunch. ([Flyer](#))

For more info and to sign up, call 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-acg@mail.mil no later than **Thursday, Aug. 11**. ([Flyer for full week](#))

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.](#)

101 Critical Days of Summer

Summer Holiday celebrations often include barbeques, picnics, water sports, vacationing with family and friends, and fireworks. However, many holiday week-ends can be filled with tragedy instead of celebration. The Fourth of July is one of the deadliest holidays of the year when it comes to alcohol-impaired driving crashes on our highways. According to data from the National Highway Traffic Safety Administration, during July 4th, holidays over the last five years (from 2010 to 2014), 780 people lost their lives in crashes involving drivers who had BACs of at least .08 g/dL. This summer, don't let your celebrations end in an arrest or tragedy. The consequences are serious and real. Not only do you risk injuring yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to celebrate your summer.

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.

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 **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 309-782- 4357. 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 **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 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

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 date is **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 309-782-4357. 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 309-782-4357 Additional date: **Nov. 8**.

Event Date: **Aug. 9**

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 309-782- 4357. 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.](#)

Field Test DLPT - German and Hindi — Do You Speak German or Hindi?

The Army is seeking field test participants to complete the Defense Foreign Language German and Hindi (DLPT5) Starting **Tuesday, May 3**, through **COB Sunday, July 31**. Participates will be provided with a signed letter of appreciation from the Assistant Commandant of the Defense Language Institute Foreign Language Center. The listening and reading tests are both three hours. For your convenience, the test may be administered in one setting or schedule the test in two separate settings. Interested in taking the test? Please contact the Rock Island Education Center for more information or to be scheduled at 309-782-2065.

DoD Virtual Education Fair

The Department of Defense Voluntary Education Program will host its second pilot DoD Virtual Education Fair, **Thursday, Aug. 11**, 7 a.m. to 5 p.m. CDT, in an effort to help make higher education more accessible to service members, veterans and family members. Registration is

required to participate and is open at www.dodeducationfair.com. Registration is open throughout the event providing participants, anywhere in the world, easy access to benefits and information necessary to reach their individual education goals. To ensure connectivity, participants are encouraged to use their mobile devices, if unable to access the event via government computers.

Employment-Education Event at Rock Island Arsenal

Mark your calendars now – the Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, Sept. 7**, 9:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. Soldiers, Veterans, and Family Members are the target audience for this great event. Numerous employers from throughout the Midwest as well as many academic institutions and Veterans Service Organizations are expected to be in attendance. In the past, there were valid job offers made as a result of this event. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. This event represents a great opportunity for employers to review resumes, interview candidates, and potentially hire separating active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. Please come ready; have resumes to hand out and be appropriately dressed for a possible interview. 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. They will provide information regarding educational opportunities for Soldiers, veterans, and Family members. VSOs will be available to assist with resources, benefit information, and resume development. If you are an active duty or Retired service member or eligible Family member and would like individual resume or interview training prior to attending this event, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or email christopher.j.gegenheimer.civ@mail.mil. Any questions about the event can be directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email: usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Don't let this great opportunity pass you by.



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](#))

Army & Air Force Exchange Service Celebrates 121 Years of Service, Support

On July 25, the Army & Air Force Exchange Service marks a milestone—121 years of serving Soldiers, Airmen, retirees and military families. On July 25, 1895, General Order No. 46 established the exchange on military installations, directing post commanders to set up an exchange at every post. Since then, exchanges have faithfully served alongside service members wherever they are called to serve, from Bagram to Barksdale, Benning to Baghdad and beyond. “The Exchange’s core value of ‘family serving family’ means we take care of Soldiers and Airmen,” said Air Force Chief

Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "When military members deploy to remote locations around the world, the Exchange is with them, offering a lifeline to America through products and services." ([More](#))

Soldiers Transitioning From Active Duty Can Keep Shopping Their Rock Island Exchange

The Army & Air Force Exchange Service treats active-duty Soldiers like family. When Soldiers transition to Individual Ready Reserve (IRR) status, they remain family to the Exchange, keeping the shopping benefit they've earned. "Soldiers transitioning to IRR status are very much a part of the Exchange family and can still shop at the Rock Island Exchange," said Rock Island Exchange Store Manager Lisa Scadden. "Their Exchange benefit, including tax-free shopping and competitive prices, remains intact during their time in IRR." Soldiers transitioning from active duty and their families can continue to visit the Exchange, Express, mall and food court. They can also shop online at shopmyexchange.com for exclusive military pricing on many items and an expanded merchandise selection. Besides retaining shopping privileges, those in IRR status keep their MILITARY STAR card benefits. If they don't have an account, they are eligible to apply for one. "The MILITARY STAR card offers a competitive interest rate and no late, annual or over-limit fees," Scadden said. "Cardholders also receive extra savings at Exchange food courts and gas stations, free shipping on shopmyexchange.com and rewards points for every \$1 spent." To gain access to the installation to shop at the Rock Island Exchange, shoppers can apply for an IRR ID card at the installation's personnel office 72 hours after discharging from active duty. "It's been an honor serving these Soldiers while they served our country," Scadden said. "The Exchange looks forward to being there for them as they transition to IRR status."

Shopping the Rock Island Exchange Pays Dividends

Soldiers and their families who shopped and dined at Army & Air Force Exchange Service stores and restaurants on Rock Island Arsenal generated \$37,900 last year for Army quality-of-life programs, making the Rock Island Arsenal a better place to live and work while promoting readiness and resiliency. In 2015, Exchange contributed \$237 million to military quality-of-life programs around the world, up \$13 million, nearly 5.5 percent from the previous year. In the past 10 years, the Exchange has generated more than \$2.4 billion in dividends to youth services, family counseling, physical fitness programs and other activities that make life better for Soldiers and their families. At Rock Island Arsenal, these programs include Island Oasis Café and Grill, Community Recreation, and the Fitness Center. One-hundred percent of Exchange earnings support Soldiers and their families. "Roughly two-thirds of Exchange earnings are paid to military quality-of-life programs," said Rock Island Exchange Store Manager Lisa Scadden. "The remaining third is used to build new stores or improve Exchange facilities to improve customers' shopping experiences." The Exchange's mission of providing quality goods and services at competitively low prices while generating earnings to support quality-of-life efforts means that the Exchange benefit is more than finding a good price on merchandise. Shoppers who take advantage of their benefit at the Rock Island Exchange or online at www.shopmyexchange.com are working to improve their communities. "Truly, 100 percent of Exchange earnings serve Soldiers and their families," Scadden said. "When customers shop and dine at the Exchange, they are investing in their own community, making it a better place to live and work."

Exchange Expands Layaway to Include Laptops, Tablets for Back-to-School Season

The Army & Air Force Exchange Service is helping military students head to the top of the class during the 2016-17 school year by extending its layaway program to include computers and tablets

needed to succeed in the classroom. From **July 1 to Aug. 31**, just in time for back-to-school season, Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads—items that are not typically eligible for the program. "Having up-to-date technology can be vital to succeeding in the classroom, and the Exchange is making it easier for military families to manage expenses to get the tools students need to succeed," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "The extended layaway program helps parents and students stick to their back-to-school budgets." A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at their local Exchange for complete details. ([More](#))

Everything's coming up Roses for Shoppers with Exchange Bouquet Sweepstakes

Military shoppers can stop and smell the flowers this summer with the Army & Air Force Exchange Service's Teleflora sweepstakes. From **July 1 to Aug. 31**, authorized shoppers have the chance to win one of six Teleflora bouquets valued at \$83. Shoppers can enter the sweepstakes by visiting shopmyexchange.com/sweepstakes. Three winners will be drawn for July, and three more will be drawn in August. No purchase is necessary to enter or win. ([More](#))

Your Healthy Lifestyle Festivals Coming In July

The Defense Commissary Agency will host the military resale partnership event, Your Healthy Lifestyle Festival, July 1-31 at commissaries worldwide. This annual event will feature discounted prices on produce at commissary farmers markets, savings on workout equipment and apparel at exchanges, health screenings at local clinics, and fitness events hosted by the post morale, welfare and recreation activities. With the theme "Live Healthy and Save Big!," the festival combines savings while supporting the military community's health and wellness goals, said DeCA Sales Director Tracie Russ. An overall schedule listing installations and dates can be found on [Your Healthy Lifestyle Festival](#) page. *Rock Island Arsenal Commissary will be holding its Healthy Lifestyle Event July 29 & 30.* ([More](#))



Arsenal Archive



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

This Week in Rock Island Arsenal History – July 18-24

In July 1957, the RIA long time mission (since 1899) responsibility for the industrial engineering, manufacturing, and maintenance engineering of certain categories of small arms, was transferred to Springfield Armory. On July 17, 1944, two companies of Italian prisoners of war arrived at RIA. Army Chief of Ordnance ordered manufacturing of Infantry and Cavalry Equipment at the RIA to begin on July 19, 1875. The RIA War Service Band was formed on July 20, 1918, with the approval of the RIA Commander. The band was organized to assist in Liberty Loan Campaigns. Probably at that time the largest band formed in the Tri-Cities. On July 23, 1865, the Rock Island Prison Barracks officially closed. On July 23, 1918, Civil War veterans visited the RIA Shops. By July 1898, the RIA was conducting final inspection and delivery to the Army of finished ordnance

products manufactured by 46 different private contractors. Army arsenals could not meet the urgent war demand for equipment and weapons by themselves during the Spanish-American War.

Healthbeat

Army Public Health Promotes Free Tick-Testing Program

As the summer season swings in to full gear, Army public health officials want to ensure that DoD personnel are aware of a free service to help combat the threat of tick-borne diseases to Department of Defense personnel. The Army Public Health Center (Provisional) provides a tick identification and testing service for DoD health clinics in the continental United States. This service is known as the DoD Human Tick Test Kit Program, and it serves as a 'first alert' for tick-bite patients and their health care providers. Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever, and viral diseases. Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission. ([More](#))

Grill Up Food Safety this Summer

According to the Centers for Disease Control and Prevention (CDC), 1 in 6 Americans get sick from eating contaminated food each year. TRICARE wants to help you practice food safety this summer. Food poisoning peaks in the summer months because warmer temperatures cause foodborne germs to grow. There are several things you can do to prevent illness in your family and friends. First, wash your hands often when handling raw meat. Dirty hands and surfaces used to prep your meat can carry germs. So keep your hands and your prep area clean. Next, clean your grill and your grilling utensils with a moist cloth or paper towel. If you use a wire bristle brush, check the grill after cleaning it. The brush bristles can come off and stick into food along with all the germs you thought you were cleaning off. ([More](#))

Rock Island Arsenal Pharmacy Closure

The Rock Island Arsenal Pharmacy will be closed after 12:30 p.m. on **Thursday, July 21**, for training.

A Unique Collaboration Launches Walk with a Doc Program in the Quad Cities

Walk with a Doc, a health program that brings doctors and patients together outside of the clinic, now has a new twist. A physician and a group of veterinarians have come together to form a local chapter of Walk with a Doc - one that encourages people and their pets to get healthy. Typically, WWAD is a human-oriented event, but in an effort to further enhance the lives of the community, they are bringing together the first ever WWAD physician/veterinarian collaboration. Pets hold a special place in their owner's lives, and they often suffer from the same

health conditions that people do. By joining together, they seek to improve the health of the Quad Cities citizens and their companion animals. The next event will be held **Sunday, July 24**, at 4 p.m. at the Eastern Avenue Park in Davenport. Walkers are invited, and while dogs are not required, they are welcomed. Walks will be held on a regular basis, so grab your shoes and a leash, and be ready for future Walks, too. Walk with a Doc is a national non-profit organization whose mission is to



encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. ([More](#))

Notes for Veterans

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VA Schedules 2 Million Appointments Using Veterans Choice Program

The Department of Veterans Affairs' Veterans Choice Program has reached a key milestone in improving access to health care for Veterans. More than two million appointments have been scheduled through the program. "While two million appointments have been scheduled using the Choice Program and we are making progress, we will not rest until all Veterans who choose VA to be their healthcare provider are receiving the care they need, when they need it," said VA Secretary Robert McDonald. "We will continue to make strides towards an integrated care network, and I urge Congress to enact our Plan to Consolidate Community Care so we can continue to build upon our progress." The Choice Act, which included the VCP, was passed in August 2014 to help Veterans access timely health care both within VA and the community. VA was required to implement a new, national program in just 90 days, with new requirements that complicated the way VA provides community care. VA recognized many of these challenges very early in the implementation of the program and VA and all our stakeholders have been working together to make needed changes while implementing this new nationwide program. VA has outlined a path to improve community care and create a program that is easy to understand, simple to administer, and meets the needs of Veterans, community providers, and VA staff. VA submitted this plan to Congress in October 2015. ([More](#))

Vets Will See Same Cost-Of-Living Hike as Social Security In 2017

Veterans benefits will match the Social Security cost-of-living increase in 2017, thanks to a measure finalized by Congress this week. But veterans groups hoping for a more permanent answer to the annual legislative hand-wringing over their benefits boost will have to wait longer for that solution. Under law, annual cost-of-living increases are automatic for Social Security benefits, determined by the executive branch without intervention from Congress. But veterans benefits fall into a different category, one that requires lawmakers to vote on an adjustment every year. In the last few decades, veterans have seen their annual adjustment differ from the Social Security COLA only one time (in 2000, as a result of a minor rounding difference between the two rates.) ([More](#))

Understanding Veterans Preference Class

Come learn about Veterans Preference and how it applies to the federal recruitment process **Friday, July 22**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110). Subjects covered will include information on VEOA, VRA, Schedule A and how you can use Veterans preference. RSVP must be made no later than **Friday, July 15**, by calling 309-782-0829 or emailing usarmy.ria.imcom-central.mbx.usag-accs@mail.mil. ([Flyer](#))

Veteran Employment & Resource Fair

This event, being held **Tuesday, Aug. 16**, 11 a.m. – 3 p.m., at the National Guard Armory, 3615 N Brady St., in Davenport, is to assist current and former service members and their dependents with resume, employment, and resources through the partnership of Home Base Iowa, IowaWORKS, Great River HR Association, and National Guard Family Assistance Center. We invite you to

attend, network with employers, and connect with useful resources. Questions contact jennifer.toenjes@iwd.iowa.gov or 563-445-3200, ext. 43348.

QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXL 97X at **7 a.m. on Sunday mornings**. This weekly radio show's mission is to provide local veterans, military, and their families, honest, relevant and (when possible) entertaining content. They state they have two values for their show, respect and empathy. "We respect the truth and everyone's opinion. We have empathy for our veterans and military as they are, their families and their care-givers." The show, hosted by Jen Bert, also has a Facebook group to spur discussion and to spread the word. The group is simply titled "QC Veterans' Roll Call Radio Show," and can be found at www.facebook.com/groups/245799959137007.



Around the Q.C.



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- July 19-23:** [9/11 Never Forget Mobile Exhibit](#) (Schwiebert Riverfront Park, Rock Island)
- July 19-23:** [Rock Island County Fair](#) (fairgrounds in East Moline)
- July 23:** [2016 Quad City Strength & Fitness Expo](#) (RiverCenter, Davenport)
- July 23:** [2nd Annual Lane Evans Memorial Motorcycle Ride](#) (Kavanaugh's Hilltop, 1228 30th St, Rock Island)
- July 26:** [PaintFest America](#) (Genesis Medical Center - Cancer Care Institute, Davenport)
- July 29-30:** [Downtown Street Fest](#) (Downtown Davenport)
- July 30:** [Bix 7 Run/Walk](#) (Downtown Davenport)
- July 30:** [Zombie Prom Quad Cities 2016](#) (Skellington Manor Event Center, 420 18th St, Rock Island)
- 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:** [Boys and Girls Clubs of the Mississippi Valley's Inaugural Get Hooked Fishing Derby](#) (Rock Island Conservation Club, 2421 Big Island Parkway Milan)
- Aug. 6:** [2nd Annual BBQ n' Blues Fest](#) (Rolling Smoke, 1228 30th St, Rock Island)
- Aug. 6:** [4th Annual Bags n' Brews Cornhole Tournament & Beer Tasting](#) (Lindsay Park, 2100 E River Dr, Davenport)
- Aug. 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)
- Aug. 9:** [Experience on a Towboat from Rock Island to St. Louis](#) (Quad City Botanical Center, Rock Island)
- 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. 17-21:** [American Veterans Traveling Tribute](#) (Geneseo City Park, Geneseo, Ill.)
- Aug. 19-20:** [Ya Maka My Weekend](#) (The District, Rock Island)
- Aug. 20:** [Pints for Preservation](#) (Niabi Zoo, Coal Valley)
- Aug. 20:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
- Aug. 20:** [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, Rock Island)
- Aug. 21:** [Q.C. Cancer Awareness Ride](#) (Lady Di's Park View Inn, 18109 270th St, Eldridge)
- 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:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
- Sept. 10:** [Row the Miss Regatta](#) (Mississippi River at Moline)
- Sept. 10:** [Krazy Kids Inflatable Fun Run](#) (Genesis Health Plex, 3900 28th Ave Dr 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: [4th Annual It's Glow Time 5K Throwback](#) (Bass Street Landing, Moline)
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. 24: [Knox-Warren Walk to End Alzheimer's](#) (Lake Storey Park, Galesburg, Ill.)
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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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 Public Affairs, 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; Phone: 309-782-1121. [The Island Insight is available on-line.](#)*

