



Aug. 1, 2016

Island Insight

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

Island Insight Submission:



www.usagria.army.mil/News/II.aspx

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Senior Executive Service Leader Retires

A Senior Executive Service leader, D. Scott Welker, retired as the deputy to the commander, Joint Munitions Command Headquarters, during an official ceremony held here, July 27, after serving more than 32 dedicated years for the Department of Defense. Brig. Gen. Richard B. Dix,



commander, Joint Munitions Command and retired Maj. Gen. Yves Fontaine, former commander of Army Sustainment Command, served as the official retirement ceremony hosts. Dix spoke of Welker's commitment to the Army and his support to him during his career. "As you go out the door, I want to give a personal thank you. You took a young lieutenant colonel, you gave him hope, faith and confidence and you believed in him. I'm proud to continue the legacy that you instilled in me." "As you retire today and transition to the next phase of your life, the Army thanks you for you more than 32 years of service to our Soldiers," added Fontaine. "You can leave knowing you made a huge impact on the Army. ([More](#))

Upcoming Dates

- August:** Anti-Terrorism Month
- Aug. 2:** Improving Workplace Relationships, EAP, Bldg. 56, 1st Fl., Rm. 104, 1 p.m.
- Aug. 2:** Overseas (OCONUS) Briefing, ACS, Bldg. 110, 9:30 a.m.
- Aug. 4:** RIA-JMTC Organizational Day
- Aug. 4:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- Aug. 5:** First Army Organizational Day, Memorial Field
- Aug. 5:** Summer Reading Adventure, ACS, Bldg. 110, 10-11 a.m.
- Aug. 5:** Sponsorship Training, ACS, Bldg. 110, 12-1 p.m.
- Aug. 5:** Advanced Résumé Class, ACS Training Room, 1:30-3:30 p.m.
- Aug. 5:** First Friday Social, Bur Oak Tap Takeover, Arsenal Island Clubhouse, 3-7 p.m.
- Aug. 9:** Real Colors, EAP, Bldg. 56, 1st Fl., Rm. 104, 8 a.m. - 12 p.m.
- Aug. 9:** CHPC Quality of Life Working Group, Bldg. 90, Rm. 25, 1-2 p.m.
- Aug. 10:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11 a.m.
- Aug. 11:** ASC Change of Command, Memorial Field, 9 a.m.
- Aug. 11:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- Aug. 12:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. - 2 p.m.
- Aug. 15-16:** Financial Fitness Week Classes, ACS, Bldg. 110, 12-1 p.m.
- Aug. 15-19:** SFL-TAP Workshop, Bldg. 56, 1st Fl., Rm. 122, 8 a.m. - 4:30 p.m.

ASC Commanding General Holds His Final Town Hall Meeting

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, led his last town hall meeting in Heritage Hall, here, July 29. O'Connell is scheduled to retire on Aug. 11. The town hall included several speakers who made announcements about command activities, opportunities and plans involving operations at ASC. "I want to say thank you for the past two years," said O'Connell during his closing remarks. "This is just an amazing command -- no matter what your [military occupational specialty], your professional career field, your grade level or rank -- you contributed to an enormous mission of supporting the entire [Department of Defense] across the whole globe. It doesn't get any bigger than that; it doesn't get any more challenging than that," he said. ([More](#))



After 63 Years, Memories of Korean War Still Strong

The Korean War Veterans Association Chapter 168 gathered for an annual ceremony commemorating the 63rd anniversary of the Korean War armistice at the Rock Island National Cemetery, July 27. Ron Sears, Korean War veteran and president of Chapter 168, said that as Korean War veterans age, the significance of the annual event increases for the veterans' community. "I think it pulls us together, especially as the years go on," Sears said. "The memories -- maybe even some nightmares -- we all try to put out of our thinking. You can't put them out all the time, and it helps to have community." ([More](#))



ACC-RI Holds Second Industry Engagement Event

Army Contracting Command-Rock Island held its second Industry Engagement session at Rock Island Arsenal, July 13. According to the ACC-RI policy office, attendees included 137 representatives from 80 companies, the General Services Administration and the National Defense Industrial Association. The event began with an overview of the Defense Contract Audit Agency by Jered Popowski, DCAA financial liaison advisor. A panel comprised of government and industry representatives and moderated by Dean Brabant, ACC-RI Information Technology branch chief, discussed the differences between Lowest Price Technically Acceptable and the Best Value with trade-off acquisition approaches. ([More](#))



Former Journalist Who Embedded With DARPA Delivers 'Radical Evolution' Seminar

Former Washington Post reporter, Joel Garreau, Lincoln professor of Law, Culture, and Values at Arizona State University spoke at Heritage Hall on his book "Radical Evolution," here, July 14. Garreau, whose seminar provoked thoughts on the future of Army sustainment, logistics and warfighter readiness, was invited to speak as part of ASC Commanding General Maj. Gen. Kevin O'Connell's Leadership Professional Development seminar series. Garrea's main argument is that for the first time in human history, we now have the technological ability to take control of our evolution. ([More](#))



National Park Service Invites Everyone to #FindYourPark during the Centennial Birthday Month

The National Park Service invites visitors of all ages to join in the celebration of its 100th birthday throughout the month of August. With special events across the country, and free admission to all 412 national parks from Aug. 25 through Aug. 28, the NPS is encouraging everyone to #FindYourPark / #EncuentraTuParque for the centennial. "August—our birthday month—will be a nationwide celebration of national parks, and we're inviting everyone to the party," said National Park Service Director Jonathan Jarvis. ([More](#))



DoD Sets Up For Phased Retirement

Defense Department components are now working on implementation plans to put make phased retirement a reality. DoD components are opting to introduce phased retirement on their own terms by creating individual plans and mentoring guidelines based on their needs, Taiwana Smith, the chief of benefits and work life programs for the Defense Civilian Personnel Advisory Service, told Federal News Radio. DoD does not yet have a timeline for when those plans will be completed. Smith said employees that want to participate in phased retirement will have to get approval from their agencies before moving ahead. DoD announced it would offer phased retirement to its employees last month. ([More](#))



Lawmakers Want Answers to Long-Term Care Premium Hikes

Two Virginia congressmen are demanding answers from the Office of Personnel Management on why the premiums for the Federal Long Term Care Insurance Program are rising by as much as 126 percent. Earlier this month OPM announced that premiums would rise anywhere from 0-126 percent for long-term care insurance. Reps. Gerry Connolly (D-Va.) and Don Beyer (D-Va.) said in a July 22 letter to acting OPM Director Beth Cobert that the increase "merits a reconsideration of how we structure FLTCIP so that price spikes at this extreme can be avoided." ([More](#))



Notices Upcoming On FEGLI Open Season

OPM has prepared standard emails for agencies to send to their employees about the rare FEGLI open season that will run the month of September, with the first notices to go out the week of August 22, and four follow-up reminders to be sent before the open season ends. The notices stress that during the open season, FEGLI-eligible employees—but not retirees—will be able to newly enroll or increase coverage up to the maximum in all the coverage options, with no need to undergo a medical exam or answer health questions. However elections—and their associated premiums—will not be effective until the first full pay period after October 1, 2017, and that to carry coverage into retirement, it must have been in effect for the five years prior to retirement, a consideration for those who may retire before October 2022. Enrolled employees can cancel or reduce coverage or change beneficiaries at any time. ([More](#))



Corps of Engineers' 150th Anniversary Celebration, Open House

The U.S. Army Corps of Engineers, Rock Island District is celebrating 150 years of service to the Nation. In honor of this event the District is hosting a free public open house on board the Corps' largest working towboat on the Mississippi River, the Motor Vessel Mississippi. The open house will take place **Tuesday, Aug. 2**, 10 a.m. – 1 p.m., at River Heritage Park in downtown Davenport, across from Locks and Dam 15. Tours of the vessel will be available as part of the open house and exhibits outlining the work of the Corps over the past 150 years will be on display. Corps of Engineers staff will also be on hand to provide information about the District.



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.

'Feds Feed Families' Food Drive

On **Wednesday Aug. 3**, the Rock Island Arsenal will host the first of four food drives as part of the 8th Annual "Feds Feed Families" Food Drive. All food donated will be given to the River Bend Food Bank during this nationwide initiative to combat hunger. In an Island-wide competition last year the Arsenal collected 5,908 pounds of food donations, which resulted in 4,923 meals for hungry children, families, and seniors in our community. ACC-RI was the big winner last year with a collection of more than 4,200 lbs. of donated food items. This year we will still be having an Island-wide competition, but there will be a drive through drop of point on **Wednesday mornings in August** from **6 a.m. – 9 a.m.** Boxes with unit or tenant names will be on site and donations will be placed in the appropriate box at the time of drop off. Each week we will alternate pick-up points to opposite ends of the Island in an attempt to make dropping off donations easy for the morning commute. **Aug. 3 and 17** the drop of location will be at the pavilion in Memorial Park. **Aug. 10 and 24** we can be found just inside the Rock Island Gate on the right-hand side across from the digital marquee sign. Watch the marquees for reminders and please drive through and see us on Wednesday mornings on the way in to work during August. For questions or to have a box created for your unit or working group please contact Casey Noe at 309-782-1611 or casey.l.noe.civ@mail.mil.



4th Annual Freedom Run

The 4th Annual Freedom Run will be **Thursday, Aug. 4**, with three different start times depending on which run you're participating in; the Ground Pounder Kids Obstacle Run at 5:45 p.m., the Frontline Chiropractic Mile at 6 p.m., or the 5k & Doubletime Loop at 6:30 p.m. Registration for the event is available at getmeregistered.com. Packet pick up | registration will take place on Wednesday and Thursday, **Aug. 3 & 4**, 2-6 p.m. We are honored to have your



support, whether you're a participant, running, walking, pushing a stroller, a sponsor, a spectator, a neighbor out on the course, a volunteer, it's all support and appreciation for our men and women serving (or served) in our Armed Forces. From the cannon used as a "starter's pistol" to the "dog-tag" medals the soldiers will place around the participants necks at the finish line, this unique event is "military" from start to finish. The WWII Army jeep as the pace car, the various military vehicles throughout the course, the 100+ American flags lining the course, the camo-netting over the refreshments area, the unique military style tee shirt each participant will receive, this event will be 100 percent military. We know you're in for a very special experience! ([More](#))

Building 350 Cafe Action Station Tuesday's

Every Tuesday, come visit the cafe on the 6th floor of Bldg. 350. Company Kitchen will offer a variety of options on Tuesdays that will rotate. Upcoming specials:

- Aug. 2: Nacho Supreme — \$6.99
- Aug. 9: Chicken Caesar Salad — \$5.99
- Aug. 16: Build your Own Pasta Station — \$6.99
- Aug. 23: Taco Salad — \$5.99

There's An App For That!

Company Kitchen has launched an app — you can download the free app via the Google Play Store or the Apple App Store. There will be a variety of promotions held within the app. Once you have the app, you will no longer need to carry that little green card with you. You will be able to pay with the app at the kiosk as well as load money onto your account. For questions regarding the app, please see the F.A.Q section inside the app or email rockisland60@tafoodservices.com.

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.

Garrison CAC Office Closed Aug. 10, 11

United States Army Garrison Rock Island Arsenal's Identification and Common Access Card Office will be closed **Wednesday and Thursday, Aug. 10 and 11**. The Defense Manpower Data Center (DMDC) will be on-site performing equipment upgrades and maintenance on the DEERS/RAPIDS Workstations; Equipment will be completely non-operational during that period. Unfortunately there are no alternatives for CAC Pin Reset (CPR) capabilities. The office will resume normal operations on **Friday, Aug. 12**.

Blood Drives

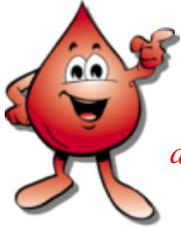
The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Aug. 12 & 19, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. The DMC



will host a blood drive on **Thursday, Aug. 25, 12-4 p.m.**, from the MVRBC Donor Bus in front of Bldg. 350. To sign up, contact [Staff Sgt. Camille Richardson](#) at 309-782-0261. Walk-in donors welcome.

Donors at these drives will:

- Be entered into a monthly drawing for a \$300 gas card
- Be entered into the summer drawing for a new Ford Fiesta
- Receive a Silicone Mobile Pocket (3M sticky pocket wallet offers convenient storage for business cards, credit cards and other identification. Adheres to back of mobile device.)



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](#).

R.I.A. Federal Credit Union Receives New Branch Manager

Please stop by the R.I.A. Federal Credit Union to welcome back our branch manager, Nicole Kespohl. Nicole started with R.I.A. Federal Credit Union in January 2002 as a teller at our Davenport branch. She was promoted to assistant manager and moved to the Bettendorf location, then on to the Arsenal. Excelling at those locations, she was chosen in 2009 to be the branch manager for the credit union's very first in-store branch, at the Moline Hy-Vee. We welcome her back to the Arsenal as Branch Manager here. She will also still maintain her duties at the Moline Hy-Vee. Nicole graduated from Black Hawk College and in her spare time likes to read, knit, garden, play with her dogs, and spend time with her husband. Come out and meet her, she'd love to say hi.



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 opportunity to win a luncheon plate for September luncheon, gift certificate and mystery prize courtesy of RIA Federal Credit Union. RIA Welcome Club can't wait to meet new friends and greet old friends. 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. ([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](#))



VIOS Schedule for August, September

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

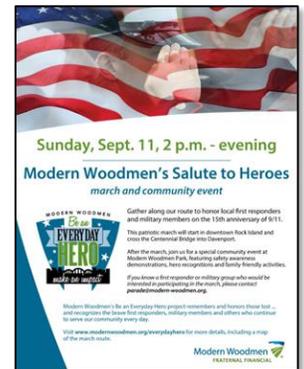
Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - 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](#)

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.

Modern Woodmen's Salute to Heroes March

Gather along our route **Sunday, Sept. 11**, beginning at 2 p.m. and into the evening, to honor local first responders and military members on the 15th Anniversary of 9/11. This patriotic march will start in downtown Rock Island and cross the Centennial Bridge into Davenport. After the march, join us for a special community event at Modern Woodmen Park, featuring safety awareness demonstrations, hero recognitions and family-friendly activities. If you know a first responder or military group who would be interested in participating in the march, please contact parade@modern-woodmen.org. Modern Woodmen'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. Visit www.modernwoodmen.org/everydayhero for more details, including a map of the march route.



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. **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. **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



Parking Closures in Lot 1P - East Side of Bldg. 299

The Directorate of Public Works has a construction project to replace the fire water loop around Bldg. 299. Effective July 20, trenching began through the northeast parking lot (1P) between the two first rows of parking. The area of parking spaces that closed will remain closed from approximately **Wednesday, July 20, through Monday, Aug. 8**. The crosswalk through the parking lot will remain open during construction. Handicapped spaces and signage will be temporarily relocated to the north corner of the lot as shown on the attached drawing. During the closures,

fencing and signage will be positioned as required. Timeframes may be extended depending on weather or unexpected delays.

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, is 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 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, Building 104 Courtyard

The Directorate of Public Works has closed the Bldg. 104 Courtyard to all traffic, parking, and public access effective **Aug. 1, through Thursday, Dec. 15**. Closure is required to stage materials and equipment to remove and replace the roof on Bldg. 104. Signage will be placed at all doors exiting into the Courtyard notifying occupants of emergency exit only. Access into the Base Supply Store will be through the south end, east wing overhead door and/or East door. Emergency Services will have access to all doors in the courtyard in case of emergencies.

Building 299 Door Closures

The Directorate of Public Works (DPW) 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 work will result in some door closures. Beginning approximately **Thursday, Aug. 4, through Friday, Sept. 2**, trenching on the west side of the building will affect door access. Only one

pedestrian door will be closed at a time. During closures, signs will be posted both inside and outside the building with direction to the next nearest door. Access to the overhead doors will remain open. Parking spaces in lot 2Z will also remain open. Please keep in mind that these dates are approximate and can change due to weather or unexpected circumstances that may occur with the trenching.



John Deere Classic 2016 Military Appreciation Day

Please join us **Saturday, Aug. 13**, as we honor our active and retired military at the 2016 John Deere Classic. Thanks to Lowe's and AUSA, all military personnel currently holding a Common Access Card (CAC), as well as those who have retired from Armed Services and have a valid ID card, will be given free admission along with one guest each day Thursday - Sunday. This offer applies to active duty and retired military only, and not civilian or contractor CAC card holders. CAC card must be shown at the front gate to receive daily ticket. On **Saturday, Aug. 13**, all military guests are invited to the air-conditioned skybox behind #15 green for complimentary food and beverages along with VIP golf viewing. The John Deere Classic staff, board of directors, volunteers and fans thank you for your service.



Workplace and Gender Relations Survey

The Workplace and Gender Relations Survey of Active Duty Members (WGRA) is a congressionally mandated survey conducted once every two years. It is an independent assessment of the rates of sexual assault, sexual harassment, and gender discrimination in the military. The survey measures the frequency of unwanted sexual contact, sexual harassment, gender discriminatory behaviors and sex discrimination experienced by service members during the past 12 months. The content of the survey largely aligns with the 2014 RAND Military Workplace Survey and will be conducted by the Defense Manpower Data Center as part of a biennial cycle of Health and Resilience surveys. ([More](#))

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



Safety Is Name of Game for Army Motorcycle Program

Motorcycles have always evoked an image of freedom, individuality, and as the case may be, rebellion. Unlike any other purchase, a motorcycle changes you. You're not just a guy or girl with a motorcycle; you're a rider. You feel cooler and like the lyrics to the old Twisted Sister song, Ride to Live, Live to Ride, "You've got to ride to live, live to ride, feel the flames burn inside..." While riding may seem cool, you may even feel cooler as a rider, current Army accident data show, a significant number of fatal motorcycle accidents are due to rider indiscipline, not lack of skill. The Army Progressive Motorcycle Program requires all Soldiers who own or operate a motorcycle to complete four separate training events at specific time intervals defined in Army Regulation 385-10:

- The Motorcycle Safety Foundation Basic Rider Course
- The Basic Rider Course 2, formerly Experienced Rider Course, or Military Sport Bike Rider Course
- Motorcycle refresher training
- Sustainment training

Required follow-on training must be completed within 12 months of completing the BRC, and sustainment training is required every five years. Refresher training is only required if a rider has been deployed more than 180 days. ([More](#))



Equal Employment Opportunity Focus



Army Accepts First Women to Attend School to Become Green Berets

Two female Army officers will make history when they report to Fort Bragg, North Carolina, in their first step toward earning the Special Forces tab and becoming Green Berets. The female officers, whom Army officials declined to identify, could attend their first Special Forces Assessment and Selection (SFAS) class as early as October, though neither has yet received orders for training at Fort Bragg, The Washington Times has learned. Col. Nestor A. Sadler, commandant of the Special Forces Regiment at the U.S. Army John F. Kennedy Special Warfare Center School at Fort Bragg, confirmed that the two female candidates had accepted invitations for the SFAS class. "Two females met the requirements for SFAS and were nominated by the ARSOF [Army Special Operations Forces selection] panel to attend SFAS. One candidate declined her invitation and withdrew from the process. Special Forces Branch asked why. On the last day to accept or decline the invitation, she changed her mind and accepted the invitation to attend SFAS," Col. Sadler said. At a recent Special Forces Association conference in Jacksonville, Col. Sadler said that the Army selection panel had reviewed the application packets of seven female officers. Of those, two were approved for the SFAS class, he said. ([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](#))

First Friday Social Featuring Bur Oak Brewing Company Tap Takeover

Join your Island colleagues **Friday, Aug. 5**, 3-7 p.m., Arsenal Island Clubhouse, 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. – 4 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.



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](#))



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**.

Pokemon Go Players Fall for Phishing Con

The sudden success of Pokemon Go has scammers cooking up ways to cash in on the app's popularity. The latest is a phishing email that fools victims into thinking they need to pay for the game. How the Scam Works: You receive an email addressed to Pokemon Go players. The message reads: "Due to the overwhelming response to our new Pokemon Go app and the need for more powerful servers we can no longer afford to keep your account as free." The developers are now charging \$12.99 a month, and your account will be frozen if you don't upgrade. The email urges you to click a link, log in to the app store and purchase the "full version." Don't do it! The log-in form isn't run by an official app store or Ninatic Labs, the game's developers. It's on a third party site, and it is a way to steal users' passwords. Unfortunately, this is not the only Pokemon Go scam out there. Before the app launched, scammers lured victims with the promise of getting early beta test access to the game. Then, a fake version of the game appeared in some app stores. As long as the app stays popular, scammers will devise new ways to fool players.



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-acs@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.](#)

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. An upcoming class date is **Oct. 25**, 10:30 a.m. – 12 p.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 dates are **Aug. 2**, **Oct. 11**, and **Nov. 10**, 10 a.m. – 12 p.m., 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**, 10:30 a.m. – 12 p.m., 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."

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 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

Working with You Is Killing Me

The workplace can be a volatile environment where people can sometimes rub each other the wrong way. This workshop will help you manage difficult personalities on the job and take control of what you can control in the workplace: You. The next upcoming class dates is **Sept. 15**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. Register on [TEDs](#), or 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**, 10:30 a.m. – 12 p.m., 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.](#)

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.

RIA Army Education Center Commencement Recognition Ceremony

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 14**, 1-3 p.m., at the Arsenal Island Clubhouse. The ceremony begins at 1 p.m. with a reception to follow. All service members who completed a post-secondary degree/certificate during FY16 are invited to participate. The purpose of the ceremony is to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. ACES promotes lifelong learning opportunities and sharpens the competitive edge of the Army through voluntary education. ACES' mission supports readiness and resilience through its services in support of the Total Army family. For more information please contact the Education Center at 309-782-2065.

Defense Commissary Agency / Exchange

C

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](#))

As Students Head Back to Class, Exchange Gives Lessons in Extra Savings

As students and families do their homework on finding the best deals for the new school year, the Army & Air Force Exchange Service is offering military shoppers A-plus savings that effectively double the Exchange's everyday tax-free benefit. As several states roll out "sales tax holidays" on clothing, footwear and other school-related supplies, the Exchange will match local sales tax discounts to offer an additional percentage off (equivalent to the local sales tax rate) select back-to-school items. "At the Exchange, every day is a sales tax holiday," said Air Force Chief Master Sgt. Sean Applegate, the Exchange's senior enlisted advisor. "When families shop for back-to-school supplies during state sales tax holidays, the Exchange benefit becomes even more valuable." ([More](#))

Service Members Transitioning From Active Duty Can Keep Shopping Their Exchange

The Army & Air Force Exchange Service treats active-duty Soldiers and Airmen like family. When service members transition to Individual Ready Reserve (IRR) status, they remain family to the Exchange, keeping the shopping benefit they've earned. "Service members transitioning to IRR status are very much a part of the Exchange family and can still shop at the Exchange, both in-store and online," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "Their Exchange benefit, including tax-free shopping and competitive prices, remains intact during their time in IRR." Service members transitioning from active duty and their families can continue to visit their local main 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. ([More](#))

Commissary Patrons Help Drive Feds Feed Families Support

Last year was a banner year for the Feds Feed Families campaign. The Department of Defense collected more than 3.2 million pounds of food and personal hygiene items for donation to local food banks and pantries. Commissary employees and their patrons contributed almost 50 percent or a whopping 1.6 million pounds of DOD's total. "Our customers are the main driver behind the donations," said Randy Eller, DeCA's deputy director of logistics. "Their contributions have increased our total 66 percent from 2014." The Feds Feed Families campaign, which runs June through Aug. 31 this year, was created as a part of President Obama's United We Serve campaign in 2009. The program was started to help food banks stay stocked throughout the summer, when they typically see fewer donations and increased demand. Through the program, almost 57.2 million pounds of food and other items have been donated by federal employees from all across the federal government. ([More](#))

Exchange Gets Military Shoppers Prepared for New School Year with \$5,000 in Prizes

As the time for back-to-school shopping approaches, military shoppers can start crossing things off their school supplies lists with \$5,000 in gift cards from the Army & Air Force Exchange Service, Hershey and Mars. From **July 22 to Aug. 18**, authorized shoppers worldwide can enter the Hershey & Mars Back to School Sweepstakes for the chance to win one of 10 \$500 Exchange gift cards. "Back-to-school shopping can be as stressful as it is fun," said Air Force Chief Master Sgt. Sean Applegate, the Exchange's senior enlisted advisor. "These Exchange gift cards will help students start the school year off with everything they need to succeed." ([More](#))

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](#))

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 – Aug. 1-7

On Aug. 1, 1917, construction of Shop M, Bldg. 220 began. Shop M was constructed to manufacture field and siege artillery carriages. On Aug. 1, 1962, the Ordnance Weapons Command was renamed the U.S. Army Weapons Command (WECOM). The Battle of Bad Axe massacre of Black Hawk's hostile band of Indians by combined forces of U.S. Regulars, State Volunteers, and friendly Indians occurred on Aug. 2, 1832. The battle ended the Black Hawk War. On Aug. 3, 1865, Col. Thomas J. Rodman assumed command of the RIA. Later he was promoted to brigadier general. He died June 7, 1871. In August 1911, the first Shop Planning Section was established in the front bay, first floor of Shop G.

Healthbeat



In Contract Shift, TRICARE Consolidates Coverage Regions

The U.S. military's TRICARE health care program for families and veterans will consolidate its regions from three to two under a new pair of contracts, officials announced Thursday. The system is currently administered in three regions -- North, South and West -- by three separate contractors.

✂ The new East region will include the District of Columbia; Alabama; Arkansas; Connecticut; Delaware; Florida; Georgia; Illinois; Indiana; the **Rock Island Arsenal area of Iowa**; Kentucky; Louisiana; Maine; Maryland; Massachusetts; Michigan; Mississippi; the St. Louis, Missouri, area; New Hampshire; New Jersey; New York; North Carolina; Ohio; Oklahoma; Pennsylvania; Rhode Island; South Carolina; Tennessee; most of Texas; Vermont; Virginia; West Virginia and Wisconsin. The new West region will include Alaska; Arizona; California; Colorado; Hawaii; Idaho; all of Iowa except the Rock Island Arsenal area; Kansas; Minnesota; all of Missouri except the St. Louis area; Montana; Nebraska; Nevada; New Mexico; North Dakota; Oregon; South

Dakota; west Texas; Utah; Washington and Wyoming. Beyond changing who processes military health care claims and payments for providers, it wasn't immediately clear how the shakeup will impact TRICARE users, including those on TRICARE for Life, if at all. A specific contract start date hasn't been released. ([More](#))

Notes for Veterans



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.

Aug. 2-7: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)

Aug. 4: [Freedom Run 5K](#) (733 15th Ave., East Moline)

Aug. 4: [Party on the Plaza](#) (Figge Art Museum, Davenport)

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. 10-21: [Replica Columbus Ships Niña and Pinta in Davenport](#) (Onieda Landing, 1201 E River Dr., Davenport)

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. 16: [Veteran Employment & Resource Fair](#) (National Guard Iowa Recruiting, 3615 N Brady St, Davenport)

Sept. 16-17: [Our Big Fat Greek Festival 2016](#) (Saint George Greek Orthodox Church, 2930 31st Ave, Rock Island)

Aug. 17: [American Veterans Traveling Tribute](#) (Geneseo City Park, Geneseo, Ill.)

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. 20: [The Great Inflatable Race Quad Cities](#) (Credit Island Park, Davenport)

Aug. 20: [2nd Quad City Pokemon Go Pub Crawl](#) (Downtown Moline)

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: [Quad Cities 3rd Annual Overdose Awareness Walk](#) (Lafayette Park, 700 W 4th St, 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. 8: [Sr. Citizen Riverfront Golf Cart Tour](#) (River Action, 822 E River Dr, Davenport)

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. 15-17: Stand Down 2016 (Rock Island QCCA Expo Center)

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. 22: [Hy-Vee presents Corks FORE a Cause](#) (RiverCenter, 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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