



**Aug. 17, 2015**

# Island Insight

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

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>

## Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Around the Q.C.](#)

## RIA Soldiers Participate In First 'Flightless' Honor Flight

Soldiers from U.S. Army Sustainment Command and First U.S. Army spent the day with World War II, Korean War and Vietnam War veterans during the first flightless Honor Flight, here, Aug. 17. The event gave



veterans who couldn't physically fly to Washington, D.C., the opportunity to see local monuments and enjoy a day of praise and respect for their service. "It's just amazing, the patriotism these veterans are showing," said Bob Morrison, director, Honor Flights of the Quad Cities. "The experience they have today, they'll remember for the rest of their lives." The veterans arrived at the American Legion in Davenport, Iowa, early Monday morning and were introduced to their escort. Each veteran was paired with a Soldier from Rock Island Arsenal who would escort them throughout the day. Soldiers got to know their veteran partners during breakfast after escorting them through the "chow line." ([More](#))

## Upcoming Dates

- Aug. 21-23:** Tribute to Our Fallen, Davenport Memorial Park
- Aug. 22:** NFL Punt, Pass & Kick Competition, Cannon Flats, 10 a.m.
- Aug. 22:** Military Family Fun Night, Longview Park & Whitewater Jntn, 3 p.m.
- Aug. 23:** Croquet Tournament, Quarters One, 2 p.m.
- Aug. 26:** Women's Equality Day Observance, Heritage Hall, Bldg. 60, 12 p.m., Speaker: Paula Sands
- Aug. 27:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Aug. 27:** CHPC Session 2, Wheeler Conf. Rm., Bldg. 350, 9 a.m.
- Sept. 4:** First Friday Social, Lock & Dam Lounge, Bldg. 60, 4 p.m.
- Sept. 8-10:** DA Photos, Bldg. 90, Basement, 7:20 a.m. - 3:40 p.m.
- Sept. 8:** Scream Free Marriage, Session 1, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 9:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11:30 a.m.
- Sept. 9:** Commencement Recognition Ceremony, Heritage Hall, Bldg. 60, 1 p.m.
- Sept. 11:** 9-11 Memorial Walk, TBD
- Sept. 11:** Patriots Day Ceremony, TBD
- Sept. 12:** Battle for the Rock, Fitness Center, 8 a.m.
- Sept. 12:** S★A★M★C "To Hell and Back" 5K/10K Fun Run/Walk, 7 a.m.
- Sept. 15:** Scream Free Marriage, Session 2, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 17:** Exchange/Commissary Advisory Council Meeting, Bldg. 90

## RIA, Quad Cities Honor Spirit of '45 in Ceremony

Members of Rock Island Arsenal and the Quad Cities community celebrated, recognized and honored the "Spirit of '45" during a ceremony at Rock Island National Cemetery, Aug. 16. The Spirit of '45 is a day to honor the men and women who served in World War II, whether they were overseas in uniform or family members at home. The war ended on Aug. 15, 1945 -- a date widely known as "the day the War ended and the healing of the world began." Scott Lamb, director, RI National Cemetery, welcomed guests and gave opening remarks. "Today and throughout the week, communities across America have been paying tribute to these ordinary heroes of the past century by remembering what was achieved for our country and the world, and the incredible sacrifices that they made so many years ago," he said. ([More](#))



## ACC-RI NCO Selected For Promotion, Training Program

In early May, Sgt. 1st Class Kelly Butler, a contract specialist at Army Contracting Command-Rock Island, was selected for promotion to master sergeant. Butler, a native of Lawrenceville, Ga., was one of 15 sergeants first class from the 51C, Acquisition, Logistics and Technology Contracting noncommissioned officer military occupational specialty selected for promotion. Only 6 percent of those considered were selected. "I am still in awe a little bit because I still remember being Pvt. Butler, and I never thought that I would see master sergeant," he said. "I would like to continue to grow as a leader, adapt to the changes of the Army, and make those around me better." ([More](#))



## Vets Not Taking Advantage of Rock Island National Cemetery

Two men worked the silver-gray headstone into the hole in the dark, churned ground over one of the newest graves in the Rock Island National Cemetery, making sure it stood straight and firm. The nearby headstones were also relatively new -- marking deaths from this year and 2014. Beyond them were others, older, row upon row in their thousands. Each was the same silver-gray marble, each with bright flakes that glittered in Wednesday morning's sun. Only the inscriptions broke the uniformity. The cemetery has on average about 20 services per week, Lolly Weihler, the cemetery representative, said. There were three planned Wednesday. "Quite often we'll finish up and have another one waiting," she said. Even with the high volume of burials, she and Scott Lamb, the cemetery director, believe many veterans and their family members who could qualify for burial at the cemetery are not taking advantage of the services it provides: a free burial plot, headstone and outer container for their casket. ([More](#))



## Feds Can Ditch the Drive-Thru With New Per Diem Rates

The General Services Administration released the updated per diem rates for 2016, giving federal employees a little more leeway for meals and lodging when on the road for official business. The new rates — which go into effect on Oct. 1 — give employees a bit more for lodging and update the meal per diem methodology for the first time since the 1980s. The new standard rate — which applies in about 2,600 counties in the continental U.S. — allows employees to get reimbursed for \$89 a day in lodging and \$51 in meals. Some 400 counties have higher reimbursement rates. An interactive map on GSA's website has detailed information for the entire continental U.S. and links

to Defense Department for Alaska, Hawaii and the territories and State Department for foreign countries. ([More](#))

### **Ashley Madison Hack Could Mean Trouble for Some Feds, Troops**

The release of personal information reportedly belonging to more than 36 million members of adultery-focused dating site AshleyMadison.com contains 15,000 email addresses with military or federal government domains, according to a separate online data dump. The unverified totals, posted by Twitter user @t0x0pg and cited by Wired magazine and other media outlets, include 6,788 addresses ending in "us.army.mil," another 1,665 ending in "navy.mil," 809 ending in "usmc.mil" and 206 in "mail.mil." The data dump also includes more than 875 .gov addresses linked to federal agencies, including 44 addresses from the White House domain. The remainder were state and local addresses or obviously fake. The presence of an individual's email account in the leaked files doesn't indicate its owner participated in services offered by the website, which uses the slogan "Life is short. Have an affair." It may not mean the owner even signed up in the first place. ([More](#)) ([Sleeping with Trouble: Extramarital Affairs and Federal Employees](#))



### **Obama Has Until Aug. 31 to Offer Alternate Pay Raise Plan**

Another federal pay raise deadline is looming. The president has until Aug. 31 to formally announce his 2016 pay raise proposal for federal employees. He is expected to propose a 1.3 percent across-the-board pay hike for civilian federal employees – the recommendation he outlined in his fiscal 2016 budget and the amount he has supported so far throughout the year. If the president doesn't inform Congress of his alternative pay plan for feds by Aug. 31, then the increase mandated by the 1990 Federal Employees Pay Comparability Act kicks in.



Under FEPCA, the raise would be determined by the change in the Employment Cost Index minus 0.5 percent. For 2016, that is around 1.8 percent. Presidents, however, largely have ignored the FEPCA formula in their federal pay raise proposals, preferring to offer their own figure, which they are allowed to do under law. Congress created FEPCA, which provides an annual across-the-board salary boost and a locality pay adjustment for General Schedule employees, to close the public and private sector pay gap. Locality pay rates for civilian feds have been frozen since 2010. That is not expected to completely change for 2016, but many federal employees could see a boost because of the Obama administration's decision to create 13 new locality pay areas, effective next year. The Office of Personnel Management, which announced the proposal in June, said it was following the guidance of the Federal Salary Council and the President's Pay Agent in issuing the rule. Obama has received criticism from federal employee advocates for giving historically low across-the-board raises to base pay in recent years -- following three years of no raises at all -- and the new locality pay areas and definitions provide the administration with a different avenue for increasing feds' compensation. ([More](#))

### **Antiterrorism Awareness Month Message: Plan for Worst**

Terrorists have struck military targets in the United States, as well as overseas, and it is likely such attacks will continue. Terrorism experts caution to plan for the worst. Besides the 2006 Fort Hood, Texas, shooting and the 2009 Little Rock, Arkansas, recruiting office shooting, five service members were recently killed as a result of a July 16 attack on a recruiting and reserve center in Chattanooga, Tennessee. Defense Secretary Ash Carter praised the service and sacrifice of the slain

Marines and Sailor during a memorial service in Chattanooga, Aug. 15. "Many of them served abroad, and fought on the front lines of faraway battlefields in places like Iraq and Afghanistan," Carter said. "And here at home, they were serving among the many men and women in uniform, who represent our military communities - in communities across the country, on the front lines of the force of the future." ([More](#))

### **OPM Allows Federal Employees' Group Life Insurance Open Season**

For the first time in 11 years, the Office of Personnel Management, or OPM, is allowing open season and announced new 2016 premiums rates for the Federal Employees' Group Life Insurance, or FEGLI, Program. "FEGLI open seasons are extremely rare, and the most recent open season was in 2004. This is great news," said Steve Beem, Human Resource specialist assigned to the Fort Leonard Wood Civilian Personnel Advisory Center, or CPAC. The FEGLI open season runs from Sept. 1 to 30, 2016. During this time, federal employees, who are eligible, can elect or increase their FEGLI life insurance by submitting an electronic election to their human resources office via logging into their Employee Benefits Information System, or EBIS accounts. EBIS is located at [www.abc.army.mil](http://www.abc.army.mil). ([More](#))



### **Security Passes**

For people with a regular need to enter Rock Island Arsenal, such as the parents of children in the Child Development Center who are not government employees, passes are readily available. Please visit the post Security Office in Bldg. 225 during business hours to allow the staff to conduct a background check and issue a pass. Passes for up to one year are available for those with a regular verified need to visit the Arsenal. The Visitor Control Center has not opened as anticipated due to staffing and construction issues. The Physical Security Division is issuing badges in Bldg. 225, 2<sup>nd</sup> floor, which is accepting information to conduct NCIC III checks and issue badges for access to Rock Island Arsenal. The hours of operation are 6 a.m. – 3:40 p.m., Monday through Friday. POC is [Dale Heiser](#), 309-782-0551 or [usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil). Additional announcements will identify the opening of the visitor control center. Please address any questions to the above number or email address.

### **10<sup>th</sup> Annual Shoes for Veterans Drive**

IowaWORKS – Eastern Iowa's Davenport Center is holding its 10<sup>th</sup> Annual "Shoes for Veterans" Drive **July 1 through Sept. 11** leading up to the bi-annual Quad Cities Bridging the Gap: One Day "Stand Down" for Homeless Veterans. All donations will be distributed to our veterans at the "Bridging the Gap" Quad City Homeless Veterans "Stand Down" **Sept. 17-19** at the Quad City Expo Center in Rock Island. All monetary donations for footwear are tax deductible and will be graciously accepted. Donations of new shoes (or monetary amounts) can be dropped off on Arsenal Island at R.I.A. Federal Credit Union during banking hours, as well as at IowaWORKS – Eastern Iowa, 902 W. Kimberly Road from 8:30 a.m. - 4:30 p.m., Monday-Friday, or can be picked up by veterans representatives [Jennifer Toenjes](#), 563-445-3200 ext. 43348, or [Craig Norris](#), 563-445-3200 ext. 43307.

### **VIOS Schedule for September**

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Sept. 8, 9, & 10**. 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. 21, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 21**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Aug. 28**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



***July & August Blood Drive Hours Extended, Trial Basis:*** "The Mississippi Valley Regional Blood Center drives at Rock Island Arsenal will feature extended hours from 10 a.m. – 3 p.m. for the months of July and August. This is taking place as a trial to see if the extended hours will facilitate and enable more Arsenal Island employees to give who may not otherwise have the time in their schedule.



***Summer Blood Donors Entered into Drawing for a 2015 Jeep Patriot:*** "This summer, you could win a 2015 Jeep Patriot by giving blood with Mississippi Valley Regional Blood Center! It's part of the "Made in the USA" promotion to support the blood supply through the difficult summer months, when the rate of blood donation drops by about 20 percent..

**Also, a slight change in that every donor must present photo ID or a blood donor card to be eligible to donate blood. Arsenal badges are acceptable. 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](#).**

## Walking Tours of Locks & Dam 15 in August

The U.S. Army Corps of Engineers' park rangers from the Rock Island District at the Mississippi River Visitor Center, located at Locks and Dam 15 at the west end of Arsenal Island, will conduct two walking tours of Locks and Dam 15 every Saturday and Sunday; one at 10 a.m., and another at 2 p.m. Each tour will last approximately 30 minutes and is weather dependent. Tour size is limited and proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call 309-794-5338 for information or to register.

## 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 **Aug. 21-23** and is free to the public. Tribute to Our Fallen is staffed around the clock from the opening ceremony, Friday, **Aug. 21**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 23**, at 4 p.m. There are several events scheduled throughout the weekend. The key note speaker is Debbie Lee, GSM/mother of Marc A. Lee, U.S. Navy SEAL, KIA, Aug. 2, 2006. Please invite a friend. Volunteers are always welcome to join on Friday, **Aug. 21**, for setup. In addition, the Mississippi Valley Regional Blood Center will be holding a blood drive from 10 a.m. - 2 p.m. on Saturday, **Aug. 22**, at Davenport Memorial Park during the Tribute to Our Fallen event. ([More](#))

### **Quad-Cities Career Fair, Military, Vets Early Entrance**

Rep. Cheri Bustos, D-Ill., will host the 5<sup>th</sup> Annual Quad-Cities Career Fair from 10 a.m. to 1 p.m. Friday, **Aug. 21**, at the Black Hawk College Gymnasium, Building 3, 6600 34th Ave., Moline. The event is in partnership with the Illinois Department of Employment Security. Qualified individuals will have the opportunity to connect with area businesses and service providers seeking employees. **Early admission for all active-duty military members and veterans will take place from 9-10 a.m.** For further information and to RSVP, visit <http://bustos.house.gov/quad-cities-career-fair>.

### **Croquet Tournament Fundraiser to Help Historic House**

Step back in time for the fourth annual Colonel's Croquet Party on Sunday, **Aug. 23**, on Arsenal Island at 2 p.m. Dress in your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One, next to the Arsenal Golf Club. Teams of two can play in the fun round-robin tournament. Or there will be courts set up to just join in the fun and play croquet with other enthusiasts in the Quad Cities. We are going to have shorter courts for faster play this year. The championship court will still be full-size. Teams in the tournament portion are awarded a point for each wicket they pass through. There will a review of nine-wicket rules before play begins. Players will compete for the coveted Colonel Davenport trophy. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. Hors d'oeuvres, croquet play, wine tasting, and tours of the house are included. This is a rain or shine event. For more information or to purchase tickets, contact Jessica Waytenick at 309-737-4280 or purchase tickets online at [www.davenporthouse.org](http://www.davenporthouse.org).



### **S★A★M★C "To Hell and Back" 5K/10K Fun Run/Walk**

The Rock Island Arsenal Sergeant Audie Murphy Club is having its Inaugural "To Hell and Back" 5K/10K Fun Run/Walk on Saturday, **Sept. 12**, beginning at 8 a.m. at Memorial Field. All participants will receive an event t-shirt. Pre-registration for the event and a listing of start times for the individual events are at [www.getmeregistered.com/tohellandbackrun](http://www.getmeregistered.com/tohellandbackrun). Cost is \$35 per person; active duty are free (however if they want a t-shirt they must purchase it). Packet pick up begins at 7 a.m. Winners will be presented with an award at the end of the run to the top three male and female finishers in the competitive 10K. All proceeds support the SAMC Scholarship Fund.



## NDIA & WID Sponsor Free Day at Putnam Museum

The Iowa-Illinois Chapter members of the National Defense Industrial Association, as well as Women In Defense, are inviting you to a free day at the Putnam Museum, including a free showing of the D-Day movie narrated by Tom Brokaw, on Saturday, **Sept. 12**, 9 a.m. – 1 p.m., to celebrate the NDIA chapter's 70<sup>th</sup> birthday. Included in the events for the day are: • Early entry to the museum for a private viewing of the Arsenal of Innovation exhibit. An exhibit that describes the inventive and innovative spirit of Rock Island Arsenal. • Showing of the movie D-Day Normandy 1944 in 3D. Discover a new perspective on how D-Day changed the world. • Enjoy a lunch of pulled pork, smoked chicken and hot dogs with all the fixings on the balcony overlooking the Quad Cities. • Enjoy all the Putnam exhibits after the official events have been completed. All these events and more are free to Iowa-Illinois Chapter members to celebrate our 70<sup>th</sup> anniversary of promoting national security. The event is free for up to five immediate family members and all children must be accompanied by a parent or guardian. You can sign up for this event by going to the [Iowa-Illinois web site](#) starting Saturday, **Aug. 1**. Further questions regarding this event may be addressed to Bob Radkiewicz at 309-798-8574.



## Vietnam Veterans of America Chapter 299 Golf Tournament

The Vietnam Veterans of America Chapter 299 will have their annual golf tournament on Friday, **Sept. 11**, at the Highland Springs Golf Course, 9500 35<sup>th</sup> Street, Rock Island. The tournament will be a preferred ball 4-nan scramble with a 1 p.m. shotgun start. The entrance fee is \$260 per team, \$65 per person. Cash prizes for 1<sup>st</sup> and 2<sup>nd</sup> place. The entry includes golf, hog roast (roast only \$10), door prizes, complementary keg of beer and sodas after golf, 50/50 raffle, and a commemorative gift. Questions call John Schneck 309-798-1255. ([More](#))

## "Stand Down" Bridging the Gap Hosts Event for QC Homeless Veterans

Bridging The Gap-QCA will be holding a Stand Down for homeless veterans **Sept. 17, 18, & 19**, at the QCCA Expo Center in Rock Island. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. Thirty-plus Quad-City area agencies are expected to attend the event to offer services to homeless veterans to include food, clothing vouchers, haircuts, VA medical, human services, mental health services, legal aid, VA employment assistance, Social Security, VAC's, Vet Center, and goodwill employment services. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect to inspire the hope and strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Iowa Workforce Development "veterans representatives" have ensured that our veterans are well equipped to weather the harsh winter months with winter boots, shoes, coats and clothing donated by residents and businesses of the Quad Cities area and of surrounding communities in Eastern Iowa. The point of contact for the event is [Craig Norris](#), 563-445-3200 ext. 43307.



## U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner

The U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner, this year commemorating the 50<sup>th</sup> Anniversary of the Vietnam War, will be held on Saturday, **Sept. 19**, at 5 p.m., at American Legion Post 26, 702 W. 35th St., Davenport. The dinner is hosted by U.S. Navy Seabees Veterans of America, Island X-2 Davenport, Vietnam Veterans of America 776, Davenport American Legion Post 26, and Eldridge American Legion Post 639. The cost of the dinner is \$10 and the evening will feature door prizes, raffles and a 50/50 drawing. Proceeds go to the Seabees unit who will donate the money to other organizations. Tickets are available at American Legion Post 26 or by calling [Bruce Cheek](mailto:Bruce.Cheek@usnavyseabees.com) at 563-349-4129.



## 8<sup>th</sup> Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8<sup>th</sup> Annual Cards for the Troops. 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. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to: [mssipple1@gmail.com](mailto:mssipple1@gmail.com). Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

## Congressman Lane Evans Celebration

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

## Arsenal Island Employee Local Discounts

*The following discounts are exclusively available to Arsenal Island employees —* **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 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 3<sup>rd</sup> St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

# Arsenal Traffic/Construction



## **Pending Moline Bridge Closure**

Due to changes in state requirements, work on the Moline Bridge originally scheduled to begin on Aug. 17 will be delayed approximately three weeks. Moline officials confirmed that the work would be delayed, after originally contacting the Arsenal with that start date. Additional information about a future closure will be provided when it is available.

## **Parking Lot Restriping to Occur From August through October**

During **August through October** DPW will be restriping parking lots on the installation. This will include improvements for accessible parking near visitor locations as discussed here: • Convert existing visitor parking spaces into accessible spaces in Lot 1R, the courtyard of Bldg. 110. Spaces will serve health clinic patrons. • Convert open parking into two accessible spaces in the NE corner of Lot 1O. Spaces will serve visitors to the ball fields and events in Memorial Park. • Convert open parking in lot 1U into a total of four accessible spaces; two located near the newer accessible playground and two located near the pavilion. Spaces will serve Memorial Field visitors. Striping in other parking lots will be similar to existing. Striping will be done during times when parking lots are typically vacant and cones or warnings will be posted in work areas.

## **Building Demolition Notification**

The Rock Island Arsenal Garrison began demolition of eight structures on July 27, which will last until Sunday, **Jan. 31**. Buildings 82, 105 and 157 will have temporary fencing with warning signs around the site perimeter during demolition. The other buildings are remote or away from public encroachment and will not be fenced, but signs will be installed warning of the demolition. Demolition of Bldg. 82 will occur approximately Monday, **Aug. 17-28**. Demolition of Bldg. 157 is planned for Monday, **Aug. 31**, through Friday, **Oct. 2**; during this building demolition the east section of Parking Lot 1K will be closed. Reserved parking impacted by this project will be relocated as close to the entrance of Bldg. 110 as possible. Specific dates for demolition of other buildings are not known at this time. Pedestrians and drivers should not enter demolition zones and should be vigilant of extra traffic and equipment during demolition.

## **Rock Island Viaduct Sidewalk Closed to Pedestrians**

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

## Building/Space Closures



### Elevator Closures in Bldg. 390

Effective July 27, the U.S. Army Corps of Engineers, Louisville District, took the freight elevator out of service in Bldg. 390. Closure is required to install new upgrades which will allow the elevator to be used as both a freight and passenger elevator. Duration of work is expected to last approximately two months. Upon completion of work, the freight elevator will be placed back into service and the passenger elevator will then be taken out of service to allow for upgrades and modernization. Completion of work on the passenger elevator is expected to be complete by the end of October. ASC Pamphlet 690-2 provides the policies and procedures to be used when the elevators are out of service.

## Active Duty/Reserve Zone



### Military Family Fun Night

Attention military families – round up the kids and bring the whole family out for a night of fun and food Saturday, **Aug. 22**, at 3 p.m., at Longview Park & Whitewater Junction, courtesy of Army Community Service and our sponsor, the Rock Island Arsenal Chapter of the Association of the United States Army. The picnic starts at 3 p.m. and will include lots of fun games and activities followed by swimming at Whitewater Junction from 6-8 p.m. All of this is free to military and their families but you must register by **Aug. 16** by calling 309-782-3049 or emailing [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil). ([Flyer](#))

### Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense. Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free



An Operation Appreciation initiative from Blue Star Families in partnership with the National Endowment for the Arts.

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

## Battle for the Rock

The Battle for the Rock - Modern Army Combatives Program Tournament, sponsored by Army Sustainment Command and First Army, will take place **Sept. 12** at the Rock Island Arsenal Fitness Center kicking off at 8 a.m. Championship bouts starting will be 2-4 p.m., with the awards presentation immediately following last bout. Participants should include Soldiers and teams on Rock Island Arsenal and in the general area. (Team size will not exceed 14 Soldiers; teams can have a maximum of two fighters per weight class). Registration forms must be received no later than **Sept. 10**. Weigh-ins will be **Sept. 11**, 10 a.m. - 12 p.m., at the Fitness Center. All registrations must be scanned and emailed to [david.r.stephenson8.mil@mail.mil](mailto:david.r.stephenson8.mil@mail.mil) or mailed to United States Army Sustainment Command, WODA USA SUSTAINMENT CMD, 390 / Rm HHC Command Suite Basement SW, Rock Island, IL 61299, ATTN: SFC Stephenson. For more information call 309-782-3234.



## Military 4-H Scrapbooking SPIN Club

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

---

## Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



### Motorcycle Riding Courses

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

- Military Sport Bike Riding Course: **Sept. 22** (one eight-hour day)
- Basic Motorcycle Riding Course: **Sept. 23-24** (two eight-hour days)

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

Note: Each course is limited to 12 riders. If a minimum number of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If the need exists for additional classes or you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email [nancy.l.carlson.civ@mail.mil](mailto:nancy.l.carlson.civ@mail.mil) or [michael.j.chaplin.civ@mail.mil](mailto:michael.j.chaplin.civ@mail.mil), respectfully.

# Equal Employment Opportunity Focus



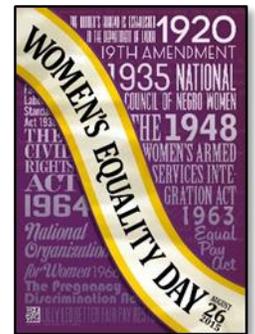
## EEOC Issues Updated Federal Sector Guidance

The U.S. Equal Employment Opportunity Commission issued an update of its Management Directive 110 (MD-110). The revised MD-110 is available on the EEOC's website at [www.eeoc.gov/federal/directives/md110.cfm](http://www.eeoc.gov/federal/directives/md110.cfm). The new MD-110 provides federal agencies with updated Commission policies, procedures, and guidance relating to the federal sector complaint process as set forth in 29 C.F.R. Part 1614. This is the first major revision to MD-110 since 1999 and reflects new developments in case law, as the federal workplace and EEO practices have evolved. The revised directive also includes changes required after EEOC amended certain sections of the regulations governing the federal sector Equal Employment Opportunity process in 2012.

[\(More\)](#)

## RIA Women's Equality Day Observance

The Army Sustainment Command Equal Opportunity Office presents and cordially invites the Arsenal workforce to the Rock Island Arsenal Women's Equality Day Observance on Wednesday, **Aug. 26**, in Heritage Hall, Bldg. 60, at 12-1 p.m. The guest speaker is Paula Sands, who is celebrating her 33<sup>rd</sup> anniversary at KWQC-TV6 this year; she has spent her entire life and career in the Quad Cities. Sands is the host of Paula Sands Live in the afternoon, as well as a co-anchor of the evening news. After a diagnosis of Ovarian Cancer in 2011, Sands shared her journey of treatment and recovery; encouraging others along the way. According to the Ovarian Cancer National Alliance, ovarian cancer accounts for approximately three percent of cancer among women. It is the ninth most common form of the disease and the fifth leading cause of cancer-related deaths among women. The Arsenal workforce can sign up in [TEDs](#), keyword "Women's Equality." For additional information or accommodations please contact [Sgt. First Class Marion Wilson](#), Equal Opportunity Advisor, Army Sustainment Command, at 309-782-3021.



# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### New Friday Morning Session of Popular WERQ Group Fitness Class

Get up early on Fridays and end the week right with an early morning session of our popular WERQ dance fitness class from 5:30-6:15 a.m. Call 309-782-6787 for more info on this or any of the other group fitness classes at the Fitness Center, [or visit the website](#). ([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. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. [The menu is available here](#).

### Paintless Dent Repair

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

### Paintless Dent Repair

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **Sept. 16**, 9 a.m. - 2 p.m., 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](#))

### Quad Cities Marathon Volunteers Needed

Seeking volunteers for the Quad City Marathon to help with water stations, traffic control, and key locations to assist the runners with course directions. All volunteers will be used on Arsenal Island for this leg of the marathon. Volunteers will receive a free t-shirt. If interested, please contact Desiree Aidala at the Fitness Center, 309-782-6789.

Date: **Sunday, Sept. 27**

Time: **7 a.m. – 1 p.m.**

# 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](#))

## Leisure Travel & Outdoor Recreation Closures

The Leisure Travel Office and Outdoor Recreation will be closed for mandatory training.

Date: **Wednesday, Oct. 7**

Time: **8:15 a.m. - 12:15 p.m.**

## Leisure Travel & Outdoor Recreation Closure

Leisure Travel and Outdoor recreation will be closed from 8:15 a.m. - 1:15 p.m. for mandatory training.

Date: **Wednesday, Oct. 14**

## COMNAV Tickets

The Leisure Travel Office will not be taking orders for Walt Disney or Universal tickets from Wednesday, **Sept. 16-23**. Ticket vendor will be closed for audit. All E-tickets can be ordered still. Questions call 782-5890.

## Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to [WavesofHonor.com](http://WavesofHonor.com) to register for and obtain your free tickets. \*These tickets must be obtained online only\*

## Ringling Bros and Barnum & Bailey Circus

Behold the living legends! Ringling Bros. and Barnum & Bailey® brings the unbelievable to Children of All Ages in an all-new show. Opening night all seats are \$13. Call Leisure Travel for more information on dates, times and seating at 309-782-5890. Discounted tickets on sale until Friday, **Aug. 28**.

Date: **Friday, Sept. 4**

Time: **7 p.m.**

## Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

## Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want

to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

### **Disney LIVE! Three Classic Fairy Tales**

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

### **Circa 21 Presents: Route 66**

Circa '21's tradition of presenting musicals that feel as comfortable as your favorite sweater, Route 66 is a new romantic comedy featuring a catchy story, with songs and clever down home lyrics that move to the rhythm of America. Leisure Travel has discounted seats on sale until **Oct. 2**.

Date: **Saturday, Oct. 17**

Time: **6 p.m.**

### **Adventureland Ticket Supply Exhausted**

The Leisure Travel Office has sold out of their yearly supply of Adventureland tickets but we still have Six Flags Great America tickets and we also have Six Flags Fright Fest Tickets. Call 309-782-5890 for more info and to reserve your tickets.

### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre**

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

### **Choice Hotels**

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.

[www.choicehotels.com](http://www.choicehotels.com)

---

## **Child, Youth & School Services**



### **NFL Punt, Pass & Kick Competition**

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 22**, 10 a.m., at the Cannon Flats Rec. Area (Moline Gate), for children ages 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150

to fill out a paper form. The top finishers in each age group will advance to a sectional competition. Call 309-782-0511 for more info. ([Flyer](#))

### **Covenant Cottage Child Development Home**

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

### **Scream Free Marriage Course**

This free class conducted on Tuesdays, **Sept. 8, 15, 22 & 29**, 5-7 p.m., in the Army Community Service Training Room (Bldg. 110), will provide participants with new skills and techniques to assist them in effective communication with their partner. Four sessions are offered for this course, check the flyer for specific class topics and RSVP by calling 309-782-0829. ([Flyer](#))

### **Newcomers Orientation & Tour**

Are you new to the Arsenal or do you have new employees or Service Members in your office? Make sure to get them/yourself signed up for our next Newcomer's Orientation and Tour on Thursday, **Aug. 27**, 8 a.m. - 12 p.m., at the Arsenal Island Clubhouse. The briefings and info on the tour will include everything a new employee needs to know to successfully transition to the Rock Island Arsenal and the surrounding Quad Cities and make their new home feel like home. This free service includes breakfast and lunch courtesy of our sponsor, Rock Island Arsenal Federal Credit Union. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

### **Advanced Résumé Training Class**

Learn how to tailor your résumé for Federal employment Friday, **Sept. 4**, 1:30-3:30 p.m., in the Army Community Service Training Room (Bldg. 110). This class is intended for spouses, but is open to all service members, Retirees, DA civilians and their family members. RSVP required by **Aug. 28** by calling 309-782-0829 or emailing [usarmy.ria.imcom-central.mbx.usag-acs@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-acs@mail.mil). ([Flyer](#))

---

# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

## Posttraumatic Stress Disorder – August 2015

Posttraumatic Stress Disorder has been receiving greater attention in recent years as reports of the high incidence of the disorder among military service members returning from deployments in Iraq and Afghanistan have increased awareness. However, people experiencing a traumatic experience in a war zone are not the only people who can develop PTSD. PTSD affects approximately eight percent of the United States population. Between a quarter and one-third of people who experience a significant trauma will develop PTSD (*National Center for PTSD*). Significant traumas can come from an assault or violent attack, combat, natural disaster, or vehicle crash. Symptoms of PTSD, which can occur any time after the event, include: re-experiencing the event, having recurring nightmares, avoiding reminders of the event, being less responsive, feeling detached and less interested in life activities, increased arousal, having angry outbursts, or difficulty sleeping (*National Center for PTSD*). The good news is if you or someone you know has been experiencing symptoms such as those described above, treatment is available. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of free and confidential counseling and referral services. Schedule an appointment with an EAP counselor by calling 309-782-4357. Masters-level counselors can provide information, short-term counseling, and referral services. If you have any questions about PTSD, talk it over with a trained professional at the EAP. You can also access an anonymous screening at [www.militarymentalhealth.org](http://www.militarymentalhealth.org).

---

# Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more](#).

## Date Change for the Annual Commencement Recognition Ceremony

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 9**, in Heritage Hall, Bldg. 60. The ceremony begins at 1 p.m. with a reception to follow. Any Soldier who has graduated during FY15 is encouraged 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. Please contact the Education Center at 309-782-2065.

## **Employment-Education Event at Rock Island Arsenal – Sept. 29**

Active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members – mark your calendars now. The Directorate of Human Resources, U.S. Army Garrison, will be hosting the Semi-Annual Employment-Education Event, on Tuesday, **Sept. 29**, 9:30 a.m. – 1 p.m., in the Heritage Hall, Bldg. 60. More than 50 employers from throughout the Midwest as well as many academic institutions and Veterans Service Organizations are expected to be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. Please come ready; have resumes to hand out and be appropriately dressed. 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. VSOs will be available to assist with resources, benefit information, and resume development. If you would like individual resume or interview training prior to attending this event and you are an active duty or retired service member or eligible Family member, you may contact [Chris Gegenheimer](#), Army Community Services, at 309-782-0815. Any questions about the event can be directed to [Sharon Lampert](#), 309-782-7780 or Lafayette Ausborn, 309-782-4799. Don't let this great opportunity pass you by.

## **Area Schools to Visit RIA**

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Eastern Iowa Community College, **Sept. 3**.



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

---

# Arsenal Archive

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

## Rock Island Arsenal Historical Society Meeting

The Rock Island Arsenal Historical Society will start off its 2015-2016 season with a picnic Thursday, **Sept. 3**, at 6 p.m., at the Memorial Field Pavilion. This event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Kathy Wine, executive director from River Action, who will give us an update on building a bridge span as the replica of the "first bridge" to cross the Mississippi River in the Quad Cities. The picnic menu will include fried chicken, baked beans, pasta salad, rolls, chips, cookies and coffee, tea and/or water, prepared by the Arsenal Island Golf Clubhouse, all for \$8, including tax and tip. For reservations call Monica at 563-650-4349 or Linda at 563-355-6165 or email [chiicaliinda@aol.com](mailto:chiicaliinda@aol.com). Reservations are due on Monday, **Aug. 31**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

## This Week in Rock Island Arsenal History – Aug. 17-30

During World War I in the month of August 1918 the Rev. M. E. Krotzer, Presbyterian from LeClaire, Iowa, spent his vacation at the RIA working as an inspector in Shop O, a patriotic measure.

---

# Healthbeat

## Keep In Step to Stay Active and Healthy

Get up, get out and get moving! This is what the World Health Organization recommends as part of their global strategy on physical health and activity. Regular physical activity can reduce your risk of hypertension, diabetes and depression, and it can improve your bone health and cardiorespiratory and muscular fitness. As the summer season ends, do not let the changes in weather and daylight keep you from staying active. Commit to maintaining your health through regular activity during all the seasons of the year by not limiting your idea of physical activity. Leisure time events, transportation, occupational tasks, household chores, play, games, sports, and planned exercise throughout your daily, family and community activities all count. According to Army colonel David Bitterman, "Your work hours and family commitments may challenge you, but it is all about making a decision to take control of your own life, and sticking with it. It's about rounding up your family on the weekends and visiting Enchanted Rock State Park, or walking the Mission Reach Trail, or playing soccer with your kids instead of watching them play." ([More](#))

## Army Immunization Program

The Army immunization program is a positive, direct, and specific approach to disease prevention and control. This program, as it developed, represented a very considerable expansion of the application of immunization procedures in the Army. Currently, the Immunization Healthcare Branch of the Defense Health Agency synchronizes, integrates, and coordinates immunization policies and other immunization-related activities for all DOD components. Immunizations are the best protection against vaccine preventable disease, and have saved more lives than any other medical measure in history. In their "Ten Great Public Health Achievements," the Centers for Disease Control and Prevention (CDC) estimates that the routine childhood immunization schedule can prevent up to 42,000 deaths and 20 million cases of disease for every 4 million children who are born. Morbidity from vaccine-preventable diseases has fallen 90 percent or more since the mid-20th century. Flu season can be dangerous, unpredictable, and degrade force readiness and the Army's mission. Army Medicine is committed to ensuring that every Soldier, Family member, DA Civilian, Army retiree and healthcare provider receives the vaccines they need to stay healthy. ([More](#))

---

## Notes for Veterans



### VA Launches New No-Cost Training Programs

The Department of Veterans Affairs today launched two new no-cost training programs, Accelerated Learning Programs and VA Learning Hubs, to help transitioning Servicemembers and Veterans from all eras learn skills, earn credentials, and advance in civilian careers following separation from service. ALPs and Learning Hubs are part of VA's Veterans Economic Communities Initiative, promoting education and employment opportunities for Veterans through integrated networks of support in 50 cities. VA launched the VECI program in response to President Obama's August 2014 challenge to help Veterans and families integrate with their communities and find meaningful jobs that can lead to economic success. Under VA Secretary Robert McDonald's MyVA transformation, VECI is now in place in cities across the United States. "My message to transitioning Servicemembers is simple: Plan early and stay engaged, because transition is the mission," said McDonald. "These two new resources provide no-cost opportunities for our transitioning Servicemembers and Veterans to learn new skills and earn credentials, which can increase their competitiveness during their transition." ([More](#))

---

## Around the Q.C.



**Aug. 21-23:** [Tribute to Our Fallen](#) (Davenport Memorial Park)

**Aug. 22:** [2<sup>nd</sup> Annual LIVEFIT with Lupus Golf Outing](#) (Palmer Hills)

**Aug. 28-29:** [River Roots Live](#) (Downtown Davenport)

**Aug. 28-30:** [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)

**Aug. 29:** [Art Exhibit and Wine Tasting "all white attire"](#) (Rock Event Center, Coal Valley, Ill.)

**Sept. 5-6:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 5-7:** [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)

**Sept. 11:** [Salute to First Responders - featuring Singer/Songwriter Rissi Palmer](#) (Col Ballroom, 1012 W 4th St, Davenport)

**Sept. 12:** [Battle for the Rock](#) (RIA Fitness Center)  
**Sept. 12:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)  
**Sept. 12:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)  
**Sept. 12:** QC Talent Show (QC Music Guild, Rock Island)  
**Sept. 12-13:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 18-19:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)  
**Sept. 19:** [Brew Ha Ha](#) (LeClaire Park, Davenport)  
**Sept. 19-20:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)  
**Sept. 27:** [Quad Cities Marathon](#) (downtown Moline)  
**Sept. 25-27:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)  
**Oct. 3:** [Gigi's Run](#) (Veteran's Memorial Park, Bettendorf)  
**Oct. 4:** [SmokeEater Scramble](#) (Riverdale, Iowa)  
**Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)  
**Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 29:** [Fright Night](#) (The District, Rock Island)  
**Oct. 24:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)  
**Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)  
**Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)

---

## Island Insight



**Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor**

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

