



Aug. 22, 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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Department of the Army Working Group Synchronizes Future Ammo Requirements

The Joint Munitions Command's Demand Planning Directorate hosted a semi-annual Total Army Ammunition Authorization and Allocation Committee working group meeting here, Aug. 16-18. Senior leaders from Department of the Army Headquarters co-chaired the three-day TA4C working group, which included personnel from JMC, the Program Executive Office for Ammunition and other Army commands involved in the various aspects of managing ammunition. The goal of the mission-critical working group was to synchronize ammunition requirements throughout the Army, based on operational and training requirements and supply availability. A total of 568 conventional ammunition items, ranging from small-caliber ammunition to large-caliber artillery rounds were reviewed. Col. Joseph D. Blanding, JMC Chief of Staff, provided opening remarks and welcomed the working group attendees. He emphasized the importance of the working group's efforts to forecast ammunition requirements for both training and overseas contingency operations. ([More](#))



Upcoming Dates

- August:** Anti-Terrorism Month
- Aug. 22-26:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Aug. 22-25:** SFL-TAP, Bldg. 56, 1st Fl., Rm. 122, 8 a.m. – 4:30 p.m.
- Aug. 23:** Assertiveness Training, EAP, Bldg. 56, 1st Fl., Rm. 104, 10:30 a.m. - 12:30 p.m.
- Aug. 24:** Feds Feed Families, Rock Island Gate, 6-9 a.m.
- Aug. 25:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.
- Aug. 25:** Women's Equality Day Observance, Bldg. 60, Heritage Hall, 12-1 p.m.
- Aug. 25:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- Sept. 1:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- Sept. 1:** RIA Historical Society Picnic, Arsenal Island Clubhouse, 6 p.m.
- Sept. 2:** First Friday Social, Lock and Dam Lounge, 3-7 p.m.
- Sept. 3:** NFL Punt, Pass, and Kick, Cannon Flats, 10 a.m.
- Sept. 7:** Employment Education Event, Bldg. 60, Heritage Hall, 9:25 a.m.
- Sept. 8:** Grief Support Grp, EAP, Bldg. 56, 1st Fl., Rm. 104, 12:30-1:30 p.m.
- Sept. 9:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Sept. 9:** Ghost Hunters Dinner Tour, Quarters One, 5:30 p.m.
- Sept. 13-14:** SFL-TAP, Bldg. 56, 1st Fl., Rm. 122, 8 a.m. – 4:30 p.m.
- Sept. 13:** CHPC Quality of Life Working Group, Bldg. 90, Rm. 25, 1-2 p.m.

Pentagon to Open Online Exchange Shopping to Vets in 2017

A Defense Department retail board has given the green light to a plan to open online exchange shopping to all honorably discharged veterans, with hopes of starting the program on Veterans Day in 2017. The move, originally proposed by the Army and Air Force Exchange Service in 2014, was approved by the Executive Resale Board early this month. The board unanimously voted to ask the Pentagon to update its policy regarding patronage rules. Pentagon officials confirmed that the proposal is still under consideration. The board's decision was announced in an Aug. 12 email newsletter from the American Logistics Association, which lobbies on behalf of companies that do business with the exchange and commissary systems. Opening the Exchange to the about 20 million honorably discharged U.S. veterans comes with a strong business case, Exchange officials have said. ([More](#))



DoD Promotes Suicide Prevention Through Work With Media, Other Groups

The Defense Department is working with media, nongovernmental organizations and the federal sector to focus on suicide prevention. In a media roundtable here today, Keita Franklin, director of the Defense Suicide Prevention Office, moderated the event with members of the media, the U.S. Department of Veterans Affairs, the National Organization of Broadcasters and the Entertainment Industries Council in attendance. The roundtable was an effort to encourage people to seek help when they are in crisis, and call the Veterans Crisis Line 1-800-273-8255. “September is Suicide Prevention Month,” Franklin said, “... but make no mistake; it’s an all-year, all-hands effort all the time. In September we will push off a year-long campaign in collaboration with the VA ... with the theme, ‘Be There.’” ([More](#))



FEGLI Open Season Procedures Described

OPM has released details regarding the procedures to be used for those who wish to make changes in their life insurance coverage—including initially enrolling—during the rare FEGLI open season that will be conducted over the month of September. During that period—triggered by premium rate changes that took effect at the start of this year—employees who are not enrolled can elect FEGLI basic coverage as well as any or all of the optional coverages, while those already enrolled can increase their coverage, up to the maximum available. No physical exam or other proof of insurability will be needed. Elections are to be made by filing a new FEGLI election form (SF-2817) or its electronic equivalent, and selecting all the desired coverage (not just the coverage to begin or add; any coverage not specified on that form will be considered waived/canceled). Employees who do not wish to change their coverage will not have to do anything. The open season does not apply to retirees, except those working as rehired annuitants and “phased” retirees. ([More](#)) ([Life Insurance and the FEGLI Open Season](#))



HR Command Integrates Branches to Improve Efficiency, Communication

Sometimes streamlining for efficiency is as simple as bringing all the players together. That was the thinking behind the Army Human Resources Command's move in April to functionally integrate three separate branches into a single division tasked with managing the careers of some 5,000 sergeants major and command sergeants major. The previously separate Command Management Branch and the former Sergeant Major Branch were merged to form the Sergeant Major Management Division, or SMMD, said Sgt. Maj. Eric



Thom, the division's first chief. In addition, the Nominative Sergeant Major Program Office, or NSPO, formerly known as the Sergeant Major Management Office, while it remains located in Arlington, Virginia, was also pulled in under SMMD to integrate the career management of all active duty E9s. ([More](#))

GSA Updates Per Diem Rates For 2017

Federal employees traveling for work will get a little more money for lodging under the new 2017 per diem rates released by the General Services Administration on Aug. 12. Traveling feds can get reimbursed for up to \$142 a day in expenses: \$91 for hotels — up from \$89 per night in 2016 — and \$51 for meals and incidentals, the same as the current rate. These rates are set for the entire continental U.S., save for about 350 nonstandard areas like cities and major metropolitan areas where prices tend to be higher. The new per diem limits take effect Oct. 1, 2016. ([More](#))



'Feds Feed Families' Food Drive

On **Wednesday, Aug. 24**, the Rock Island Arsenal will host the last of four food drives as part of the 8th Annual "Feds Feed Families" Food Drive at the Rock Island Gate from 6 a.m. – 9 a.m. All food donated will be given to the River Bend Food Bank during this nation-wide 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 are still having an Island-wide competition, but there is a drive through drop of point on **Wednesday mornings in August from 6 a.m. – 9 a.m.** Boxes with unit or tenant names are on site and donations are placed in the appropriate box at the time of drop off. **Aug. 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. ([Flyer](#)) ([DoD Special Report](#))



Army Voting Assistance Program

The Army Voting Assistance Program informs and educates Soldiers and their eligible dependents on their right to vote. The goal is to encourage the Army community to participate in the nation's voting process. The Army has appointed Voting Assistance Officers to provide assistance to Soldiers, eligible family members and Department of the Army Civilians. VAOs assist in the voting process to ensure registration and voting materials are available to all eligible Army voters stationed worldwide. They help the Army voters to register, request an absentee ballot and cast their vote. In addition, the Military Postal Service Agency has fielded a special ballot return label, which allows voters to track their completed ballot from their overseas location, all the way to their local election official. As part of this program, the MPSA and the U.S. Postal Service will provide free express mail service for returning ballots during the period lasting from Sept. 1 through Nov. 8, 2016, to ensure everyone has the opportunity to have their vote counted. ([More](#))



Arsenal Fuel Station Closure

The Rock Island Arsenal fuel station will be closed all day for dispensing on **Wednesday, Aug. 24**, for maintenance. Please plan refueling requirements accordingly.

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. 23: Taco Salad — \$5.99

RIA Power Outages, Aug. 27, 28

The Directorate of Public Works will conduct a power outage for buildings 108, 109, 110, and 112 on **Saturday, Aug. 27**, beginning at 6 a.m.; as well as for buildings 60, 61, 62, 73, 75, and 360 on **Sunday, Aug. 28**, beginning at 6 a.m. Expected duration each day is 8 hours. The purpose of this outage is to perform annual electrical maintenance.



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, Sept. 9 and 16, 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



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."



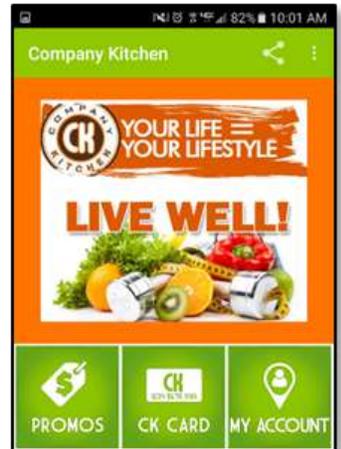
The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

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. With the CK App, you can:

- Receive specials and deals available only to CK Mobile App users
- Use your phone to make purchases from CK Market
- Load funds to your CK Account
- Check your balance
- Much, much more

For questions regarding the app, please see the F.A.Q section inside the app or email rockisland60@tafoodservices.com.



Antiterrorism Awareness Month

August marks the U.S. Army's seventh annual observance of Antiterrorism Awareness Month. The wide range of terrorist-related threats during the past year reflects the realities of the risks faced by the nation. To help prevent terrorist activities, Army communities must remain vigilant and constantly aware. The focus areas for Antiterrorism Awareness Month include recognizing and reporting suspicious activity (through iWATCH Army and iSALUTE programs), antiterrorism awareness training and information sharing, countering insider threats, and spreading awareness of the risks associated with the use of social media. ([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](#)

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](#))

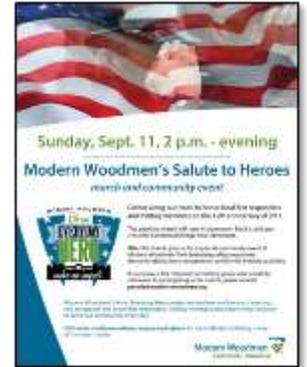


Shoes for Veterans

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.



QC Honor Flight Set for Sept. 15, Oct. 27

The Quad-City Honor Flight Hub has announced it is now accepting Vietnam veterans for the group's third and fourth flights this year. Applicants must have served between Feb. 28, 1961 and May 7, 1975, to be considered a Vietnam War Era Veteran. The program operates on donations from individuals and organizations. Volunteers plan and coordinate the flight events. All flights depart on a non-stop charter from the Quad City International Airport to Washington D.C., and return at approximately 10 p.m. the same day. Trained guardians are assigned to the veterans to ensure they have a safe, memorable, and rewarding experience. Vietnam veterans within a 75 mile radius of the Quad Cities are encouraged to apply. They must submit an application along with a copy of their DD-214 (available at <http://honorflightqc.org/application-forms>). Applicants are cell 4-8 weeks prior to the honor flight date to advise them they have been selected for the next scheduled flight. Applications are dated in the order they are received. Additional information is available on the Internet at www.HonorFlightQC.org or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, Sept. 15**, and **Thursday, Oct. 27**.



Ghost Tales at the Colonel Davenport House on Sept. 24

Kick off the Halloween season as the Colonel Davenport Historical Foundation presents "Ghost Tales" with spooky stories told by local storytellers on the grounds of the Colonel Davenport House on Arsenal Island at 7 p.m. on **Saturday, Sept. 24**. Admission for this family-friendly event is \$6 for adults; \$4 seniors; and 12 and younger/active military are free. Enjoy the refreshments for sale. Don't forget to bring a lawn chair or blanket. (Rain location: nearby picnic pavilion just east of the house.) Come before the main event to get a complimentary guided tour of the Colonel Davenport House beginning at 5:30 p.m.

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.

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.

Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, **Saturday, Oct. 15**, 7:30 a.m. to 12:30 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. A photo I.D. is required for all personnel to access the installation. If you need a new/updated I.D. Card, call 309-782-0596 for an appointment. Submit registration no later than **Friday, Oct. 7**. Registrations can be emailed to qcmrad@gmail.com. Additional information is available by calling 563-508-5123. ([2016 Midwest Retiree Appreciation Days Registration Form](#))



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

Update Island-Wide Work Force Notice on AIE System

Effective Monday, Aug. 15, the Garrison implemented a new ID scanning system called Automated Installation Entry, which is checking for open wants and warrants. The new system requires about 10 seconds to register CAC cards. In order to mitigate the impact of the AIE system to incoming traffic, guards are scanning and registering CAC cards in every other vehicle and then physically inspect the ID's of the other cars during the peak traffic time of 5:30 a.m. - 8:30 a.m. On **Monday, Aug. 22**, the Garrison started full registration of all incoming vehicles in the AIE System. Physical security may temporarily cease AIE scans and manually check ID's if they deem it necessary.



Government Bridge Closures

The Iowa Interstate Railroad will make repairs on the railroad over the Government Bridge. This will necessitate some closures of the Government Bridge and effect traffic crossing the Bridge.

- Between **Wednesday, Aug. 10, and Friday, Sept. 16**, 9 a.m. to 2 p.m., Monday through Friday, expect intermittent single-lane closures for vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic.

- On weekends, **Saturday & Sunday, Aug. 27-28**, as well as **Saturday & Sunday, Sept. 10-11, 6 a.m. - 6 p.m.**, the Government Bridge will be closed to vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic.

- Beginning **Wednesday, Sept. 14, at 5 a.m., until Thursday, Sept. 15**, at 5 a.m., the Government Bridge will be closed to vehicle, pedestrian, bicycle, navigation and rail traffic. Barricades, signs, and flagman will be used to warn, direct and detour traffic during closures. The local media will be informed of the closures for public announcement.

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.

Partial Moline Bridge Closure to Limit Access via River Drive to Moline Gate

The City of Moline's Public Works Engineering Division has informed the Garrison that it will close the City's portion of the Moline Bridge from **Monday, Aug. 15, through Friday, Sept. 16**; necessitating all Arsenal Moline-Gate traffic entering and leaving the Island to use River Drive in Moline.

Notice for Repair of Gillespie Street

On **Monday, Aug. 15**, the Directorate of Public Works began making repairs to Gillespie Street. The work is being accomplished in multiple phases. Phase I includes the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II is from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately four months depending on weather. Orange safety fence are installed around the perimeter of the work area. Signs and barricades are in use to detour traffic. Please use caution when traveling near the area.

Pershing Street West Closure

Pershing Street West is closed to both traffic and parking for required utility work from **Monday, Aug. 22, through Friday, Sept. 2**. The only traffic allowed on the road during this time period are construction vehicles. Barricades and signs are posted to warn and control vehicular and pedestrian traffic.

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.

Active Duty/Reserve Zone



All Officers Selected For Promotion Now Vetted For 'Exemplary Conduct'

A change to Army regulations, published July 18, ensures that officers selected by boards for promotion are vetted for mental, physical, moral, and professional fitness, and that they meet the standards for exemplary conduct laid out in U.S. law, before their names are forwarded to the Secretary of the Army for his certification. While the Army has always vetted officers for this kind of moral fitness through investigations meant to uncover any adverse and reportable information that might render them unsuitable candidates for promotion, that vetting was not happening before the names of those officers were sent up to the secretary of the Army, the secretary of Defense, and the Congress. Instead, that vetting was happening often at the same time that senior Army, Defense and congressional leadership were considering those named as candidates for promotion. ([More](#))

President Proclaims 'National Employer Support of the Guard and Reserve Week'

Calling upon all Americans to join him in expressing thanks to the members of the National Guard and Reserve and their civilian employers, President Barack Obama yesterday signed a proclamation declaring August 21 through August 27, 2016, as National Employer Support of the Guard and Reserve Week. Obama also called on state and local officials, private organizations and all military commanders to observe this week with appropriate ceremonies and activities. Here is the full text of the president's proclamation: For more than two centuries, brave patriots have given of themselves to secure our fundamental rights to life, liberty, and the pursuit of happiness -- and in times of both war and peace, members of the National Guard and Reserve have stood ready to don our uniform, answer our Nation's call, and protect our way of life. This week, we recognize the important role played by the families, employers, and communities of these men and women in ensuring they can step forward and serve our country when they are needed most. ([More](#))

Military Dependent ID Cards

The Military ID card is an essential part of accessing your benefits, without it you may not be able to get on base, go to the commissary, child care, or get health care. The Department of Defense issues eligible dependents and other eligible individuals a distinct identification card (ID) authorizing them to receive Uniformed Services benefits and privileges. Dependents of active duty and retired service members receive a tan colored ID Card (DD Form 1173). The tan ID cards authorize access to commissary exchange and certain morale, welfare and recreation privileges. Are you a new military family member trying to get a new military ID card for the first time? ([More](#))

Military Spouse Fun Night

Join us, **Tuesday, Aug. 30**, 6 - 8 p.m., at Army Community Service (Bldg. 110), on the last Tuesday of each month for a chance to meet other spouses in a fun and friendly atmosphere. Activities include craft nights, games, trivia, and other fun activities providing an opportunity to relax and have fun. For more information contact Jan Saito at Army Community Service at 309-782-4736/0829 or janice.n.saito.civ@mail.mil. ([Flyer](#))

Safety Spotlight

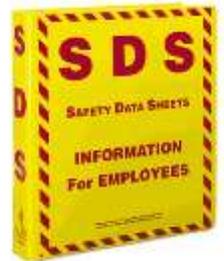


ARMY SAFE
IS ARMY STRONG



Safety Data Sheets Easy To Use

The Occupational Health and Safety Administration has made changes to the Hazard Communication Standards to comply with the mandates of the Global Harmonized System. The changes employees need to know are simple: Know the hazards and identities of the chemicals you might be exposed to when working. When employees have information about the chemicals being used, they can take steps to reduce exposures and maintain safe work practices. These efforts will help prevent the occurrence of work-related illnesses and injuries caused by chemicals. OSHA designed the Hazard Communication Standard to provide employees with the information they need to understand. The new formatting of the safety data sheets requires manufacturers to have a minimum 16 paragraphs on each SDS for hazardous materials. Each paragraph is standardized with specific information and, overall, this process helps employees to find information easier. ([More](#))



Equal Employment Opportunity Focus



Women's Equality Day Observance

The Rock Island Arsenal's Women's Equality Day Observance will take place **Thursday, Aug. 25**, 12-1 p.m., in Heritage Hall, Bldg. 60, and include Lt. Gen. (Ret) Patricia McQuiston as the featured speaker. McQuiston served as deputy commander and chief of staff for the U.S. Army Materiel Command from 2012 until her retirement in 2015. Prior to earning her third star she served here at Rock Island Arsenal as the commanding general for U.S. Army Sustainment Command from Oct. 28, 2011 to July 27, 2012.

Lieutenant General McQuiston's awards and decorations include the Distinguished Service Medal, the Defense Superior Service Medal, the Legion of Merit with three oak leaf clusters; the Bronze Star; the Meritorious Service Medal with five oak leaf clusters; the Army Commendation Medal with oak leaf cluster; the Air Force Commendation Medal; the Army Achievement Medal; the Army Staff Identification Badge; and the Ehrenkreuz der Bundeswehr in Gold. Sign up using keyword "Equality Day" in [TEDs](#). Women's Equality Day is a day proclaimed each year by the United States President to commemorate the granting of the vote to women throughout the country. Women in the United States were granted the right to vote on Aug. 26, 1920, when the 19th Amendment to the United States Constitution was certified as law. The amendment was first introduced many years earlier in 1878. Every president has published a proclamation for Women's Equality Day since 1972, the year after legislation was first introduced in Congress by Bella Abzug. This resolution was passed in 1971 designating Aug. 26 of each year as Women's Equality Day. President Barack Obama stated in his 2015 Women's



Equality Day Proclamation, "Women's equality is a core civil and human rights principle in the United States and around the world. Across America, women are contributing to our economy and our Nation in innovative and exciting ways. From businesses to battlefields, women are vital to the prosperity and security of our country. As we celebrate the last 95 years of progress in advancing women's rights, let us rededicate ourselves to the idea that our Nation is not yet complete: there is still work to do to secure the blessings of our country for every American daughter." For additional information or accommodations please contact Sgt. First Class Tina Roberts, ASC, EOA, at 309-782-3021. ([Women in the Army](#)) ([StandTo!](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Paintless Dent Repair Technician Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, Aug. 24**, 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](#))

Grand Re-Opening of the Lock & Dam Lounge

Come check out the newly renovated Lock & Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60 on **Thursday, Sept. 8**, at 3 p.m. The night will feature karaoke, drink specials and lots of fun. Call 309-782-4372 for more info.

Ghost Hunters Dinner & Tour

Enjoy a prime rib and chicken buffet **Friday, Sept. 9**, beginning at 5:30 p.m., at the Arsenal Island Clubhouse, and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$40/person and reservations can be made by calling 309-782-4372. RSVP required by **Monday, Sept. 5**. This event is open to the public. *Event subject to change/cancellation based on number of reservations. ([Flyer](#))

Free Family Outdoor Movie Night

Join MWR **Friday, Sept. 16**, 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](#))

RESCHEDULED
NEW DATE ANNOUNCED



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 **Sunday, Sept. 25**, 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.

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](#))

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.

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.

Bus Trip to Shedd Aquarium and Navy Pier

Join the Leisure Travel Office on this bus trip to the Windy City **Saturday, Sept. 10**, 6:30 a.m. - 8 p.m., where you can choose to get off the bus at the Shedd Aquarium or Navy Pier and then spend the day exploring this great American city. Cost is \$41/person and includes transportation only. Call 309-782-5890 for more info or to make your reservations or [sign up and pay online](#). ([Flyer](#))

WWE Live

WWE Live Returns to the Quad Cities **Friday, Sept. 23**, at 7:30 p.m., for the Final Time This Year. They are bringing an awesome line up to the iWireless Center. See your favorite WWE Superstars including: • Roman Reigns, • Seth Rollins, • The New Day, • Natalya, • Becky Lynch, and Many More *Card is subject to change. Discounted seats on sale until **Monday, Sept. 12**.

Mickey & Minnie's Doorway to Magic

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider as they rise into the sky amidst the floating lanterns. With special appearances by Snow White,

Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10.**

Downtown Chicago/Christkindlmarket

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

Ice Age on Ice

You and your family can catch this fantastic event, easier than Scrat could ever catch that acorn, on **Jan. 31 or Feb. 1**, 7 p.m., at the iWireless Center in Moline. Scrat gets the wakeup call of his life when he buries his prized acorn in a once-dormant volcano that rumbles back to life. With an eruption threatening our sub-zero heroes' way of life, they must find the magical Frostberry to stop a tidal wave of lava and save themselves from certain extinction. Leisure Travel has discounted seats on sale until **Monday, Dec. 12.**

Child, Youth & School Services



NFL Punt, Pass & Kick Competition

CYSS is hosting a local NFL Punt Pass and Kick competition **Saturday, Sept. 10**, 9-11 a.m., at Cannon Flats Rec. Area (Outside Moline Gate), for children ages 6-15. This is a free event for all children, military and civilian. Participants must [register online here](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. For more info call 309-782-1651. The top finishers in each age group* will advance to a sectional competition. *Age divisions based upon child's age as of **Dec. 31, 2016.** ([Flyer](#))



Army Community Service



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

Domestic Abuse Victim Advocates Meet to Discuss Challenges for Victims

The changing makeup of the U.S. military has brought changes and new initiatives on many fronts, including how domestic abuse victim advocates perform their jobs, Defense Department family advocacy officials said in a recent DoD News interview. Among the changes victim advocates are seeing in the field include same-gender couples since “Don’t Ask Don’t Tell” was rescinded in 2011, as well as increased numbers of male victims, said Kathy Robertson, DoD’s Family Advocacy Program manager. Male victims are more reluctant to report domestic abuse, she said, noting that enabling men to report such crimes is vital.



Changing How Advocates Work

To allow the advocates to network and gain knowledge on the latest in DoD policies and a changing environment, the military services last week conducted the first DoD-wide training opportunity for these professionals to better meet the needs of their clientele, Robertson said. Organized by the victim-advocate “leads” of each military department, more than 200 advocates from stateside and overseas bases gathered at Naval Air Station Pensacola, Florida, for the three-day training last week, said FAP program analyst Melvina Thornton, who added it was the services’ headquarters victim advocate leads who also determined the topics for discussion. “It was powerful,” Robertson said of the training atmosphere. “We’ve had victim advocates in our program since 2005, and this was the first time they’ve been together in one location to network, learn together and talk about successes, challenges, lessons learned and [hear] from outside experts and [gain] resources.” ([More](#))

Couples Communication Class

Get your partner and get signed up for our next couples communication class **Wednesday, Aug. 24**, 4-5 p.m., at the Army Community Service (Bldg. 110), and gain knowledge and learn skills that will enhance communication in your relationships. Parents can earn two CYSS participation points for attending. Class subject to cancellation if minimum registration is not met. Participants need to RSVP to ACS 309-782-0829.

Newcomers Orientation and Bus 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. 25**, 8 a.m. - 5 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 sponsors, Rock Island Arsenal Federal Credit Union and USAA. Space is limited so call 309-782-0829 for more info and to reserve your spots. ([Flyer](#))

Volunteer Recruitment Event

Are you interested in volunteering and helping your community but don’t quite know where to start? Join us at the Arsenal Island Clubhouse on **Tuesday, Sept. 20**, to learn more about volunteer positions here on the Arsenal and get signed up to be an official volunteer. For more info and to RSVP call 309-782-0829. ([Event](#))

A Call for Volunteers

The Army Volunteer Corps is searching for volunteers. There are several positions open here at RIA. Whether you would like to make a specific time commitment or you only have a little time give now and again. We have a variety of opportunities for you. Currently we are looking for help with the Feds Feed Families Food Drive, Family Movie Night, Family Picnic, QC Marathon, Trunk or Treat, and Domestic Violence Awareness Month events just to name a few. We also have some regular reoccurring positions that need to be filled such as the Army Family Team Program is looking for a volunteer manager and Army Community Service is looking for a social media volunteer. For more information on volunteering please contact the Army Volunteer Corps coordinator at 309-782-0816.



Army Family Action Plan

Is there something you would like to see changed on Rock Island Arsenal? Is there something that is working well? Do you want Army leadership to know about it? The Army Family Action Plan, or AFAP as it is commonly known, is a forum that provides a way to let Army leadership know what works, what doesn't, and how you think problems should be resolved. Anyone can submit Quality of Life issues that they would like to see changed. Army Community Service can assist you with submitting the issue through the Army OneSource Issue Management System. If you would like more information on AFAP or would like to know more about current and past issues, please stop by our center, in Bldg. 110 or call 309-782-0816 to speak with the AFAP Program Manager. More information on AFAP may also be found online at Army OneSource. To search local issues, type in our zip code on the [issue search page located at this link](#).



Employee Assistance Program



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

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

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."

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."

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 **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."

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."

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.

Event Date: **Nov. 8**

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

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.](#)

Free CLEP Courses Available Online

A series of free online courses has been launched to help both service members and civilians access high-quality instruction in subjects covered by CLEP® exams. Courses for the first two CLEP subjects— Information Systems and Introductory Sociology—are available now. Courses in additional subjects will be launched later this fall and early next year. All of these no-cost courses are taught by college and university professors and delivered via the online EdX platform. Check them out at:

- [Preparing CLEP Information Systems Exam](#)
- [Introduction Sociology](#)

The courses were developed as part of an initiative funded by the Modern States Education Alliance, a non-profit that aims to make college more affordable by providing access to the best, no-cost Massive Open Online Courses. The courses are available tuition-free, online, along with free online texts and materials. Modern States also intends to add tutoring, mentoring, and student counseling services available free of charge, and to expand the catalog of courses over time. The first two CLEP courses to launch are self-paced, so Service members can log in and access the content on their own schedules. There are no prerequisites or restrictions on enrolling, and participants are not required to register for a CLEP exam first. To receive updates when new courses launch, sign up at modernstates.org/contact. POC is Army Education Center 309-782-2065.

Job Fair Prep Class

Are you ready for the Employment-Education Event being held on Rock Island Arsenal on Wednesday, Sept. 7? Join us, **Wednesday, Aug. 31**, 12-1 p.m., for this free class and learn how to prepare for a job fair then go out and land that job of your dreams. RSVP NLT **Friday, Aug. 26**, at 309-782-0829 or by email to usarmy.RIA.imcom-central.mbx.uasg-ac@mail.mil ([Flyer](#))

Education Center Closure

RIA Education Center will be closed **Wednesday, Sept. 7**, 8 a.m. – 2 p.m., for the Employment-Education Event. This office will also be closed **Wednesday, Sept. 14**, 12-3 p.m., for the Annual Commencement Recognition Ceremony.

Employment-Education Event at Rock Island Arsenal

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 the Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. Numerous employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and

scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or 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 usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Do something today that your future self will thank you for!

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.



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](#))

Commissary Case Lot Sales Help Maximize the Benefit

Smart military shoppers know the commissary has the lowest prices in town. And the really smart ones know that for a few days twice a year, stateside commissaries take savings to another level with their Customer Appreciation Case Lot Sales. The sales take place each spring and fall, offering savings as much as 50 percent over the stores' already low prices. This year's fall sales are now starting, as each store hosts individual two- or three-day case lot sales during one weekend between mid-August and the end of September. Commissaries in Alaska, Hawaii and Puerto Rico are also participating. Commissaries in Europe and the Pacific, while not officially participating, may have substitute events such as sidewalk sales. "This year's sales recognize the Defense Commissary Agency's 25th birthday celebration," said Sallie Cauthers, marketing and mass communication specialist at the Defense Commissary Agency headquarters. "The actual 25th DeCA birthday celebration is Oct. 1. This special 'parking lot' sale is leading up to this event." The agency was

formed in 1991 in a money-saving consolidation of the commissary systems of each of the armed services as the Cold War wound down. ([More](#))

Smart Car Up For Grabs in Latest Exchange Sweepstakes

The Army & Air Force Exchange Service is teaming up with Promotion in Motion to put one lucky military shopper in the driver's seat of a brand-new Welch's Smart car. From **Aug. 19 through Sept. 30**, authorized shoppers worldwide can enter the Promotion in Motion Sweepstakes to win the Smart car, valued at \$15,000. Shoppers 18 and older can visit shopmyexchange.com/sweepstakes to fill out the sweepstakes entry form online. "It doesn't get much better than a brand-new car," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "By entering online, winning this sweet ride is just a couple clicks away." No purchase is necessary to enter the Promotion in Motion Sweepstakes. The prize drawing will occur on or about Oct. 7. ([More](#))

Exchange, Axe Help Military Shoppers Clean Up Nice with \$12,500 in Gift Cards

This summer, the Army & Air Force Exchange Service and Axe are helping military shoppers cleanup for the school year with the Axe Back to School Sweepstakes. From **Aug. 5 to Sept. 1**, authorized shoppers can enter the sweepstakes for the chance to win one of 25 \$500 Exchange gift cards. "These Exchange gift cards will help our military shoppers get all the things they need to feel prepared for this upcoming year," said Rock Island Exchange Store Manager Lisa Scadden. "This is a worldwide contest, but with 25 prizes available, I encourage Rock Island shoppers to enter." Shoppers 18 years and older can login to shopmyexchange.com/sweepstakes to enter. No purchase is necessary, and entrants do not need to be present to win. The Axe Back to School Sweepstakes prize drawings will take place on or around **Sept. 8**.

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](#))

Rock Island Arsenal Historical Society Picnic — September 2016

The RIA Historical Society will have its **Thursday, Sept. 1**, meeting at 6 p.m., outside on the veranda of the Arsenal Island Golf Clubhouse. The menu will be fried chicken, baked beans, pasta salad, rolls, chips, cookies, coffee and tea, prepared by the Golf Club Kitchen, all for \$8, including tax and tip. 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 Kelly Lao, executive director, German American Heritage Center. Kelly will present information about the German American Heritage's origin and history. For reservations call Monica, 563-650-4349, or Linda, 563-355-6165, or email chiicaliinda@aol.com. Reservations are due by Noon on **Monday, Aug. 29**. 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. 22-28

On Aug. 28, 1868, Bvt. Major Gen. Lorenzo Thomas, Inspector of National Cemeteries visited the RIA. General Thomas recommended that the cemetery be relocated on higher ground at the east end of the island. The cemetery was moved to its present location.

Healthbeat



Make Device Security a Part of Your Fitness Routine

You eat right and exercise to make sure your body is fit. But do you take time to check the health of your fitness devices? Fitness tracking wearables and mobile devices store data about your health and physical activities. If they become infected, cyber thieves have access to this information. Your healthcare information is valuable and should be protected. According to the Federal Trade Commission, a thief may use your name or health insurance numbers to see a doctor, get prescription drugs, file claims with your insurance provider, or get other care. If the thief's health information is mixed with yours, your treatment, insurance and payment records, and credit report may be affected. Protect your personal health data when entering it into your wearable devices, mobile apps and web sites, especially those with interactive tools that track your information. Limit the number of apps that can access your healthcare data directly, and adjust the app settings to restrict the number of other apps they share data with. Set your preference to update them often.

([More](#))

Notes for Veterans



Veteran ID Cards: What Your Options Are Now and In The Future

On July 20, 2015, the president signed into law the Veterans Identification Card Act of 2015. This act allows Veterans to apply for an identification card directly from VA. The VA identification card will allow Veterans to demonstrate proof of service for discounts at private restaurants and businesses. Veterans Health ID Card It should be noted that the identification card is different from a Veteran Health Identification card or a DoD Uniformed Services or retiree ID card. As such, the VA identification cards cannot be used as proof of eligibility to any federal benefits and does not grant access to military installations. When available, Veterans will be able to request an ID card from VA for a fee. VA is currently making plans to implement the new law in the most efficient and cost-effective way possible while protecting Veterans' personal information. We estimate that VA will be able to implement the program in 2017. The cost of each card has not yet been determined. In the meantime, Veterans who would like an identification card that displays their military service do not have to wait until VA implements the new law. ([More](#))



QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXLN 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. 26-27:** [18th Annual River Rockin' Ribfest](#) (LeClaire Park, Davenport)
- 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. 11:** [Salute to Heroes March](#) (Downtown Rock Island/Centennial Bridge/Modern Woodmen Park, Davenport)

Sept. 15-17: Stand Down 2016 (Rock Island QCCA Expo Center)
Sept. 16-17: [Celtic Festival & Highland Games](#) (Centennial Park (Davenport))
Sept. 17: [Quad City Animal Welfare Center Mutt Strut](#) (QCAWC 724 2nd Ave W, Milan)
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



Col. Kenneth Tauke, 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 Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)*

