



Aug. 24, 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 under "News" and then "Local News."

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

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Local QCA Celeb Speaks at RIA Observance

U.S. Army Sustainment Command's Equal Opportunity Office held an observance honoring Women's Equality Day for Rock Island Arsenal, here, Aug. 26. This year's theme was "Celebrating Women's Right to Vote." On Aug. 26, 1920, the 19th Amendment to the Constitution was ratified, declaring for the first time that all American women had the right to vote. The date has since been commemorated as Women's Equality Day, identifying the day women were recognized with the same rights and responsibilities of citizenship as men. The event began with the national anthem, sung by Jereen Phillips-Hardin, G-1 (administration), ASC. After the invocation, led by Carmen Ausborn, equal opportunity specialist, U.S. Army Garrison-RIA, a slide presentation naming successful women in sports, television and the military was shown. Paula Sands, lead anchor, KWQC-TV6 News, was the guest speaker. Sgt. 1st Class Marion Wilson, who puts these observances together as ASC's Equal Opportunity Advisor, had pursued Sands for several weeks leading up to the event. ([More](#))



Upcoming Dates

- 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, Sn 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, Sn 2, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 17:** Exchange/Commissary Advisory Council Meeting, Bldg. 90
- Sept. 16:** RIAWC Bunco Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Sept. 17:** Constitution Day and Citizenship Day, RIA
- Sept. 22:** Scream Free Marriage, Sn 3, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 24:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- Sept. 29:** RIA Semi-Annual Employment - Education Event, Heritage Hall, Bldg. 60, 9:30 a.m. - 1 p.m.
- Sept. 29:** Scream Free Marriage, Session 4, ACS Trng. Rm., Bldg. 110, 5 p.m.

ASC Holds Retirement Ceremony for Hannon

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, presided over a retirement ceremony for Col. John Hannon, military deputy director, U.S. Army Contracting Command-Rock Island, at the Rock Island Arsenal Golf Clubhouse, Aug. 20. "It's a big deal to close out a 27-year career, which is highly successful at the Colonel rank," said O'Connell. "You've had a stellar career. The Army can't thank you enough for your long-term service and we wish you all the best." O'Connell mentioned several instances in which Hannon stood out and earned the respect of his peers. "This is a tribute to your leadership, performance and potential you had as a young guy, and it's obviously why you got as far as you did," he said. ([More](#))



Soldier's Daughter Joins Him in Serving the Nation

When Sgt. 1st Class Harold Robinson, U.S. Army Sustainment Command, was 18 and living in Guyana, South America, he joined the Guyana Defense Force Coast Guard where he protected people in fishing zones. This summer, Robinson's daughter, Pvt. Nikita Robinson, became an Army Reserve Soldier. Harold, 55, joined the U.S. Army in New York in 1994 and has been a Soldier for almost 21 years. He presently works in ASC's G-4 (logistics) and is the non-commissioned officer in-charge of the equipment division. "When I joined the Army, I had a temper. I thought I could conquer the world -- fix the world.



When I see broken stuff, I just want to fix it," Harold said, adding that his mentors in the Army helped him understand his limitations. "I thought I could change the Army, and looking back, I did change my little part," he said. ([More](#))

ACC-RI's Maj. Feist Receives Meritorious Service Medal

Maj. Marian Feist, a contract specialist assigned to the Army Contracting Command-Rock Island, was presented with the Meritorious Service Medal during a ceremony here, Aug. 13. Melanie Johnson, ACC-RI executive director, presided over the ceremony, while Maj. Drenna Thompson, rear detachment officer in charge, provided remarks prior to the presentation. Feist was honored with the recognition for several reasons, including her selection as the Administrative Contracting Officer in Kuwait for 10 contracts valued at more than \$300 million while supporting the Contingency Contract Administration Services mission. During this time, she wrote four chapters of the CCAS handbook used by the battalion and assisted in compiling 10 continuity books for teams that will assume the mission. Serving as the 721st contracting team leader for 27 months, the team's \$200 million workload received no major deficiencies during a Deputy Assistant Secretary of the Army for Procurement inspection. ([More](#))



Pentagon Plans to Spend \$132 Million on Credit Monitoring for DoD's OPM Hack Victims

The Defense Department plans to spend \$132 million to pay for credit-monitoring services for Pentagon workers and contractors affected by the massive hack of federal background investigation files. That's according to a July 28 "reprogramming" request, signed by DoD Comptroller Mike

McCord, asking permission from Congress to shift funds around from other budget accounts to cover the “higher-priority requirement.” Federal News Radio first reported on the reprogramming request. DoD’s money shifting is required to “provide a suite of identity monitoring and recovery services” for DoD personnel and contractors affected by the hack. This includes individual notifications, identity restoration support, ID monitoring for minor children and continuous credit monitoring among other services. ([More](#))

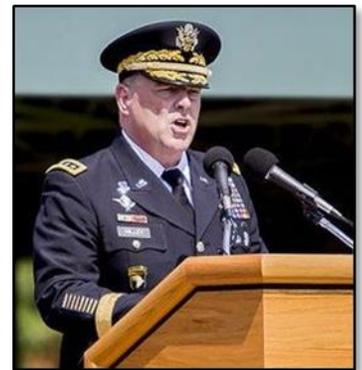
Obama Oks Pay Raise for Federal Civilian, Uniformed Employees

President Barack Obama is exercising his authority to give federal civilian employees and uniformed service members a pay raise effective Jan. 1, 2016. Obama sent a letter to congressional leaders Friday authorizing across-the-board and locality pay adjustments. “Specifically, I have determined that for 2016, across-the-board pay increases will be 1.0 percent,” he wrote. “Also, I will make a decision by November 30, 2015, regarding an alternative plan for locality payments under 5 U.S.C. 5304a. The alternative plan for locality payments will be limited so that the total combined cost of the 1.0 percent across-the-board base pay increase and the varying locality pay increases will be 1.3 percent of basic payroll, consistent with the assumption in my 2016 Budget. These decisions will not materially affect our ability to attract and retain a well-qualified Federal workforce.” ([More](#))



Milley: Readiness for Ground Combat Is No. 1 Priority

The Army’s readiness and ability to fight is the new Army chief of staff’s top priority. In his first message to the force since being sworn in as the service’s top officer, Gen. Mark Milley praised an Army he described as “the most skilled, ethical and combat hardened” in America’s history and outlined his top three priorities. Milley was sworn in Aug. 14, succeeding now-retired Gen. Ray Odierno. His message went out to the force late Wednesday. “Our fundamental task is like no other – it is to win in the unforgiving crucible of ground combat,” Milley wrote. “We must ensure the Army remains ready as the world’s premier combat force. Readiness for ground combat is – and will remain – the U.S. Army’s #1 priority.” ([More](#))



Can Federal Workers Be Fired For Adultery?

Now that the Ashley Madison hack has outed as many as 15,000 federal employees and active duty military, government agencies say they’re combing through the e-mail addresses of possible adulterers to see if their extramarital activity on work time amounts to anything punishable. The rules of the game for morality in federal offices may be straightforward for pornography (watching it can definitely get you fired) — but the kind of skeleton in the closet that showed up in the trove of 36 million users exposed on the cheating Web site presents officials with a murkier problem, experts say. The rules vary on the kind of personal use of work computers that’s allowed on government time. Mostly, they’re more restrictive than a private company’s. It’s okay to make a doctor’s appointment, call the babysitter, tell your spouse you’ll be home late. It’s okay to check on your investments during the stock market’s current nosedive. These are technically called “private use” exceptions to authorized uses of government property. ([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, 2nd 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](mailto:Dale.Heiser@usag-ria.com), 309-782-0551 or 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.

Scout in America Tour

We hope you can join us Thursday, **Sept. 3**, in welcoming Adam & Scooter (Adam's Dog) "Trash" Sandoval to Wieblers Harley Davidson. Adam & Scooter are riding through 48 states and 696 Harley-Davidson dealerships to raise funds and awareness for the American Legion Legacy Scholarship Fund - which benefits education for children who have lost parent(s) in the line of duty. We are providing a free lunch at Noon till it's gone. We are expecting Adam & Scooter to arrive around 10 a.m. at Wieblers Harley Davidson. Come down, eat some lunch get some awesome pictures and make a donation.

Arsenal Island 9-11 Memorial Walk

Maj. Gen. Kevin O'Connell, commanding general of U.S. Army Sustainment Command, invites you to take part in a 3.25 mile 9-11 Memorial Walk in memory of the 9,777 Americans who made the ultimate sacrifice on Sept. 11, 2001, and the subsequent Global War on Terrorism. Participants are asked to assemble by 6 a.m. on Friday, **Sept. 11**, at the Memorial Field basketball court on Rock Island Arsenal. Participants will receive a bundle of 25 small U.S. flags, each flag representing a life lost since 9-11, and asked to remember their deeds and sacrifices; we will carry their legacy into the future and forever honor their selfless sacrifices in the name of freedom. At the conclusion of the Memorial Walk, participants will humbly place their U.S. flags in a Field of Honor, which will remain in place until just after Reveille on Saturday, **Sept. 12**.

9-11 Memorial Remembrance Ceremony

Maj. Gen. Kevin O'Connell, commanding general of U.S. Army Sustainment Command, invites you to attend a Remembrance Ceremony in memory of the 9,777 Americans who made the ultimate sacrifice on Sept. 11, 2001, and the subsequent Global War on Terrorism. The event takes place at the 9-11 Memorial (across from Memorial Field) at Rock Island Arsenal, Friday, **Sept. 11**, at 2 p.m.

10th Annual Shoes for Veterans Drive

IowaWORKS – Eastern Iowa's Davenport Center is holding its 10th 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, Sept. 11, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



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](#).

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. 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 70th 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 70th 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 35th 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 1st and 2nd 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](#))

Water Outage and Museum Closure

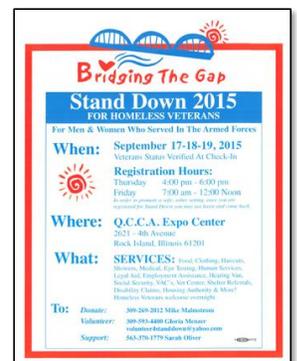
The Rock Island Arsenal Public Works department will conduct a water outage for buildings 60, 61, 62, 73 and 75 on **Sept. 12 and 13**. Because of the water outage, the Rock Island Arsenal Museum will close on the same dates. Water services will resume late in the day on **Sept. 13**.

RIAWC Bunco Luncheon

Join us Wednesday, **Sept. 16**, 11 a.m. - 1 p.m., at the Arsenal Island Golf Clubhouse for a fun-filled luncheon of dice rolling and fabulous friends. As it is played today, Bunco is a social dice game involving 100 percent luck and no skill. No experience necessary to enjoy this fun game of chance. So bring your friends, your mom, your sister... bring them all. This year you can RSVP by calling or texting 309-230-3705 no later than Friday, **Sept. 11**. If calling or texting doesn't work, just email riawcreservations@gmail.com for your reservations today. Meal cost is \$16, \$20 "meal deal" includes opportunity tickets; \$17 if you pay with a debit/credit card; \$21 for the "meal deal" with debit/credit card. We'll also be collecting donations for Cards for Troops items such as double-sided Scotch tape, packing tape, or money for those who want to make a donation; voluntary only.

"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' 6th Annual Spaghetti Dinner

The U.S. Navy Seabees' 6th Annual Spaghetti Dinner, this year commemorating the 50th 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](#) at 563-349-4129.



8th Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8th 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. 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](#))

RIAWC Night at the Putnam

Join the Rock Island Arsenal Welcome Club Friday, **Oct. 2**, 6-10:30 p.m., at the Putnam Museum in Davenport, for an exclusive "Night at the Putnam" commemorating D-Day: Normandy, 1944, the Men Who Gave Everything. Cost is \$35 and dress is business casual. Please RSVP by **Sept. 23** at riawevents@yahoo.com or call 563-343-0244. Heavy appetizers, cash bar will be available. All proceeds to towards RIAWC local scholarships and community support grants. Sponsored by DynCorp International.

Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair

The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held Wednesday, **Oct. 7**, 10 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos will be the featured item (proceeds to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to



help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations.

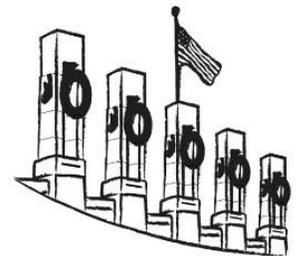
Rock Island Arsenal Military Retiree Appreciation Day

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. 24**, 7:30 a.m. to 1 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. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: qcmrad@gmail.com or call 563-508-5123 to make reservations.

Pillars of Honor Coming to Quad-City Area

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at

www.pillarsofhonor.org. This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235-3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: info@pillarsofhonor.org for more information.



Pillars of Honor

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 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd 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

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 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. 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 Singles & Geo-Bachelors - Mama Mia Pizzeria

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Sept. 2**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. This month's theme for the night is "Mama Mia Pizzeria" and will featured a menu to include a large garden salad and fixins, a veggie pizza, a meat lover's pizza, a pepperoni pizza, and speghetti.

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.

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 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 Singles & Geo-Bachelors - A Night of Gouliness

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Oct. 7**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. The October theme for the evening is "A Night of Gouliness" and will featured a menu to include "Eye of Newt" soup (turkey meatball and veggie soup), "Grass from the Tomb" (salad), "Rotten stones" (wheat rolls), and "Worms & Dirt" (dessert).

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 3rd 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 or 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. 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](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

MWR Text Message Alerts Are Coming

Next week we'll be rolling out a new text message service that you can join to receive all the great info on upcoming MWR programs and events, deals and coupons sent straight to your mobile phone.

Change to Total RX Group Fitness Class Schedule

Beginning on **Sept. 9**, the Total RX Group Fitness Class at the Fitness Center will be held a half hour earlier in the morning from 5:30-6:30 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 at: www.riamwr.com/community-recreation/fitness-center-adult-sports. ([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](#))

Deadline to Register for Adult Flag Football League

Get your team together and get registered before Friday, **Sept. 18**, for the upcoming flag football season. Games will be played on Wednesday nights starting on Thursday, **Sept. 24**. Registration packets are available at the Fitness Center. For more info please call 309-782-5124. ([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 309-782-5890.

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 to register for and obtain your free tickets. *These tickets must be obtained online only*

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 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd 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

Child, Youth & School Services



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, 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**.

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](#))

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. ([Flyer](#))

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.](#)

Suicide Awareness Month – September

Would you know what to do if someone told you they didn't want to live anymore? Each year, almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't handle it anymore—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret could lead to tragic results. Suicide is a fatal response to a treatable, and reversible, condition – that condition most often being depression. It is important that you seek help for yourself or for another person if you notice the following: • Feelings of hopelessness about the future; • Acting reckless or engaging in risky activities; • Feeling trapped; like there's no way out; • Increased alcohol or drug use; • Withdrawing from friends, family and society; • Increased anxiety, agitation, inability to sleep or sleeping all the time; • Dramatic mood changes; • Excessive interest, talk, or writings focused on death, dying or suicide; • Believing there is no reason for living; having no sense of purpose in life. Call 9-1-1 or seek immediate help from a mental health or medical provider if you notice the following: • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself and having a specific plan to carry out the act; • Someone looking for ways to kill him/herself by either having or seeking access to firearms, available pills, or other lethal means. The Rock Island Arsenal Employee Assistance Program would like to remind you that confidential counseling services are available to you and your immediate family members at no cost. Call 782-4357 to schedule an appointment. If you are experiencing a crisis and need immediate assistance, you can access the National Suicide Prevention Lifeline at 1-800-273-TALK, anytime 24/7.

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.](#)

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

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 Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. More than 50 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 email christopher.j.gegenheimer.civ@mail.mil. Any questions about the event can be directed to Sharon Lampert, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email: usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Do something today that your future self will thank you for.

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Sept. 17, Dec. 17, March 17, and June 16**; • Black Hawk College, **Oct. 8, Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Sept. 3, Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Oct. 15, Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Oct. 29, Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Sept. 16, Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one

or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([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. 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](#))

Notes for Veterans



VA Announces New Rules Regarding Service Animals in VA Facilities

Today the Department of Veterans Affairs (VA) announced that it has revised its regulation regarding the presence of animals on VA property. The updated regulation will ensure VA practices remain consistent with applicable federal law. It will also assist individuals entering VA facilities in developing a clear and consistent understanding of the criteria governing facility access for service animals. "As I have traveled to VA facilities throughout the country, I have heard from many Veterans about what a vital role their service animals play in their lives," said Secretary of Veterans Affairs Robert A. McDonald. "The revised regulation will ensure Veterans and employees have clear guidance regarding the presence of service animals in our facilities. VA remains committed to ensuring America's Veterans have access to the health care benefits for which they are eligible." Under the revised regulation, only dogs that are individually trained to perform work or tasks on behalf of an individual with a disability will be considered service animals. Other animals will not be permitted in VA facilities, unless expressly allowed as an exception under the regulation for activities such as animal-assisted therapy or for other reasons such as law enforcement purposes. The regulation further confirms that service animals may access VA property subject to the same terms that govern the admission of the public to VA property, and may be restricted from certain areas on VA properties to ensure that patient care, patient safety, and infection control standards are not compromised. ([More](#))

Around the Q.C.



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; Phone: 309-782-1121. [The \[Island Insight\]\(#\) is available on-line.](#)

