



Aug. 29, 2016

Island Insight

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

Island Insight Submission:



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

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First Army Hosts Four-Star FORSCOM Commander at Mission Training Brief

Improving readiness for Army National Guard and Army Reserve units was a topic of discussion from First Army's Mission Training Brief held here Aug. 9. First Army provided the brief to Gen. Robert B. "Abe" Abrams, commanding general of U.S. Army Forces Command, at First Army headquarters. The briefing included a comprehensive overview of First Army's plans for executing fiscal year 2017 training support and mobilization mission requirements in fiscal year 2017. First Army has a continuing mission as the coordinating authority for implementing the Army Total Force Policy. First Army executes the readiness requirements during both pre- and post-mobilization training for the Army National Guard and Army Reserve. Along with Abrams and FORSCOM Command Sergeant Major, Command Sgt. Maj. Scott C. Schroeder, briefing attendees included First Army Division West and East commanding generals, Maj. Gen. Jeffrey N. Colt and, Maj. Gen. Todd B. McCaffrey, respectively, as well as their command sergeants



Upcoming Dates

- Aug. 30:** Military Spouse Fun Night, USO, Bldg. 110, 6-8 p.m.
- Aug. 31:** Job Fair Prep Class, ACS, Bldg. 110, 12-1 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. 5:** Labor Day (*Federal Holiday*)
- 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. 8:** Grand Re-Opening of the Lock & Dam Lounge, Bldg. 60, 3 p.m.
- Sept. 9:** Post 9-11 Remembrance Memorial Walk & Flag Placement, Memorial Park, 6:30 a.m.
- Sept. 9:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Sept. 9:** Post 9-11 Remembrance Memorial Ceremony, RIA 9-11 Memorial, 10:30 a.m.
- Sept. 9:** Ghost Hunters Dinner Tour, Quarters One, 5:30 p.m.
- Sept. 10:** NFL Punt, Pass, and Kick, Cannon Flats, 9 a.m.
- Sept. 11:** Patriots Day
- 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.
- Sept. 14:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11 a.m.
- Sept. 14:** ACES Commencement Recognition Ceremony, Arsenal Island Clubhouse, 1-2:30 p.m.

major, Command Sgt. Maj. Jeffrey R. Dillingham, Division West, and Command Sgt. Maj. Royce B. Manis, Division East. First Army Deputy Commanding General-Operations Maj. Gen. Charles M. Willingham, and First Army Command Sergeant Major, Command Sgt. Maj. Sam K. Young, also attended. ([More](#))

Pathways Helps Meet Federal Workforce Goals

As we celebrate the fourth anniversary of the Pathways Programs, I'm excited to share a study that highlights the way this program has significantly contributed to the Federal Government's ability to recruit, develop, and retain a world-class workforce. The Federal Government is only as successful as the people who carry its mission forward. And, with more Federal employees becoming eligible for retirement each day, students, college graduates, and advanced degree holders are a great source of talent. Pathways includes internships, positions for recent graduates, and our Presidential Management Fellows program. If you are a student or recent graduate interested in the many opportunities in the Federal Workforce, please visit: <https://www.usajobs.gov/studentsandgrads> In his 2010 Executive Order that helped establish what has become today's Pathways Programs, the President said that "the Federal Government benefits from a diverse workforce that includes students and recent graduates who infuse the workplace with their enthusiasm, talents, and unique perspectives." I couldn't agree more. ([More](#))



Is Going Back to School for You?

The summer is flying by. Youngsters have begun picking out their new notebooks and backpacks as they get ready to go back to school. This may be a good time for Federal employees to consider going back to the classroom to enhance their knowledge and skills. It's possible the path forward in your career is in another field - perhaps even one that did not exist a few years ago. Or maybe you just want to develop in your current career. This might even be a great time to build a career in one of our high-demand fields like information technology, health care, accounting, or cybersecurity. Each year the Federal Employee Viewpoint Survey tells us that Federal employees want more opportunities to enrich their learning and branch out into new fields and new opportunities. ([More](#))



Antiterrorism Efforts Are Everyone's Responsibility, Always

As Antiterrorism (AT) Awareness Month winds to a close, it's important to remember that vigilance is required year-round to protect ourselves from the global threat of terrorism. "The awareness month program presented an opportunity to highlight the seriousness of this important topic given today's threat environment," said HQ IMCOM Protection Branch Chief Mr. Dale Roth. "But it is always important to take extraordinary action to increase awareness across our Army communities worldwide, all year long." "The only way to prevent, protect, mitigate, respond and recover collectively and as individuals when faced with a hostile situation is to know what to watch for, and how to respond," Roth explained. "Our personnel must remain mindful of the potential circumstances that could develop," Roth said, "placing them as a target of opportunity or consequential victim of a terrorist attack." ([More](#))



Happy 100th Birthday United States Marine Corps Reserve

On Aug. 29, 1916, the United States Marine Corps Reserve was established. The Marine General Support Maintenance Company, 4th Maintenance Battalion, 4th Marine Logistics Group, U.S. Marine Corps Forces Reserve, serves on Arsenal Island out of the Navy Operational Support Center building, located at the west end of Arsenal Island. General Support Maintenance Company is a subordinate unit to the 4th Maintenance Battalion, a battalion of the United States Marine Corps Reserve that provides intermediate-level maintenance for the Marine Reserve's tactical ordnance, engineer, motor transport, communications electronics and general support ground equipment. Their mission is to provide general support and intermediate (3rd and 4th echelon) maintenance support for Marine Corps furnished tactical ordnance, engineer, motor transport, communications electronics, and general support ground equipment. The Battalion is structured to provide command and control for centralized coordination and decentralized execution of maintenance efforts to sustain combat power. Subordinate elements are organized along functional area lines to provide maintenance support in commodity areas that are critical to Marine Forces Reserve's war fighting capability.



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.



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](#).

VIOS Schedule for September

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **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](#))



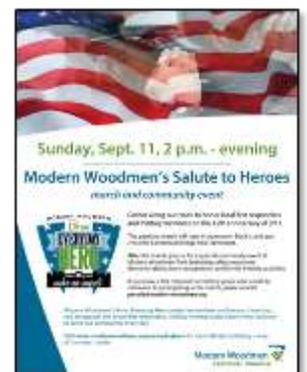
33rd Annual Rock Island Labor Day Parade

The 33rd Annual Rock Island Labor Day Parade is **Monday, Sept. 5**, beginning at 9:30 a.m., and the route will be from Washington Jr. High School and ends at Rock Island Sr. High School. The parade starts at 33rd Street and marches west along 18th Avenue. At 24th Street, the parade turns left and continues south to 25th Avenue. The parade then turns right, travels west across 17th Street and disbands into the Rock Island High School parking lots. The theme for this year is "**We ♥ Rock Island**" – Parade organizers chose this theme to focus attention on what participants truly about living in our community. The first Labor Day Parade was held in 1985 as part of Rock Island's 150th Birthday or Sesquicentennial Celebration. Over the past 31 years, the parade has grown to average 150 entries and has become a popular event that draws thousands of spectators.



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.



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.

Military & Overseas Brats to Hold Regional Event in Quad Cities

Americans who are former military or overseas dependents, will be holding a regional get-together in the Quad Cities on **Sunday, Sept. 11**, from Noon to 4 p.m. at the Machine Shed, 7250 Northwest Blvd., in Davenport. There are more than 5 million Americans who have lived or gone to school abroad as the sons and daughters of American military or civilian personnel. On top of this number are millions more Military Brats. For more information about this event, visit:

www.overseasbrats.com.

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**.



Open House at R.I.A. Federal Credit Union

The R.I.A. Federal Credit Union is hosting an Open House at our Arsenal Island branch (in Bldg. 61) from 11 a.m. - 1 p.m., on **Thursday, Sept. 15**. Come out, enjoy some free hot dogs and chips, and meet our new branch management team of Nicole Kespohl and Angela Zerbonia. While you're there, be sure to enter for a chance to win an Amazon Fire or Bluetooth speaker. For more information, contact the R.I.A. Federal Credit Union's Arsenal branch at 563-355-3800 ext. 1000 or 1001. ([More](#))

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

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 **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 was 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



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](#))

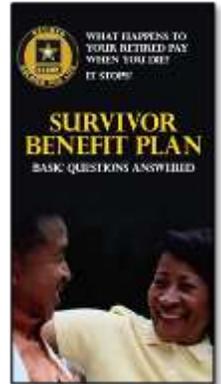
Volunteer Recruitment & Military Spouse Fun Night

Are you interested in volunteering and helping your community, but don't quite know where to start? Join us at the Lock and Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60 on **Tuesday, Sept. 20**, 6-8 p.m., 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. ([Flyer](#))

Survivor Benefit Open Season Reminder

By Kevin T. Lonergan, Chief of Legal Assistance, RIA

A rare "Survivor Benefit Open Season" has been declared. Retirees whose former spouse has died and then remarried before **Thursday, Nov. 24**, can take action to have their new spouse covered under the Survivor Benefit Plan. Thursday, Nov. 24, is the last day of the congressionally declared Survivor Benefit Plan Open Season. The effective date of your new spouse's Survivor Benefit Plan and cost will be the date of your former spouse's death or the first anniversary of your remarriage, whichever is later. For more information you can contact your [Retirement Services Officer](#) for information and Open Season Enrollment Procedures. The Illinois and Iowa area [Retirement Services Officer](#) is located at Fort McCoy, Wisconsin, and their number is 800-452-0923. ([More](#))



Safety Spotlight



ARMY SAFE IS ARMY STRONG



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Motorcycle Riding Courses

The Basic Motorcycle Class scheduled in September has been cancelled due to low demand. Instead, the Garrison Safety Office is now offering Experienced Motorcycle Riding and Military Sport Bike Riding classes. The new schedule is as follows:

- Experienced Rider Course: **Tuesday, Sept. 20** (one 8-hour day)
- Military Sport Bike Rider Course: **Wednesday, Sept. 21** (one 8-hour day)
- Experience Rider Course: **Thursday, Sept. 22** (one 8-hour day)

Motorcycle riding courses are for military personnel only. Registration for courses is through the web-based U.S. Army IMCOM Registration system (AIRs) at <https://imc.army.mil/airs>.

Note: Each course is limited to six riders. If 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



Force of the Future Aims to Increase Military's Geographic Diversity

Defense Secretary Ash Carter has said many times that the majority of enlisted military recruits come from just six states and that he would like to see a more diverse recruitment pool. Some of his Force of the Future proposals are aimed at this issue. Attracting recruits aged 17 to 24 from across the country is an important goal for the secretary, and it's a challenge in light of the composition of today's military. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

RIA Fitness Center looking for Yoga Instructor

The RIA Fitness Center is looking for a certified Yoga instructor to teach classes at different times of the day during the week. If interested, or anyone knows of an instructor please have them call the fitness center at 309-782-6787. POC is Desiree Aidala.

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.



[\(Flyer\)](#)

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.

Rocktoberfest

Break out the lederhosen and dirndls **Friday, Sept. 30**, at 5 p.m., in Heritage Hall (Bldg. 60), it's time for Rocktoberfest! Custom beer steins will be available for \$20 which includes your first beer and there will be plenty of traditional German cuisine like schnitzels, bratwursts with sauerkraut, and Spätzle (noodles with butter and parsley). Local favorites, Corporate Rock is going to put the ROCK into Rocktoberfest so make sure to mark this event on your calendar, it is not one to miss. Call 309-782-4372 for more info. [\(Flyer\)](#)



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. [\(email\)](#) [\(website\)](#)

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](#))



Before and After School Program

Parents, registration is now open for the Rock Island Arsenal School Age and Middle School Teen Before and After School Program. Some of the Benefits of signing up for our Before and or After School Program:

- Multiple program options before and after, before, after, hourly
- Homework/tutoring daily (certified teachers on staff)
- Active activities daily
- Technology club- 3D printing, coding, and Lego robotics

- 4-H and Boys and Girls Club activities weekly
- Care for school out days and holidays
- Top priority for summer day camp
- Middle school/teen participants free to attend after school program

Some of the new changes for of the 2016-2017 school year:

- Extended hours open now until 6 p.m.
- Busing service to and from Bettendorf School District
- Renovated middle school teen center
- WiFi is being added to Bldg. 50

If you would like more information regarding the SAC/YC Before and After School Program please contact the School Age Center Staff at 309-782-5019 or timothy.c.hernandez2.naf@mail.mil.



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.**

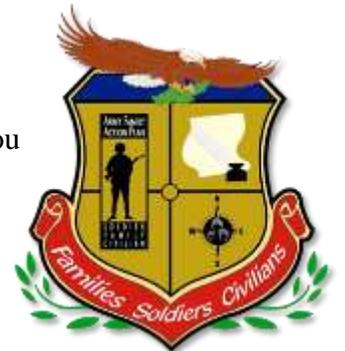
A Call for Volunteers

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 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.

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."

Assertiveness Training

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class date is **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."

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.](#)

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

Active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members – mark your calendars now... the Directorate of Human Resources, U.S. Army Garrison, will host the Semi-Annual Employment-Education Event on **Wednesday, Sept. 7**, 9:30 a.m. – 1 p.m., in the Heritage Hall, Bldg. 60. Numerous employers from throughout the Midwest as well as many academic institutions and Veterans Service Organizations are expected to be in attendance.

Employers may have jobs available in locations nation-wide as well as in the Quad Cities area and throughout the Midwest. Please come ready; have resumes to hand out and be appropriately dressed. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes.

VSOs will be available to assist with resources, benefit information, and resume development. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact [Chris Gegenheimer](#), Army Community Services, at 309-782-0815. Any questions about the event can be

directed to Shelly Mimms, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or usarmy.ria.usag.mbx.hrm-tsm@mail.mil. Don't let this great opportunity pass you by!

RIA Army Education Center Commencement Recognition Ceremony

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

DANTES Provides Faster Exams Reimbursement Process

The Defense Activity for Non-Traditional Education Support (DANTES) Exams Reimbursement Program has changed a reimbursement policy that will expedite the exams reimbursement process for service members, including active duty, National Guard and Reserve. The policy change includes reimbursement of test fees for the following exams:

- GED (beginning October 2016)
- GMAT
- GRE General and GRE Subject
- Praxis Core and Praxis Subject Assessment
- ACT and SAT

The online Electronic Reimbursement Request is now the only option available for service members to receive reimbursement to cover the cost of test fees incurred for exams taken at national or international test centers. Paper-based reimbursement requests were retired March 1 and are no longer accepted. In accordance with the policy change, DANTES will no longer physically process any paper-based reimbursement mail received after **Oct. 1**. ([More](#))

FY2016 Year-End Close-Out

In preparation for FY2016 year-end close-out concerning use of Army Tuition Assistance, the following applies: Soldiers, all course enrollments with start dates through **Friday, Sept. 30**, must be requested and approved in GoArmyEd before 11:59 p.m. Eastern Time, **Friday, Sept. 16**. There will be no exceptions. This enrollment cut-off is necessary to allow for the 2016 fiscal year close-out. The FY2016 close-out enrollment cut-off date does not affect Soldiers enrolling in FY2016 classes using full self-pay, or classes starting **Saturday, Oct. 1**, or later (FY2017 enrollments). FY2017 enrollments are subject to availability of funds. POC is Army Education Center at 309-782-2065.

Defense Commissary Agency / Exchange



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](#))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockislandarsenal.commissary@deca.mil and type 'Subscribe' in the subject line.

Who's Your Real-Life Superhero? Let the Exchange Know for a Chance at \$10,000 in Prizes

Day in and day out, Soldiers and their families have real-life proof that superheroes exist. The Army & Air Force Exchange Service, Hasbro and Lindt Chocolatier are giving military shoppers a chance to tell about their real-life superheroes for their share of \$10,000 in prizes, part of the Exchange's yearlong Because of You Program. In the Who's My Superhero And Why contest, which runs from **Sept. 1 to 30**, Exchange shoppers can submit an essay and photo about their real-life superhero. Ten winners will each receive a \$1,000 Exchange gift card. The worldwide essay contest is part of the Exchange's 2016 Because of You program, which celebrates military families and honors active-duty troops, allowing the Exchange to express gratitude for their service and sacrifice. "To find true heroism, we need to look no further than our service members and their families," said Rock Island Exchange Store Manager Lisa Scadden. "Soldiers and their families know better than anyone that superheroes do exist. While this contest is worldwide, I encourage Rock Island shoppers to share stories for a chance at a prize." To enter, authorized Exchange shoppers 18 and older can send essays of 200 words or less to sweepstakes@aafes.com. A photo of the real-life hero must accompany the essay. Entries must also include the contestant's full name with middle initial; sponsor's name, rank and branch of service; date of birth; mailing address; email address; and phone number. Entries are limited to one per person. Winners of the Who's My Superhero And Why essay contest will be notified by **Oct. 30**.

Rock Island Exchange Brings Back Fee-Free Layaway for the Holidays

Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes. Starting **Sept. 1**, the Rock Island Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by **Dec. 24**—including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan. "By waiving the service fee, the Rock Island Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day," said Rock Island Exchange Store Manager Lisa Scadden. "With a few months to go before the holidays, shoppers can start checking off their gift lists—and keep those presents safely hidden." A

deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Rock Island Exchange for complete program details and eligibility information.

Exchange Gives Shoppers Chance to Win a Polaris RZR Off-Road Desert Vehicle

Shoppers with the Army & Air Force Exchange Service have the chance to get a taste of off-road action with their very own Polaris RZR desert vehicle this fall. From **Aug. 26 to Sept. 29**, authorized shoppers worldwide can enter the Rockstar Polaris RZR sweepstakes at shopmyexchange.com/sweepstakes. One lucky winner will receive a Polaris RZR XP 4 1000 off-road vehicle valued at \$22,299. “The freedom of the open terrain, the up-and-down of the rugged earth, the flying dirt – what’s not to love about a good off-road adventure?” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “That’s why the Exchange is giving its shoppers the chance to get up-close-and-personal with the untamed thrills of the off-road. Enter now—after all, it may be you who ends up lucky enough to cruise Mother Nature in style this fall.” The Rockstar Polaris RZR sweepstakes is open to authorized shoppers 18 and older. No purchase is necessary to enter or win. A winner will be drawn on or about **Oct. 7**.

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**.



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. 29-Sept. 4

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. The first case of Spanish Influenza appeared at RIA on Aug. 29, 1918. By Nov. 9, 1918, 73 more cases and nine cases of pneumonia had been diagnosed at RIA post hospital. On Sept. 1, 1863, excavation for the first permanent RIA building (Clock Tower) began. In September 1866, the RIA took possession of wagon bridge to village of Rock Island. In September 1877, the sun dial located at the end of Gillespie Avenue near Quarters One was dedicated. On Sept. 4, 1918, Beatrice Campbell was hired as forelady of the fuze department in the ammunition loading plant (Shop L – Bldg. 250). In September 1910, a chemical laboratory was organized and equipped at RIA with a permanent full time chemist placed in charge of the operation. In September 1866, excavation began for Shop C (Bldg. 104).



Healthbeat

Precision Medicine Offers Individualized Health Care Instead Of “One-Size-Fits-All”

Would someone buy shoes from a “one-size-fits-all” bin? Probably—not. Would a family look for a home that meets their needs—size, cost, location? Probably—yes. So, why should patients settle for health care designed for everyone when they can get care that’s uniquely tailored for them? Like foot size, a person’s genes determine their unique physical features. Now, it’s also known that genes—or rather mutations in the genes—can indicate if someone may be at risk for certain medical conditions. By integrating genomic information with a patient’s family history, lifestyle and environmental factors, doctors can better predict a person’s risk for disease or response to prescription drugs and can tailor treatment plans for each individual patient. This innovative approach that may revolutionize health care is known as precision medicine. Medical researchers from across the Military Health System (MHS) discussed precision medicine at the MHS Research Symposium on Aug. 17, 2016. They talked about active studies that are exploring the human genome to find new ways to improve clinical-decision making and predict outcomes in the operating room and on the battlefield. ([More](#))

Missing Appointments Wastes Time and Money

It has happened to many of us. We call and set up an appointment with our doctor. We even write it down. But, life happens and we remember the appointment about an hour after we were supposed to check-in. We are now official “no shows.” A no-show occurs when a patient misses an appointment without making any attempt to cancel or reschedule 24 hours in advance. When you miss an appointment, it keeps another patient from using that appointment slot for care they need. Also, the office can’t move all the rest of the day’s appointments up to fill your space. The time slot goes unused. Your provider may charge you because you didn’t show up for your appointment. The American Medical Association policy says a doctor may charge for a missed appointment – or failing to cancel 24 hours in advance – if the office advises them they will be charged if they miss an appointment. The fee can range from \$20- \$40 and isn’t covered by TRICARE. ([More](#))

Military Health Experts Warn Supplements Are No Shortcut for Preventive Health

Air Force Capt. Denise Campbell has seen the symptoms before. While deployed, she talked to an individual who was rushed to the clinic for shortness of breath and an irregular heartbeat. “This guy had mixed a pre-workout product with an energy drink because he didn’t have any water on hand. No surprise, that’s a large dose of caffeine in a very short time, and he reacted badly,” said the health promotion dietitian from Spangdahlem Air Base, Germany. “Fortunately, there were other people in the gym to call emergency services, and the gym was near the clinic.” Campbell said the service member was a victim of “stacking,” a term used when taking different products or supplements together. The effects might be much stronger than when taken separately. As she described it, “1+1 can equal 10!” In addition, dietary supplements can interact with prescription or over-the-counter medications. It all underscores the danger some supplements pose instead of enhancing the abilities of their takers. “Vitamins and mineral supplements can be OK, but some other dietary supplements might have contaminants and can be dangerous if used,” said Patricia Deuster, director of the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences and one of the Military Health System’s experts on supplements. “The biggest problem is there’s no pre-market approval for safety or effectiveness of supplements. And a large number of dietary supplements don’t contain what’s on the label.” ([More](#))

Notes for Veterans



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Veterans Invited To Join AMVETS Post 145

The men and women who served our country and defended our freedom at home and abroad are also working right in our community to make it a better place. AMVETS Post 145 is helping make a difference in the lives of veterans and their families in East Moline. Post 145 was chartered in 1948, and is still a thriving veterans service organization. 57 years ago, in 1958, Post 145 started the East Moline Fourth of July AMVETS parade, and it is going strong today. For the last 14 years, Post 145 has been actively involved with the Bridging the Gap Stand Down for Homeless Veterans, as well. The AMVETS Department of Illinois has been an organization of Veterans serving Veterans since 1945. With approximately 10,000 members, Illinois AMVETS has been at the forefront of community and Veterans' service for the State of Illinois. Our goal is to improve the lives of our nation’s Veterans and the communities they live in. If you are interested in joining the AMVETS or



learning more, Post 145 holds meetings on the first Wednesday of the month at 7 p.m. at 827 15th Ave.

Military Service Deposit Requirements

One of the least understood aspects of federal retirement policy involves capturing credit for military service after 1956. The military began deducting Social Security from military wages on January 1, 1957. Congress enacted a law in 1982 giving employees the opportunity to make a deposit into their civilian retirement system for active military time served after 1956. Individuals who make the deposit are entitled to credit for the military service under both the Social Security system and the applicable civilian retirement system. No interest will be computed if a deposit for military service is made within two years after the date you first became employed. If the deposit is not completed in the two-year period, interest will be posted to your account one year after the two-year period; thus the total effective interest-free period is three years minus one day. If you are covered under FERS, you will receive retirement credit for military service only if a deposit for military service is made. For periods of active duty service prior to January 1, 1999, the deposit equals 3 percent of base pay (not allowances earned during the post-1956 military service). For periods of service performed during 1999, the deposit equals 3.25 percent, during 2000, the deposit equals 3.4 percent, and after 2000, the deposit is 3 percent of base pay. ([More](#))

VA Provides Service Dog Benefits To Veterans with Mental Health Disorders

The Department of Veterans Affairs (VA) announced today that it is piloting a protocol to implement veterinary health benefits for mobility service dogs approved for Veterans with a chronic impairment that substantially limits mobility associated with mental health disorders. "We take our responsibility for the care and safety of Veterans very seriously," said VA Under Secretary for Health, Dr. David J. Shulkin. The Department of Veterans Affairs (VA) is committed to providing appropriate, safe and effective, compassionate care to all Veterans. Implementing the veterinary health benefit for mobility service dogs approved for Veterans with a chronic impairment that substantially limits mobility associated with mental health disorders may prove to be significantly beneficial for some Veterans. The Service Dog Benefits Pilot will evaluate this premise." VA has been providing veterinary benefits to Veterans diagnosed as having visual, hearing or substantial mobility impairments and whose rehabilitation and restorative care is clinically determined to be optimized through the assistance of a guide dog or service dog. With this pilot, this benefit is being provided to Veterans with a chronic impairment that substantially limits mobility associated with a mental health disorder for whom the service dog has been identified as the optimal way for the Veteran to manage the mobility impairment and live independently. ([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 Jeni Berta, 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.



Tri-Agency Partnership Working to Tailor Cancer Care Based on Genes, Proteins

The Department of Veterans Affairs (VA) is partnering with the Department of Defense (DoD) and the National Cancer Institute (NCI) to tailor cancer care for patients based on the genes and proteins associated with their tumors. The tri-agency program will create the nation's first system in which cancer patients' tumors are routinely screened for gene and protein information, with the goal of finding targeted therapies for each individual patient. The process will also continually generate new information to boost clinicians' ability to treat the disease. This new program, the Applied Proteogenomics Organizational Learning and Outcomes consortium, or APOLLO, is part of the wider national Cancer Moonshot initiative. APOLLO will initially focus on lung cancer in patients at VA and DoD medical centers, with plans to eventually include other forms of cancer. Some 8,000 Veterans are diagnosed with lung cancer each year in the VA system alone. "APOLLO will create a pipeline to move genetic discoveries from the lab to VA clinics where Veterans receive cutting-edge cancer care," said VA Secretary Robert A. McDonald. "This is an example of how we are striving to be an exemplary learning health care system. We are proud to join our federal partners in this exciting initiative, and we expect it will lead to real improvements in the lives of those affected by cancer." ([More](#))

Around the Q.C.



C

- 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:** [Shave for the Brave Motorcycle Fun Run, Cars Welcome](#) (Cactus Country, 3075 W Main St, Galesburg)
- 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. 18:** [4th Annual Crawl for a Cause](#) (Humane Society of Scott County)
- Sept. 22:** [Hy-Vee presents Corks FORE a Cause](#) (RiverCenter, Davenport)
- Sept. 23:** [Quad Cities Fall Pride](#) (LeClaire Park, 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:** [Superhero 5K Run, 1 Mile Walk and Kids Dash for Down syndrome](#) (Veterans Memorial Park Bettendorf)
- 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)
Oct. 30: [Day of the Dead Family Fiesta](#) (Figge Art Museum)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline))
Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport))
Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)
Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport))

Island Insight

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[Mark Kane](#), Editor *The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army.*

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