



Sept. 12, 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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Fallen Honored at 15th Anniversary of 9/11 Terrorist Attacks

Gathered at dawn in a warm humid mist, about 300 military personnel and community members walked 3.25 miles and planted small American flags in remembrance of the Sept. 11, 2001 terrorist attacks, Sept. 9.



More than 9,000 flags were placed behind the 9/11 Memorial, which is a brick replica of the World Trade Center and Pentagon. Exactly 2,997 of the flags represented those who died on 9/11, and the rest represented the military lives lost in the conflicts following the attacks. "I joined the Army because of 9/11," said Sgt. 1st Class James Borchardt, material integrator, Distribution Management Center, U.S. Army Sustainment Command. "[This event] brought back a lot of memories from when the twin towers fell." At a commemoration event later in the morning, Maj. Gen. Edward M. Daly, commanding General, ASC, served as the guest speaker. "It is fair to say that over the past 15 years all of us have sacrificed -- as individuals, as communities and as a nation," said Daly. ([More](#))

Upcoming Dates

- Sept. 13-14:** SFL-TAP, Bldg. 56, 1st Flr., 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.
- Sept. 15:** 2nd Annual Out of the Darkness Island Walk, start at Bldg. 350, 11 a.m.
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- Sept. 15:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- Sept. 15:** RIA Quarterly Retirement & Retreat Ceremony, Bldg. 60, Heritage Hall, 2 p.m.
- Sept. 16:** National POW/MIA Recognition Day
- Sept. 16:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Sept. 22:** Newcomer's Orientation & Tour, Arsenal Island Clubhouse, 8 a.m.
- Sept. 22:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.
- Sept. 26-Oct. 3:** Armed Forces Voting Week
- Sept. 27:** G.I. Bill Brief, Bldg. 56, Rm. 116, 10-11 a.m.
- Sept. 27:** Emotional Intelligence, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m. - 12:30 p.m.
- Sept. 27:** Volunteer Recruitment & Military Spouse Fun Night, Arsenal Island Clubhouse, 6-8 p.m.

First Army Hosts Congressional Delegation

First Army personnel updated local Congressional staffers on the unit's mission, challenges and successes during an annual briefing at First Army headquarters Aug. 25. "With the declining resources of the Army, (the United States has) to commit more of our Army Reserve and Army National Guard personnel toward (overseas) missions," said Col. Shawn Klawunder, First Army's chief of staff, told the group. "First Army has a pivotal mission in preparing them before and after they mobilize to deploy." Congressional staffers represented U.S. Senators Dick Durbin, Mark Kirk, Chuck Grassley and Joni Ernst, and U.S. Representative Cheri Bustos. Rob Leonard, national security advisor for Durbin, asked about challenges First Army currently faces. ([More](#))



Employment, Education Event Attracts Individuals Looking for Transition

Soldiers and civilians attended U.S. Army Garrison, Rock Island Arsenal's "Employment and Education Event" at Heritage Hall in Building 60, Sept. 7. The event was coordinated by the RIA Military Personnel Division hosted by the RIA Directorate of Human Resources in support of the "Soldier for Life" Transition Assistance Program and Army Continuing Education services. Three federal employers, three state employers, 18 private sector employers, 13 educators, and nine veteran service and support organizations set up booths at the event. The three federal employers handed out leaflets for the "Pathways" program and Army Materiel Command's "Always a Soldier" program leaflets were handed out for those seeking to transition from military to civil service careers. RIA typically holds two such events per year – one in April and the other in September. ([More info](#))



New ASC HHC First Sergeant Assumes Responsibility

1st Sgt. Matthew Lashley, U.S. Army Sustainment Command, passed the Headquarters and Headquarters Company first sergeant responsibilities to 1st Sgt. Efren Delpilar, material management noncommissioned officer, here, Sept. 8. ASC HHC's first sergeant is responsible for working closely with the commander to ensure the unit is disciplined, motivated, trained, healthy, and proficient at completing their duties. Delpilar said he will focus on readiness by helping to improve the health and wellness of the company. "To my Soldiers, both officers and enlisted, my door is always open if you need anything at all," he said. "As your first sergeant, it is my job to take care of you and ensure that your needs and the needs of your family are met." ([More](#))



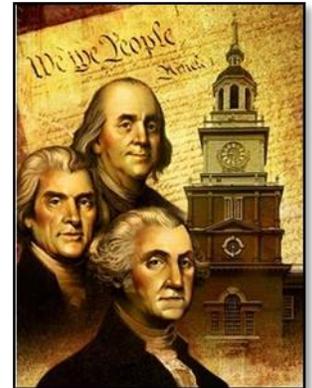
RIA Army Education Center Commencement Recognition Ceremony

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.



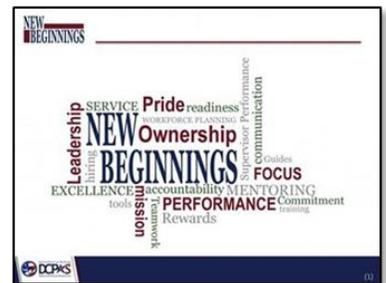
ACES promotes lifelong learning opportunities and sharpens the competitive edge of the Army through voluntary education. ACES' mission supports readiness and resilience through its services in support of the Total Army family. For more information please contact the Education Center at 309-782-2065.

DoD to Observe Constitution Day, Citizenship Day: The Department of Defense will observe Constitution Day and Citizenship Day, **Friday, Sept. 16**, to commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787. Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447, requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept. 16**. To assist in celebrating this event, training and educational materials will be provided to all DoD employees to encourage them to hold ceremonies and special programs. The [Web site](#) provides useful information and resources, including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." ([More](#))



Defense Performance Management and Appraisal Program

The Department of Defense has worked with the Office of Personnel Management to develop the Defense Performance Management and Appraisal Program, a DoD-wide performance management program that links individual performance to DoD values and organizational mission. This program is a component of DoD's "New Beginnings" initiative, an effort to foster a culture of high performance through greater employee and supervisor communication and accountability, increased employee engagement, transparent processes, and improved capabilities in recruiting, developing and rewarding the DoD civilian workforce. The Army has begun its phased implementation of the Defense Performance Management and Appraisal Program in April 2016. Approximately 3,100 civilian employees within the Civilian Human Resources Agency became the inaugural group to enter this new program, which ensures ongoing recognition and communication between employees and supervisors throughout the appraisal cycle. ([More](#))



OPM Touts Upgrades to Federal Jobs Site

The Office of Personnel Management this week is touting upgrades made over the past year to simplify and improve USAJOBS, the much-maligned website most people use to apply for jobs in the federal government. USAJOBS, which posts more than 14,000 federal jobs each month, has undergone several makeovers since the site originally launched in 1996. OPM solicited feedback from focus groups and other forums to make several changes to the portal since February, including creating a new landing page and user interface; a mobile-friendly design that replaced the USAJOBS app; a new help center; and new user profile experience. "I'm really excited about all of the progress we have made with USAJOBS," said acting OPM Director Beth Cobert in a statement. "But this doesn't mean our work



is done. The USAJOBS team here at OPM will continue to solicit user feedback and make continuous enhancements to the website to improve the experience for applicants interested in federal service,” she said. ([More](#))

Time to Revisit Federal Life Insurance Choices

Most Federal employees make a decision about life insurance coverage when they join the Federal Government and rarely revisit that decision. But as the circumstances of our lives change, so does our need for protection. Beginning on September 1 and continuing throughout the month, it will be Open Season for Federal Employees’ Group Life Insurance (FEGLI). This is an opportunity for Federal employees and their families to consider what levels of protection might be appropriate for them and either to enroll in FEGLI for the first time or make changes to their coverage. The availability of life insurance coverage is just one of the comprehensive packages of health and other benefits available to all Federal employees. Importantly, if you enroll for the first time or change your coverage, there will be no medical exam required and no health questions to answer. Paying for the coverage is simple: premiums are deducted from your paycheck. ([More](#))



National Preparedness Month

National Preparedness Month (NPM) is a national campaign of action to prepare, now and throughout the year, for the types of natural and man-made emergencies and disasters that could affect us where we live, work, learn, and visit. NPM is commemorated each September to emphasize the importance of preparedness and serve as a reminder of the simple actions we can take to prepare for when disaster strikes. This year's NPM theme is "Don't Wait, Communicate. Make Your Emergency Plan Today." The Army's focus remains steadfast to educate, empower, and involve the Army community in preparedness activities that enhance the Army's resiliency and increase the nation's readiness for all-hazards events. ([More](#))



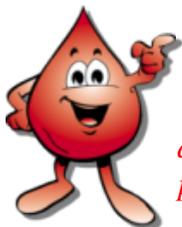
Blood Drives

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. 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](#).

2nd Annual "Out of the Darkness Island Walk"

In observance of National Suicide Prevention Month, please join JMC for the 2nd Annual "Out of the Darkness Island Walk." This is a nationwide event to raise awareness about depression and suicide. The walk will begin at Bldg. 350, Door #1 west side on **Thursday, Sept. 15**, at 11 a.m. Opening remarks will be made by members of the JMC Command Group and Maj. Willie Mashack, Command Chaplin, prior to beginning the walk. Everyone is welcome to attend the opening remarks at Bldg. 350 or feel free to join the walk as it passes by your building/location.



VIOS Schedule for September, October

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**; and **Oct. 17, 18, 19, 20**, and **21**.

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](#)

Bridging the Gap Quad-City Homeless Veterans Stand Down

Our annual three-day Stand Down taking place at the QCCA in Rock Island starts with registration at 4 p.m. on **Thursday, Sept. 15**, for those homeless in our area that are in need of resources to assist in getting themselves back on their feet. The event concludes on the morning of **Saturday, Sept. 17**, with a graduation ceremony. We will have numerous local and federal agencies on hand such as Social Security, local medical providers, local agencies such as shelters, and many more items of interest that will provide free information in hopes that our homeless community will be able to improve their situation. QCA Bridging the Gap is an organization of non-paid volunteers dedicated to helping homeless Veterans get the resources they need to enrich and change their lives. Bridging the Gap QCA, Inc. has been hosting Stand Downs in the Quad Cities area for 16 years. Four years ago, they expanded their mission from one yearly Stand Down to two. The Stand Downs are always held on the 3rd weekend in September and the 3rd Thursday in February. Typically these event offer services to 75-100 homeless Veterans and their families in the area. ([More](#))



Retirement and Retreat Ceremony

The Rock Island Arsenal Commanding General requests the honor of your presence at a Retirement and Retreat Ceremony in honor of retiring Soldiers and Civilians of Rock Island Arsenal on **Thursday, Sept. 15**, at 2 p.m., in Heritage Hall, Bldg. 60. Dress: Military – Duty; Civilian – Business.

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 Kesphol 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](#))

Deputy ASA(APL) Christopher Lowman to Visit RIA

The Deputy Assistant Secretary of the Army for Acquisition Policy and Logistics, Christopher Lowman, SES, will be addressing the RIA workforce on Career Development on **Tuesday, Sept. 20**, 9:30-10:30 a.m., in Heritage Hall, Bldg. 60. In his current position he is responsible for policy and oversight for Army and joint systems acquisition and sustainment to ensure effective, efficient, and secure acquisition, life cycle logistics operations and defense industrial base oversight. All commands are welcome to attend. Questions? Contact 309-782-0589. ([Background](#))



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.



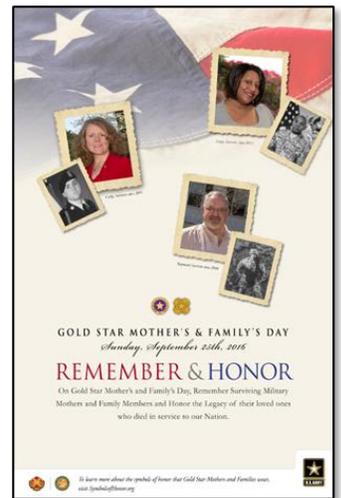
Books for Children of Military Members

WQPT Quad Cities PBS is expanding its Embracing Our Military initiative and starting a program to give children of military members in the Quad Cities free books - and your help is needed. Volunteers are needed on **Saturday, Sept. 24**, 9 a.m. – Noon, Noon – 3 p.m., at the HyVee stores in Moline, Rock Island, and Davenport, to collect donations at sites around the Quad Cities area. If you'd like to help with this project, please call or email Michael Carton at 309-764-2400 ext. 65026 or mt-carton@wiu.edu. With your help, we will be able to provide military children with their own personal library while their parents are serving our country.



Gold Star Mother's & Family's Day

As a part of our ongoing commitment to honor our fallen service members, the Army joins the Nation on **Sunday, Sept. 25**, in remembering the strength and sacrifice of our Gold Star Mothers and Families. Since 1936, Congress has recognized mothers who lost a son or daughter in the defense of our great Nation by setting aside the last Sunday in September as a reminder that the price of protecting our Nation's freedoms and liberties is high. Gold Star Mother's & Family's Day gives us an opportunity to remember and honor fallen service members, and acknowledge the enormous burden their mothers continue to carry as they mourn the loss of their child. Despite their loss, these special women are dedicated to giving back to the military community. They carry forward their child's legacies of patriotism, bravery and courage. These mothers are the bedrocks of support and comfort to fellow survivors, setting examples of inspiration and resilience with those who share their unique bond. Gold Star Mothers, as well as all Family members who are grieving a military loss, will always be cherished members of the Army Family. We will maintain our steadfast commitment to support these Families while honoring the legacies of their children's service and sacrifice to our Nation. ([More](#))



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](#))

Building 60 Outdoor Grill Update

Building 60 outdoor grill will operate Tuesday's, Wednesday's and Thursday's for the remainder of the grilling season. Do not forget we have Ribeye Steak Sandwiches both Wednesday's and Thursday's. We plan for the last day of the outdoor grill to be **Thursday, Oct. 20**. Keep an eye on the Island Insight for upcoming deals and specials; we have a lot of plans for after grill season inside the cafe, again, keep an eye on the Island Insight. Thank you all for your continued support.

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 Closure

The Iowa Interstate Railroad are making repairs on the railroad over the Government Bridge. This has necessitated closures of the Government Bridge and has effected traffic crossing the Bridge.

- 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 the closure. The local media was informed of the closures for public announcement.



Update Repair Gillespie Street

On Tuesday, Sept. 6, Public Works began making repairs to Gillespie Street. The road will be closed between Blunt Road and the north entrance to Bldg 312. We encourage pedestrians to avoid this area, but they may use the west sidewalk along Gillespie to the south entrance of Bldg. 312 and then cross over to the golf cart path proceeding onto Ramsey Road. If safety becomes an issue, the area will be closed to pedestrian traffic. Orange safety fence is installed around the perimeter of the work area. Please use caution when traveling near the area and be aware of extra truck traffic traveling to the construction site.

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.

Beck Avenue Closure

The Directorate of Public Works is scheduling a road closure for a section of Beck Avenue, **Sept. 5-30**. The end date may be extended pending weather or unforeseen site conditions during excavations. This closure is required to continue work with installing new fire water mains for B-299. The installation of those water mains requires the removal and replacement of sections of Beck Avenue. Barricades and signs will be posted to warn and direct traffic. Parking in Lot 2G will be unaffected. Parking in Lot 2F can be maintained with access from Flagler Street through the JMTC area rolling gates. Pedestrian traffic to Door 17 at B-299 will remain open.

QC Marathon

On **Sunday, Sept. 25**, between 7 a.m. - 12:30 p.m., the Quad Cities Marathon will run throughout the Rock Island Arsenal. Everyone on the Installation on Sunday, Sept. 25, will be required to adhere to the traffic patterns and road blockages that have been established for this community event. Vehicular traffic must allow runners the right of way and adhere to the volunteer's directions.

All vehicles must enter through the Moline gate and exit by way of the Government Bridge only. The race will run through the housing areas so everyone living in those areas will be given alternative routes off of the Island if necessary. There will be no vehicles allowed on or off through the Rock Island Viaduct during the race with the exception of emergency vehicles and the relay Metro bus. The course will be lined with cones to separate runners from traffic and to block specified intersections. Additional information about the QC Marathon can be found at <http://qcmarathon.org>.

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.



Impact to Traffic: 3rd Annual Join the Fight March

The United States Army Garrison Rock Island Arsenal's Family Advocacy Program will hold its 3rd Annual Join the Fight March on **Thursday, Oct. 6**, at 11 a.m. Portions of Rodman Avenue will be closed from 11 a.m. to 11:30 a.m. to ensure safety of those participating in the March. The RIA PD will be supporting this action. As in past years it will be a rolling blockade so that the entire road will not be blocked off at the same time. A map of the portion of Rodman Ave that will be used is attached. All portions of Rodman are expected to be open by 11:40 a.m.

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.

Active Duty/Reserve Zone



'Be There' Suicide Prevention Theme Resonates With Troop Values

Preventing suicide requires the commitment of all in the Defense Department, Marine Corps Gen. Joe Dunford, chairman of the Joint Chiefs of Staff, said in a videotaped message at the Sept. 7 Suicide Prevention Month kickoff at the Pentagon. Marine Corps Lt. Gen. Robert R. Ruark, military deputy to the acting Secretary of Defense for personnel and readiness, echoed the chairman in his keynote remarks, and said this year's theme, "Be There," serves to raise awareness among military and civilian personnel, veterans, and their families and friends. "The bottom line is that we care about our soldiers, sailors, airmen, Marines and Coast Guardsmen, and that [caring] has to continue after their service ends," Ruark said. ([More](#))

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](#))

Military Fatherhood Program

Military dads & kids, let's get together for a fishing derby **Thursday, Sept. 22**, 5:30-7:30 p.m., at the Bettendorf's Middle Park Lagoon. Join us for an evening of fishing, food and fun. Dinner will be provided along with a special gift for all participants. For more info and to RSVP call 309-782-3049. ([Flyer](#))

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



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>.

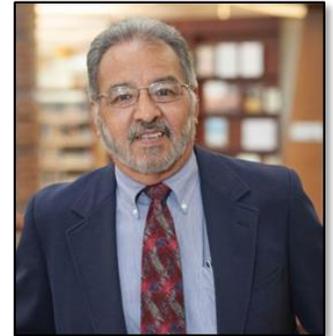
Note: Each course is limited to six riders. If you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email nancy.l.carlson.civ@mail.mil or michael.j.chaplin.civ@mail.mil, respectfully.

Equal Employment Opportunity Focus



National Hispanic Heritage Month Observance

The Rock Island Arsenal's National Hispanic Heritage Month Observance will take place **Thursday, Oct. 6**, 1-2 p.m., in the Arsenal Island Golf Clubhouse, and include Lee Vasquez as the featured speaker. To sign up for the event use keyword "Hispanic Heritage" in [TEDs](#). Vasquez is the [executive director of the Greater Quad Cities Hispanic Chamber of Commerce](#), where he implements the Chamber's strategic plan, promotes business and fund development, and helps GQCHCC members build capacity through training and technical assistance. Vasquez has been a member of the Iowa City Area Chamber of Commerce and graduate of the Chamber leadership program. He also served as president of the Chamber Leadership Alumni Group. He earned his B.A. in Business/Economics at Chadron State College, Chadron, Nebraska. Vasquez spent more than 12 years at the University of Iowa working within the Business Services Department and four years as the director of Auxiliary Services at Kirkwood Community College in Cedar Rapids, Iowa. During his tenure at the University, he served as co-chair of the Council on the Status of Latinos. A university organization that was started to create an environment that addressed the needs and concerns of Latino faculty, staff and students. In addition, he was a long time member of the University Diversity Council that reported directly to the president of the University. National Hispanic Heritage Month is the period from **Sept. 15 to Oct. 15** in the United States, when people recognize the contributions of Hispanic and Latino Americans to the United States and celebrate the group's heritage and culture. Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. All declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence days on Sept. 16, Sept. 18, and Sept. 21, respectively. President Barack Obama stated in his 2015 National Hispanic Heritage Month proclamation, "As a Nation, we are bound by our shared ideals. America's Hispanic community has the same dreams, values, trials, and triumphs of people in every corner of our country, and they show the same grit and determination that have carried us forward for centuries. During National Hispanic Heritage Month, let us renew our commitment to honoring the invaluable ways Hispanics contribute to our common goals, to celebrating Hispanic culture, and to working toward a stronger, more inclusive, and more prosperous society for all." For additional information or accommodations for the observance please contact Sgt. First Class Tina Roberts, ASC, EOA, at 309-782-3021. ([Hispanics in the United States Army](#))



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

Fitness Center Is Looking For Certified Group Fitness Instructors

The RIA Fitness Center is looking for certified Yoga and Zumba instructors to teach classes at different times of the day during the week. If interested, or know of an instructor please have them call the Fitness Center at 309-782-6787.

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](#))



Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, Sept. 21**, 9 a.m. - 2 p.m., at the Auto 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.

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](#))

Million Dollar Quartet

Million Dollar Quartet is the new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for the first and only time. On December 4, 1956, these four young musicians gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life, featuring a score of rock hits including "Blue Suede Shoes," "Fever," "That's All Right," "Sixteen Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?," "Matchbox," "Folsom Prison Blues," "Hound Dog" and more. This thrilling musical brings you inside the recording studio with four major talents who came together as a red-hot rock 'n' roll band for one unforgettable night. Don't miss your chance to be a fly on the wall of fame... at Million Dollar Quartet! Limited discounted seats on sale until **Saturday, Oct. 1**. Call 309-782-5890 or stop by the Leisure Travel Office, Bldg. 333.

Event Date: **Saturday, Oct. 15**

Event Time: **5:45 p.m.**

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**.

Disney on Ice: Dare to Dream

Feld Entertainment's Exciting Disney On Ice Production is a Celebration of Royal Proportions featuring Tangled, Snow White and the Seven Dwarfs, The Princess and the Frog and Cinderella. Join Mickey Mouse, Minnie Mouse, Donald and Goofy as they follow four of Disney's most inspirational princesses on their adventures to fulfill their dreams in Feld Entertainment's newest ice spectacular, Disney On Ice presents Dare to Dream. Combining the contemporary stories of two modern-day princesses, Rapunzel and Tiana, with the classic elegance of Cinderella and Snow White, Dare to Dream whisks audiences away on exciting journeys where dreams really do come true. MWAR Leisure Travel Office has several dates and times (performances at the iWireless Center running **Dec. 1-4**) for discounted seating to this show. Call the Leisure Travel Office for more details at 309-782-5890.

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



Before and After School Care Needs Survey

Our goal is to always find ways to better serve the Rock Island Arsenal Community. With that in mind we have developed a short (nine question survey) to assess interest in bussing services from area schools to/from the School Age Center for before and after school care. Currently we offer bussing to Franklin Elementary (Moline), Wilson Middle School (Moline), Moline High School, and the Bettendorf School District. We have had a very strong response from our patrons to look into options of busing to other schools and districts. For Child, Youth & School Services (CYSS) to accurately assess where that need is, we ask that you please complete the survey below.

Unfortunately we cannot guarantee busing to all schools in the area, but if we find an area where there is a need we will explore the possibility. If you have any questions please don't hesitate to contact the School Age Center staff at 309-782-7544. We would be happy to answer any questions you may have. Survey Link: <https://www.surveymonkey.com/r/RIA-After-School>

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**.

Hearts Apart Support Group

The Hearts Apart Support group is designed to provide support for the families of service members and DoD Civilians that are deployed, geographically separated, or on extended TDY. This is an opportunity to come together in a relaxed environment to build support and comradery. This month we would like to invite those family members that are left behind to join the Hearts Apart Group in a Mug Painting Activity this **Friday, Sept. 16**, 10-11 a.m., in the USO in Bldg. 110. This is open to

the whole family and R.S.V.P. is required (to ensure there are enough supplies) by **Thursday, Sept. 15**. To reserve your slot call ACS at 309-782-0829.

5 Love Languages Class

This free training taking place **Thursday, Sept. 22**, 4-5 p.m., in the Army Community Service (Bldg. 110), is open to all Arsenal employees and will cover the five languages of love and how to strengthen your personal relationships. For more info or to RSVP, please call 309-782-0829. ([Flyer](#))

Paint the Island Purple

This October support Domestic Violence Awareness Month by joining in on our competition. Get your team together and decorate your work space in purple and wear purple on **Fridays**. Submit your photo to us and we will vote each week on the winner. You will get a plaque, to hold our traveling trophy and bragging rights. Don't miss out and help support a great cause!

Join the Fight March

On **Thursday, Oct. 6**, line Rodman Avenue and join our march as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks! The outdoor grill will be available to purchase food in the parking lot after the march.



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.](#)

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.

Community Involvement Could Net Students a \$5,000 Scholarship in Latest Exchange Contest

Students who go above and beyond in making a difference in their community could reap a handsome reward for their service in the Army & Air Force Exchange Service's Rewards of Caring Scholarship contest. To enter, authorized students in grades 6-12 with a 2.5 or higher GPA can submit an essay in English of 500 words or less explaining their involvement in the community and why their community is important to them. Four winners worldwide will each be awarded a \$5,000 scholarship, courtesy of Unilever. "Giving back and serving the community is important at any age," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "This contest gives the Exchange the opportunity to recognize and reward those students that are truly making a difference." ([More](#))

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](#))

Arsenal Archive

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

This Week in Rock Island Arsenal History – Sept. 12-18

On Sept. 16, 1918, Cora De Wilford, became the first woman motorcycle driver employed at the RIA. She ran errands for Storehouse A to various points on the Island and in the Tri-Cities. On Sept. 17, 1945, the Italian prisoners of war units at RIA were disbanded and returned to various ports of embarkation for relocation overseas. A system of shop management known as the Taylor System of Scientific Management was introduced in RIA shops on Sept. 18, 1911. In September 1958, the RIA achieved standardization of the Honest John trunk mounted launcher, M386.

Healthbeat



Honing Our Efforts to Reduce Suicide – A Public Health Scourge

Suicide Prevention Awareness Month is a national observance during the month of September, but suicide prevention is a priority for the Department of Defense (DoD) every day of the year. Suicide is a pressing public health issue. Suicide rates have increased alarmingly in the U.S. over the past two decades. The Defense Health Agency (DHA) will lead in preventing suicide through three lines of action: fostering research, translating clinical knowledge to the field and informing policy.

([More](#))

Notes for Veterans



Veterans Who Need Routine Audiology and Optometry Appointments Will Soon Be Able to Directly Schedule

Veterans receiving care at Department of Veterans Affairs' (VA) Medical Centers will now be able to schedule routine ear and eye appointments at local VA Audiology and Optometry clinics without a primary care referral – a move that eliminates multiple steps and gets Veterans into appointments quicker. Before now, Veterans seeking appointments with audiologists or optometrists had to first make an appointment with a primary care physician for a referral for a routine clinic consult visit. A clinic representative would contact the patient to set up the consult appointment, which could result in a several weeks'-long lag between the appointment and when the Veteran was actually seen. The new process, the Audiology and Optometry Direct Scheduling Initiative, which began as a successful pilot at three sites in 2015, is being expanded to all VA Medical Centers. "The Audiology and Optometry Direct Scheduling Initiative allows Veterans who need eye and ear care

to be seen sooner,” said VA Secretary Robert A. McDonald. “It also has the benefit of freeing up primary care physicians so access to primary care improves for other Veterans as well. This kind of process improvement is exactly the type of innovation we expected when we launched MyVA in 2014. In the end, we changed a VA process by considering the needs of our Veterans, a change that allows for more timely care and an improved Veteran experience.” The Audiology and Optometry Direct Scheduling Initiative is one of a number of efforts underway at VA to improve Veterans’ access to care and wait times. ([More](#))

Award-Winning Institute Offers Help for Veterans with PTSD

Preliminary results from the four-day therapeutic retreats indicate a reduction in post-traumatic stress symptoms in veterans and an improvement in relationship functioning for both veterans and caregivers, said Dr. Briana S. Nelson Goff. Goff was referring to her institute's involvement in providing healing retreats for veterans and their spouses, parents or battle buddies. She is director of the Institute for the Health and Security of Military Families and a professor at Kansas State University's School of Family Studies and Human Services. For her work in PTSD therapy and research, she will be presented with the Outstanding Civilian Service Award at the Chief of Staff of the Army Salute during a Twilight Tattoo ceremony at Joint Base Myer-Henderson Hall, Virginia, Sept. 15. ([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.



Around the Q.C.



C

Sept. 15: [Arsenal Branch Open House](#) (RIA Credit Union)

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: [Snow Leopard Day](#) (Niabi Zoo)

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. 24: [Trifecta 2016](#) (Rock Island Conservation Club)
Sept. 25: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 29: [Teacher's Night](#) (Putnam Museum)
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. 1: [Food & A Flick](#) (Vander Veer Botanical Park)
Oct. 2: [Nancy Kapheim Memorial Classic](#) (Rock Island)
Oct. 2: [Rockridge PTC Color-A-Thon 1-mile Fun Run](#) (Loud Thunder Forest Preserve, Illinois City)
Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 8: [Make-A-Wish Iowa's Annual Walk for Wishes](#) (Modern Woodman Park)
Oct. 9: [Apple Fest](#) (Downtown LeClaire)
Oct. 13: [Hogtoberfest](#) (RiverCenter)
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. 1: [Resilience - A Free Community Screening](#) (Putnam 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



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

