



Sept. 19, 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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RIA-JMTC earns Secretary of the Army Energy and Water Management Award

The Rock Island Arsenal Joint Manufacturing and Technology Center (RIA-JMTC) was recognized at this year's Secretary of the Army Energy and Water Management Awards, held Aug. 11 in Providence, Rhode Island. The annual awards are designed to recognize the energy and water conservation achievements and programs of individuals, installations, and small groups, and also for exceptional performance. Edward Flinn, director of industrial engineering at RIA-JMTC, along with his team Bradley Niles, chief of plant engineering, Raymond Gebhart, mechanical engineer, and Joseph Carpentier, industrial engineering technician, accepted an award for RIA-JMTC for exceptional performance from the Honorable Katherine Hammack, assistant secretary of the Army for Installations, Energy and Environment, and Lt. Gen. Gwen Bingham, assistant chief of Staff for Installation Management. RIA-JMTC was recognized for its achievements in exceptional performance for the utilization of an Energy Savings Performance Contract



Upcoming Dates

- Sept. 1-30:** FEGLI Open Season ☒
- Sept. 19-23:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Sept. 20:** Flu Immunizations for military, RIA Fitness Center, 7 a.m. – 3 p.m.
- Sept. 20:** Deputy ASA(APL) Visiting RIA, Heritage Hall, Bldg. 60, 9:30 a.m.
- Sept. 20:** Volunteer Recruitment & Military Spouse Fun Night, Lock and Dam Lounge, 6-8 p.m.
- Sept. 21:** Paintless Dent Repair Service, Auto Skills Shop, 9 a.m. - 2 p.m.
- Sept. 22:** Flu Immunizations for military, RIA Fitness Center, 7 a.m. – 3 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. 22:** 5 Love Languages Class, ACS, 4-5 p.m.
- Sept. 24:** Ghost Tales, Colonel Davenport House, 7 p.m.
- Sept. 25:** Gold Star Mother's & Family's Day
- Sept. 25:** Quad City Marathon on Arsenal Island, 7 a.m. – 12:30 p.m.
- Sept. 26-Oct. 3:** Absentee 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:** Walk-In Pet Vaccine Clinic, RIA Fire Station, 1-6:30 p.m.
- Sept. 27:** Volunteer Recruitment & Military Spouse Fun Night, Arsenal Island Clubhouse, 6-8 p.m.

(ESPC) project, leveraging that project to maximize energy savings and critical industrial process equipment upgrades. [\(More\)](#)

Arsenal Helps New Soldiers Adjust To QC

As a service member of the U.S. Army, you could be relocated every couple of years and this is not easy on anyone. But as Local 4's Emily Scarlett reports, a program on the Rock Island Arsenal is helping soldiers and their families adjust to the Quad Cities area as soon as they arrive. The Rock Island Arsenal's Relocation Program is designed to decrease stressors during the moving process. Steven Rauchbach is a senior human resources officer. He tells Local 4 News, "I've been on a lot of PCS moves. I've been in for 27 years. Over the course there have been some very smooth ones and some that were a little rocky." Officer Rauchbach just moved to the Quad Cities about a month ago. "This one was much smoother than many of them." But not every installation provides the support you need when switching locations. "If you move every two to three years, which is pretty typical, it's very helpful to have somebody that's actually at your destination that knows the place," says Officer Rauchbach. [\(More\)](#)



Training Opportunities Highlighted During Working Group

The training opportunities available to Army National Guard and Reserve units was the focus of a Training Support and Synchronization Working Group, held at First Army headquarters here Sept. 12-15. The working group's main task was to forecast Reserve Component training exercise opportunities in order to ensure commanders can determine which ones will best serve their units. The Working Group's focus was on training support priorities and how they fit into the deployment cycle. The working group was designed to give attendees a better understanding of how available training exercises will help hone warfighting skills, both collectively and individually. Attendees included officers and senior civilian personnel from the Army Reserve, Army National Guard, and First Army units. [\(More\)](#)



ASC hosts AMC Academia Day

The U.S. Army Sustainment Command hosted the Army Materiel Command 1,000 Intern Initiative Academia Day at the iWireless Center in Moline, Illinois, Sept. 14. Representatives from 40 academic institutions, some traveling from more than 200 miles away, attended the event which began with welcome remarks from Gen. Dennis Via, AMC commanding general, per a recorded message. "I want to ensure that you have the tools to educate your students about federal service and employment opportunities with the Army," said Via. AMC uses Academia Day at the locations of its major commands as a platform to market the AMC 1,000 Intern Initiative and to share information about federal civilian employment with students. [\(More\)](#)



RIA Soldiers Recognized For Earning College Degrees

Command Sgt. Maj. Anthony Bryant, command sergeant major, U.S. Army Sustainment Command, encouraged his 12 fellow college graduates to do something meaningful with their degrees during his commencement speech at Rock Island Arsenal's Fiscal Year 2016 Commencement Recognition Ceremony at the RIA Golf Clubhouse, Sept. 14. Since many Soldiers complete their education online, they do not always have the opportunity to attend a graduation ceremony. That is why the RIA Education Center holds a local ceremony every year.

According to the event flier, RIA Education Center held the annual ceremony in order, "to provide an occasion for RIA service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same." College degrees are not easy to obtain for most Soldiers while on active duty in the Army, but, for many, working towards a degree is necessary for advancement, according to Bryant. ([More](#))



JMC Prepares To Be Successful Through Audit Readiness

The U.S. Army Joint Munitions Command is preparing to have all its financial statements auditable under a new Department of Defense requirement. In fiscal year 2012, the DoD was the only federal agency with a disclaimer opinion on the financial statements, meaning an auditor was not able to form an opinion. Congress mandated DoD have audit-ready financial statements by the end of fiscal year 2017, and introduced a bill that would penalize commands for not meeting its audit goals. Financial statements are a tool utilized to make financial decisions by showing financial status. These statements list all assets, liabilities, expenses, income and equity. The first financial statement audit will take place at the beginning of fiscal year 2018. To improve the Army's business processes to achieve an unqualified opinion, the Army has developed the Financial Improvement Plan, which is the roadmap for audit readiness. ([More](#))



Rock Island Arsenal Service Members March In 9/11 Parade

About 15 Soldiers from Rock Island Arsenal participated in the Modern Woodmen of America "Salute to Heroes" parade, Sept. 11. The U.S. Army Sustainment Command color guard also presented the colors prior to the community event at Modern Woodmen Stadium following the parade. The march began in Rock Island, Illinois, crossing the Centennial Bridge into Davenport, Iowa, and ended at Modern Woodmen Stadium where Modern Woodmen representatives; Mayor Frank Klipsch, Davenport; Fire and Police Department officials, and others opened a community event with remarks about the losses of 9/11 and the brave men and women first responders who lost their lives trying to save their fellow countrymen. The event featured first responder vehicle displays, kids' activities, American Red Cross booths, self-defense classes and more. This year marked the 15th anniversary of the 9/11 terrorist attacks.

([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](#))



Senior Officials: DoD Supports Strong Encryption for Defense, Commercial Security

The Defense Department supports strong encryption to protect military capabilities and commercial encryption technology that is critical to U.S. economic security, senior DoD officials said here today. Marcel Lettre, undersecretary of defense for intelligence, and Navy Adm. Mike Rogers, commander of U.S. Cyber Command and director of the National Security Agency, testified before the Senate Armed Services Committee during a hearing on encryption and cyber matters. In his remarks to the panel, Lettre said the department seeks robust encryption standards and technology vital to protecting warfighting capabilities and insuring that key data systems stay secure and impenetrable to adversaries today and into the future. ([More](#))



DoD Leads Combined Federal Campaign Contributions, Work Says

Defense Department employees' contributions are 67 percent higher than the national average in the annual Combined Federal Campaign, Deputy Defense Secretary Bob Work said at this year's campaign kickoff in the Pentagon's courtyard yesterday. Nationally, the average CFC contribution is \$340 and DoD's average gift is \$540, the deputy secretary said. "This happens for two reasons," Work said. "One, because of the incredibly generous spirit of everyone who volunteers for public service, either in the Department of Defense or in the military of our nation; and second, because we have [CFC volunteers] who go out and inspire and incite this spirit to give to their fellow citizens who are in need." ([More](#))



Army Ideas for Innovation Program

The Army Ideas for Innovation (AI2) program replaces the Army Suggestion Program (ASP) that was suspended in 2013. It is a venue for Army Soldiers and civilians to share innovative ideas and creative solutions that positively affect the Army through cost savings, increased productivity, and process improvement. The ASP was suspended in 2013 as budgetary resources required to correct programmatic deficiencies and sustain the Army-wide program were not available. However, successive Department of Defense and Army Senior Leaders since then have highlighted the importance of becoming more innovative, and the 2014 Army Operating Concept specifically identifies innovation as one of eight key tenets for guiding the application of combat power. To address this gap, the Army's Office of Business Transformation designed, developed, and successfully piloted AI2, which resides on milSuite and will be open to all CAC holders during the first week of October 2016. Like the ASP, AI2 provides a platform for unleashing the creativity of the force to bring ideas to valued outcomes. Unlike the



ASP, AI2 has no centralized awards program, relying instead on commanders and civilian leaders at the local level to incentivize, reward and recognize successful innovation and entrepreneurship. ([More](#))

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](#)

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](#))



Annual Flu Update

The Rock Island Arsenal Health Clinic Staff will be administering the annual flu vaccine to all service members at the RIA Fitness Center (Bldg. 67) **Tuesday, Sept. 20**, and **Thursday, Sept. 22**, 7 a.m. - 3 p.m. Service members will be seen on a "first come, first serve" basis; a valid military ID card is required. All other eligible ID card holders (dependents, DA CIV, retiree's etc.) will be able to receive the vaccination at the RIA Fitness Center on **Thursday, Sept. 29**, 7 a.m. - 3 p.m.



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.



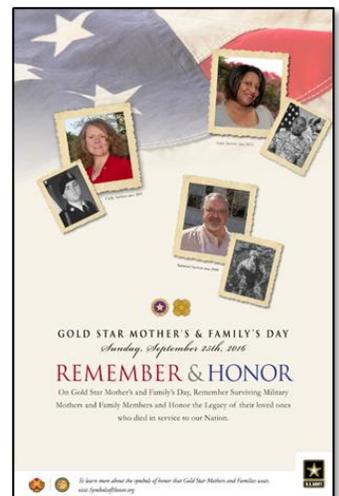
Books for Children of Military Members

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](#))



Absentee Voting Week

Absentee Voting Week takes place **Monday, Sept. 26, through Monday, Oct. 3**. Service members and eligible civilian voters are encouraged to return their absentee ballots or use the Federal Write-In Absentee Ballot if they do not receive their absentee ballot by the first week of October. States do not have the same deadlines for receiving ballots, so individuals should check their State's exact deadline requirements in the 2016-2017 Voting Assistance Guide, located at www.fvap.gov/vao/vag. The Installation Voting Assistance Office can help service and family members, military retirees, and federal employees with voter registration and questions. Stop by the Installation Voting Assistance Office, located in Bldg. 56 on the third floor, or call 309-782-5711, for all your voting needs. The Installation Voting Assistance Office will also be conducting a number of outreach events at locations throughout the Garrison during Voting Week, including being at the gym every morning, 7:30-8:30 a.m., and popular lunch spots, Bldg. 60, or the outdoor grill depending on weather, 11 a.m. – 12:30 p.m. Potential voters can visit www.fvap.gov for further information on their voting rights and to access online voter registration and absentee ballot forms. Illinois residents can register to vote and check registration status, online at <https://ova.elections.il.gov>, while Iowa residents can go to <https://sos.iowa.gov/elections/voterinformation/index.html>.



Walk-In Pet Vaccine Clinic

Army Veterinary Corps personnel from Naval Station Great Lakes Veterinary Treatment Facility are coming to Rock Island Arsenal to conduct a Walk-In Pet Vaccine Clinic at the RIA Fire Station on **Tuesday, Sept. 27**, 1-6:30 p.m., and on **Wednesday, Sept. 28**, 8-11:30 a.m. The clinic will be conducted on a first come, first serve basis for eligible patrons to include all military, military retirees, and their dependents with valid IDs. Cash or check only will be accepted for payment. Services offered will include vaccinations, heartworm and fecal testing, flea and tick preventative, microchip implantation and more. For more information about the Army Veterinary Corps personnel at Naval Station Great Lakes Veterinary Treatment Facility go to: <http://go.usa.gov/xB58Q> or www.facebook.com/greatlakesvtf



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.

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.

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, Oct. 14 & 21, 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](#).

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.

QC Honor Flight Set for 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, Oct. 27.**



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

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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>.

Parking Lot 3K and 1C Closure Notifications

The Directorate of Public Works will be installing monitoring wells at two locations that will involve the partial closure of Parking Lot 3K (Northwest of the intersection of Gillespie Street and North Avenue) and total closure of Parking Lot 1C (north of Bldg. 106). A total of 30 parking spaces near the northeast corner of Parking lot 3K will be closed starting **Monday, Sept. 26**, until **Friday, Oct. 7**. Parking Lot 1C will be closed starting **Monday, Oct. 3**, until **Friday, Oct. 14**. Barricades will be placed around the work area at Parking Lot 3K and at each end of Parking Lot 1C.

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.

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



Army Rolls Out New Fitness Test for Soldiers Who Want To Switch Moss

Soldiers who want to move into a more physically demanding military occupational specialty - such as infantry or armor - soon will be required to take a new test before they can even qualify for training. The Occupational Physical Assessment Test, or OPAT, is currently being tested with new recruits. The gender-neutral test is designed to help determine which MOSs a person can sign up for based on how well they perform. For example, prospective soldiers who want to go into a combat arms job such as infantry will need higher scores than recruits vying for a different MOS. The OPAT is scheduled to be rolled out Army-wide Oct. 1 – four months later than its original June 1 launch date – and will be required of any soldier, male or female, already in the ranks who wants to reclass into an MOS with higher physical demands than their current MOS, Army officials said. This new requirement comes as the Army works to integrate women into its previously closed combat specialties. Defense Secretary Ash Carter on Dec. 3 lifted all gender-based restrictions on military service, paving the way for women to serve in the previously all-male infantry, armor and Special Forces fields and opening nearly 220,000 jobs across the military. ([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](#))

Military Appreciation Day at Golfmohr Golf Club

There will be Military Appreciation Day at the Golfmohr Golf Club located at 16724 Hubbard Rd., in East Moline, on **Thursday, Sept. 29**, starting at 12 p.m. This event is limited to the first 24 entries and must be current, active duty military, all branches. Complimentary golf, golf cart, and meal. Participants will buy their own beverages. There will be a \$10 per player cash prize fund, 100 percent returned. Call Golfmohr Pro Shop at 309-496-2434 to sign up.



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](#)) ([StandTo!](#)) ([DoD Special](#))

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.

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.

First Friday Social

Due to the holiday weekend/training holiday, the First Friday social for October will be held on **Thursday, Oct. 6**. Join us in the Lock & Dam Lounge (Bldg. 60) for fun, networking and drink specials, starting at 3 p.m., including \$4 Oktoberfest draft pints. Call 309-782-4372 for more info.

Registration Deadline for Flag Football League

Get your team together and get ready to hit the (flag) gridiron. Games will be held at Cannon Flats on Wednesday nights starting **Wednesday, Oct. 12**. For more info call the Fitness Center at 309-782-6787; deadline for registration is **Friday, Sept. 30**. ([Flyer](#))

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**.

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! ([Flyer](#))

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. For more information or to sign up for volunteering please call: 309-782-3773 or 309-782-0829. ([Flyer](#))

Advanced Résumé Class

This advanced résumé class on **Friday, Oct. 7**, 1:30-3:30 p.m., in Army Community Service, is for Spouses' but open to all service members, DA civilians (APF & NAF), Retiree's, and Family members. Learn how to tailor your résumé for federal employment and advanced techniques for landing a federal job. For more info and to RSVP call 309-782-0829 or email usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil. ([Flyer](#))

Employee Assistance Program



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

National Recovery Month

National Recovery Month ([Recovery Month](#)) is a national observance that educates Americans on the fact that addiction treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life. The observance's main focus is to laud the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover. Recovery Month, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the prevention, treatment, and recovery service providers who make recovery possible. Recovery Month promotes the message that recovery in all its forms is possible, and also encourages citizens to take action to help expand and improve the availability of effective prevention, treatment, and recovery services for those in need. Each September, thousands of prevention, treatment, and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these accomplishments. The 2016 Recovery Month observance emphasizes the many ways that people can prevent behavioral health issues, seek treatment, and sustain recovery as part of a commitment to living a mentally, physically, emotionally, and spiritually healthy life. Currently, 203 federal, state and local government entities, as well as non-profit organizations and associations affiliated with prevention, treatment, and recovery of mental and substance use disorders, comprise the Recovery Month Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the Recovery Month initiative. If you have questions about substance abuse or mental disorders, or you are in recovery and would like to know of services available, please contact the Rock Island Arsenal Employee Assistance Program at 782-HELP (4357).

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.

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.](#)

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](#))



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 Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Oct. 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a soup, salad and sandwich buffet, featuring fresh baked breads, cookies, coffee, tea and water, prepared by the Golf Club Kitchen, all for \$11, including tax and tip. Our event is open to 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 Steve Robinson who has worked for Dr. James Van Allen at the University of Iowa. He has worked for the federal government as an industrial engineer. He has also served as Chief of RIA-REARM and Director of Science and Engineering. His presentation will include a history of metal working, artisan blacksmithing, and hot forging at the arsenals. For reservations call Monica at 563-650-4349 or Linda at 563- 355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on **Monday, Oct. 3**. 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 – Sept. 19-25

On Sept. 19, 1966, the transfer of the National Match program was concurred with Col. H. A. Snyder, commanding officer, Rock Island Arsenal. This included the pistol and rifle overhaul and rebuild, the Rifle and Pistol Maintenance Course, and other training programs for marksmanship training units. On Sept. 23, 1864, the 108th Infantry, United States Colored Troops arrived at Rock Island to guard the confederate prisoners at the Rock Island Prison Barracks. In September 1906, the Old Settler's Association of Rock Island County sponsored the initial repair of the dilapidated Colonel George Davenport House.

Healthbeat

Alcohol and Substance Abuse

Alcohol and substance abuse are preventable. The Army is shifting towards a proactive, holistic prevention model to focus on strengthening Soldiers and engaging at the earliest signs of alerts. A two-year transformation process is underway to improve overall care and holistically enhance the Army's efforts to prevent alcohol and substance abuse. Changes in policies and procedures will provide more opportunities for early intervention for alcohol misuse and abuse and drug misuse. These changes will also help break down structural and social barriers that typically inhibit individuals from accessing care. Personal Readiness is critical to unit and mission readiness and requires that every member of the Army team be ready and deployable. The abuse of alcohol and drugs is a major threat to personal readiness and mission accomplishment. The Army's Ready and Resilient Campaign strengthens personal readiness by increasing awareness, deterring the abuse of alcohol and illegal drug use, providing education, and fostering prevention, assistance, and rehabilitation with regard to substance abuse. ([More](#))

DoD Makes Prescription Drug Disposal Easy for Beneficiaries

Defense Department health care beneficiaries can now safely and easily dispose of expired and unused medications by bringing them to a military treatment facility or, in some cases, picking up a mailing envelope from the installation to send for destruction of the medications free of charge, Dr. George Jones, chief of the Defense Health Agency's Pharmacy Operations Division, said Sept. 12. The new Drug Take Back program allows for disposal of expired and unused prescription and over-the-counter medications to cut the risks of accidental or even intentional drug misuse for medications such as opioids, Jones said. "DoD and the [Military Health System] are committed to reducing the risk of prescription and over-the-counter drug abuse in the military community, supporting the nation's efforts to reduce opioid abuse," he said. DoD's Drug Take Back program is in line with the White House Office of National Drug Control Policy efforts to decrease prescription drug and opioid abuse, Jones noted. Proper medicine disposal also reduces the amount of drugs that seep into the environment through water supplies and landfills when thrown into the trash, he said, adding that practicing good medication habits can improve one's health. ([More](#))

What You Should Know About Your Cholesterol

September is Cholesterol Education Month. Cholesterol plays an important role in your heart's health but unfortunately, the Centers for Disease Control and Prevention (CDC) reports that 73.5 million adults have high cholesterol. Cholesterol is made by your liver. It is used to make hormones your body needs and to digest fatty foods. It is found in many foods you eat such as egg yolks, fatty meats, and cheese. If you take in more cholesterol than your body uses, the extra cholesterol builds up on the walls of your blood vessels. This makes it harder for blood to flow to your heart and other organs. This can lead to health problems such as coronary artery disease (CAD), which is the most common kind of heart disease in the United States. Children, young adults and older Americans can have high cholesterol. Risk factors for high cholesterol include diabetes, lack of exercise, poor diet, obesity and genetics. Since there are no signs or symptoms of high cholesterol, for some, the first sign of CAD is a heart attack. ([More](#))

Notes for Veterans



VA Awards \$6.8 Billion for Medical Disability Examinations

The Department of Veterans Affairs (VA) today announced the awarding of 12 contracts between 5 firms totaling \$6.8 billion to improve the Medical Disability Examination process (Compensation and Pension or Comp and Pen Examinations) for Veterans. The awards are intended to reduce Veterans' wait times for examinations for service-connected benefits, thereby providing faster claims decisions in a more efficient and streamlined way. "This is good news for Veterans who are waiting for VA to determine whether a condition can be considered service-connected," said VA Secretary Robert A. McDonald. "For these Veterans, we want the process to be smoother – from beginning to end. When we announced the MyVA initiative in 2014 to improve Veterans' experience with VA, that meant looking at every process and every product. These awards represent a way for us to improve a significant process for Veterans." ([More](#))

QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXLN 97X at **7 a.m. on Sunday mornings**. This weekly radio show's mission is to provide local veterans, military, and their families, honest, relevant and (when possible) entertaining content. They state they have two values for their show, respect and empathy. "We respect the truth and everyone's opinion. We have empathy for our veterans and military as they are, their families and their care-givers." The show, hosted by Jen 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.



- Sept. 22:** [Hy-Vee presents Corks FORE a Cause](#) (RiverCenter, Davenport)
- Sept. 22:** [AleSmith Tapping Event](#) (Ribco)
- Sept. 23:** [Quad Cities Fall Pride](#) (LeClaire Park, Davenport)
- Sept. 23:** [Give & Grub](#) (Great River Brewery)
- Sept. 23:** [QC Turf War](#) (Central Standard, Bettendorf)
- 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. 24:** [NAMI Walk Greater Mississippi Valley](#) (Modern Woodmen Park)
- Sept. 24:** [IQPA](#) (Radicle Effect Brewwerks)
- Sept. 25:** [Quad Cities Marathon](#) (Downtown Moline)
- Sept. 25:** [Food Truck Frenzy](#) (Putnam Museum)
- Sept. 27:** [World Affairs Council of the Quad Cities presents: Living as a Muslim in America](#) (Western Illinois University-Quad Cities Riverfront Campus, rooms 103 and 104)
- Sept. 29:** [Teacher's Night](#) (Putnam Museum)
- Sept. 30:** [Okto-BREW-fest](#) (Brew in the Village)
- Sept. 30:** [Punk'NMator Tapping](#) (Great River Brewery)
- Sept. 30:** [Oktoberfest](#) (Front Street Brewery)
- Sept. 30:** [Wine Walk](#) (Bucktown Center for the Arts)

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. 1: [Solar Car Workshop](#) (Putnam Museum)

Oct. 1: [Witches' Ball](#) (544 23rd St, Rock Island)

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. 2: [3rd Annual Fire Muster](#) (Village of East Davenport)

Oct. 2: [Pumpkin Extravaganza-Build A Scarecrow](#) (QC Botanical Center)

Oct. 7: ['Healthy You Day'](#) (West Kimberly Road Hy-Vee)

Oct. 7: [2016 Rising Up Against Sexual Violence Luncheon](#) (QC Waterfront Convention Center)

Oct. 7-9: [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)

Oct. 8: [Officers Down 5K & Community Day](#) (Crow Creek Park, Bettendorf)

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. 14: [Jeepers Creepers Family Halloween Party](#) (Jaycees of the Quad Cities)

Oct. 15: [6th Annual Blue Grass Park Board Pumpkin Dash](#) (Old Firestation 120 East Orphed Street, Blue Grass)

Oct. 21: [Not So Scary Halloween Walk](#) (QCCA)

Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)

Oct. 22: [Moline Kiwanis Day of Service: 100th Habitat Home Build](#) (518 4th Ave, Moline)

Oct. 27: [Fright Night](#) (The District (Rock Island)

Oct. 28: [Zombie March Quad Cities](#) (Downtown East Moline)

Oct. 29: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)

Oct. 29: [Halloween Parade](#) (Freight House Farmers' Market)

Oct. 29-30: [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.))

Oct. 29: [Witches Walk & Costume Parade](#) (Downtown LeClaire)

Oct. 29: [Dwyer and Michaels Halloween Costume Ball](#) (Holiday Inn Hotel & Conference Center, Rock Island)

Oct. 30: [Day of the Dead Family Fiesta](#) (Figge Art Museum)

Nov. 1: [Resilience - A Free Community Screening](#) (Putnam Museum)

Nov. 10: [Holiday Hat Bash](#) (CASI)

Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)

Nov. 12: [22nd Annual Land of the Muddy Waters](#) (Bluecat Brew Pub)

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)

Dec. 3: [Ugly Christmas Sweater 5k walk/run](#) (Blackhawk Bank & Trust: 2nd St. & Davenport St.)

Dec. 10: [QC Holiday Shopping Expo](#) (Rock Island Center for Math and Science)

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*



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