

Sept. 29, 2014



Island Insight



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

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

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Arsenal Honors More Than 475 Years of Combined Federal Service In Retirement Ceremony: Col. David J. Luders, commander, RIA-JMTC, presided over the ceremony, discussed historical events over the last 40 years in the careers of the employees and wished them well as they transition to retirement. Luders presented awards and certificates of retirement to 14 individuals, and their Families to

recognize more than 475 years of combined service to the Department of Defense. "The 14 people retiring today represent a total of 479 years of combined federal experience," Luders said. "That is almost half millennia. To put that number into perspective... 479 years ago, Spanish Explorer Hernando de Soto, discovered Florida in the year 1539." Don Bowen, who served as the director of program management at

RIA-JMTC, began his career on the Rock Island Arsenal in June 1983. "Working for the Army at the Rock Island Arsenal has given me so many opportunities to support those who defend our freedom," he said. "I will look back on my career with fondness and I am excited to start a new chapter in my life." ([More](#))



"HOME OF US ARMY LOGISTICS"



First Army Civilian Receives Award

for Iraq Service: A First Army Department of the Army civilian employee was recognized for her meritorious service in Iraq during a ceremony Oct. 1 in First Army headquarters. Lt. Gen. Michael S.



Tucker, First Army commanding general, presented Connie Decker with the prestigious Chairman of the Joint Chiefs of Staff Meritorious Service Award. ([More](#))

Arsenal Helps Gold Star Families

Cope With Loss: When a soldier dies on active duty, the loved ones they leave behind are called Gold Star families. Here in the Quad Cities, Gold Star families are well taken care of by a program at the Rock Island Arsenal. But the reality is, no one truly recovers after losing a son, daughter, sibling, or spouse. "It kind of like opened our eyes I think, when Katy got killed. It's like, oh my god, that was the



girl next door, type of thing," said Mary Ann Soenksen. Mary Ann's daughter, Army Private First Class Katie Soenksen, was killed in Iraq back in 2007. She was only 19. "They started firing at 'em, but the thing was to get her out, and they couldn't get her out..." said Mary Ann. More than 7 years later, Mary Ann is still grieving. The same goes for Cherie Baldwin. ([More](#))

Rock Island Arsenal Plays Critical Role In U.S. Defense:

It hosts a lot of our history, and it fuels a big part of the Quad-City economy. The Rock Island Arsenal is 152 years old, and since the Civil War it has been a workhorse in the defense of the United States. Reserved as a military site since 1809, the island was created as a national arsenal in 1862 with the signature of President Abraham Lincoln. Since then, through the nation's wars, the Arsenal has been at work. ([More](#))



Potential Ebola Vaccines Studied by

DoD Agencies: Agencies within the Defense Department are hard at work on a potential Ebola vaccine, with safety testing on humans expected to begin as

Upcoming Dates

Oct. 7-9: DA Photos

Oct. 8: Garrison EEO Disability Awareness Month Fair, Heritage Hall, 10 a.m. - 1 p.m.

Oct. 8: Tenant Senior NCO Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.

Oct. 9: Illowa Bi-State CFC Kick Off, Heritage Hall, 11 a.m. - 1 p.m.

Oct. 9: Army Contracting Command-Rock Island Organizational Day

Oct. 11: Operation Family Timeout, Davenport Family YMCA, 1-5 p.m.

Oct. 13: Columbus Day (*Federal Holiday*)

Oct. 13: U.S. Navy Birthday

Oct. 13-17: Fire Prevention Week

Oct. 13-18: National Drug Free Work Week

Oct. 15: Safety Awareness Day, Heritage Hall, 10:30 a.m.

Oct. 16: Walk-in Pet Vaccination Clinic, RIA Fire Department, Bldg. 225, 1-6 p.m.

Oct. 17: Walk-in Pet Vaccination Clinic, RIA Fire Department, Bldg. 225, 8-11 a.m.

Oct. 17: Ghost Hunter Dinner, Clubhouse, 6:30-8:15 p.m.

Oct. 18: Vehicle Inspections, Bldg. 351, Auto Skills Center, 9 a.m. - 7:30 p.m.

Oct. 18: Teen Fall Bash, Bldg. 150, 5-7 p.m.

Oct. 21-22: RIA Prescription Drug Take-Back Day

Oct. 21-23: Army Family Action Plan Conference

Oct. 22: Trunk or Treat, Memorial Field, 4-5 p.m.

Oct. 23: Newcomer's Orientation and Tour of RIA and the QC, Clubhouse, 8 a.m.

Oct. 23: Hispanic Heritage Observance, Heritage Hall, 1 p.m.

Oct. 25: Military Retiree Appreciation Day, Heritage Hall, Bldg. 60, 7 a.m. - 1 p.m.

Oct. 25: Ghost Hunter Dinner, Clubhouse, 6:30-8:15 p.m.

Oct. 27-31: Winter Weather Awareness Week

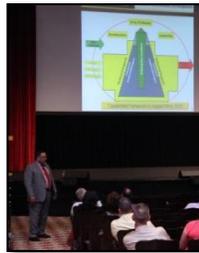
Oct. 28: Military Spouse Fun Night



early as next week. The Pentagon recently received approval from the Food and Drug Administration to start testing the vaccine, VSVΔG-ZEBOV or BPSC1001, for health risks and side effects on people. ([More](#))

New Opportunities for Army Civilian Development Announced:

A program designed to set up GS-13 or equivalent employees for career success should begin in fiscal 2016, a Department of the Army human resources specialist told a group of U.S. Army Installation Management Command employees Sept. 24, at the Fort Sam Houston Theater here. Enterprise Talent Management, or ETM, will prepare senior civilians to assume positions of greater responsibility across the Department of Army, said Angel Maldonado, from the Assistant Secretary of the Army Manpower and Reserve Affairs' Civilian Senior Leader Management Office. ([More](#))



Installation Mailrooms Cutting Down On Junk Mail:

Some Army posts are like small cities with their own zip codes and thousands of Soldiers living and

working there. A lot of mail comes through the installation mail room, some of it important and much of it unsolicited. In an effort to cut down on unsolicited mail, known as "junk mail," and save on postage used to forward mail to Soldiers who have transferred, some installation mail rooms have subscribed to a no-fee service known as Waste-free Mail, according to Tommie L. Kelley, manager, Military Postal Service Agency, Arlington, Virginia. ([More](#))

DoD Backs Away From Awarding Medals for New Iraq Mission Under Operation Enduring Freedom:

Whether today's troops in Iraq will be eligible for a campaign medal recognizing their service in a hostile theater remains unclear after Pentagon officials backed away from a plan to treat the mission as technically part of Operation Enduring Freedom. A Pentagon official told Military Times last week that the roughly 1,700 troops serving in Iraq would be eligible for a Global War on Terrorism Expeditionary Medal because their deployment would be



bureaucratically defined as a part of OEF. ([More](#))

National Fire Prevention Week: Fire Prevention Week was established to commemorate the Great Chicago Fire, the tragic 1871 conflagration that killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and



burned more than 2,000 acres. The fire began on Oct. 8, but continued into and did most of its damage on Oct. 9, 1871. In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation, and since 1922, Fire Prevention Week has been observed on the Sunday through Saturday period in which Oct. 9 falls. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925. This year's dates are **Oct. 5-11**, and this year's theme for National



Fire Prevention Week is "Smoke Alarms Save Lives: Test Yours Every Month." ([More](#))

Army Cybersecurity Awareness

Month: The Army Cybersecurity Awareness Month, is an annual campaign, held in



October, to increase awareness of organizational cybersecurity practices and training that will help the Army improve its overall security posture. This year's Awareness Month theme is Lethal Keystrokes, leading off with the question, "Were your keystrokes lethal today?" The theme emphasizes individual responsibility for protecting the network and Army against cybersecurity threats that endanger our Soldiers, compromise operations and increase cost significantly in time and resources to remediate. ([More](#))

Total Army Strong: Total Army Strong succeeds the Army Family Covenant, and provides a broader, tailorable platform from which commanders can deliver essential programs to support a ready Army. Commanders will have

flexibility to prioritize and adjust installation programs and services regardless of geographic location or component. Total Army Strong continues and underscores the U.S. Army's commitment and responsibility to the total Army family -- Soldiers, family members and civilians. ([More](#))

Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room

(First Floor, Bldg. 60), on **Friday, Oct. 10 & 17, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. We will be hosting **3rd Shift** Blood Drives at the cafeteria at JMTC (Bldg. 211 cafeteria) on Thursday nights, **Oct. 16 & 23**. Those drives begin at 2:15 a.m. We will also host a **2nd Shift** Blood drive in the cafeteria at JMTC (Bldg. 211 cafeteria) on Friday, **Oct. 31**; that drive begins at 6:30 p.m. For the 2nd and 3rd Shift drives, donors should see their supervisors to sign up. Kudos to Kaitlyn Petersen, the winner of the hooded sweatshirt in the August "First Time Donor" promotion. Kaitlyn recruited a



new donor to come into one of the blood drives in the Caisson Room. Thanks to everyone who recruited a new donor in August.



Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?" Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!

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](#).

CFC Kick-Off to Inform, Feature

Local Charities: The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held **Oct. 9, 11 a.m. – 1 p.m.**, in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC



impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos will be the featured item (proceeds to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized

solicitation of employees in the federal workplace for charitable organizations. ([Website](#)) ([Facebook](#))

Arsenal Save Energy Day: Mid-American Energy will have a display in Heritage Hall, Bldg. 60, on **Oct. 28**, 11 a.m. – 1 p.m., with information about their energy rebate program for both Illinois and Iowa residents. Mid-American Energy consultants will be there to explain details of the residential and business rebate programs. Rebate handouts, environmental shopping bags, pens, brochures, and small giveaways will be available at their display. The RIA energy manager for the Rock Island Arsenal-Garrison will also be there displaying the command's infra-red camera used to detect sources of heat loss in a building. He will also have some giveaways such as 75 and 100 watt twisty light bulbs, energy mouse pads, energy coasters, night survey results, and a sample 14.5 watt T8 replacement lamp. "Rocky" the Rock



Island Arsenal energy hound (display) will also be there.

New Legal Assistance Office Hours: Effective on **Oct. 1**, the Rock Island Arsenal Legal Assistance Office began temporary new walk-in hours due to personnel shortages. The new hours are Monday – Friday, 8:30 a.m. - 12:30 p.m. Appointments are being conducted throughout the week. Please call the Legal Assistance Office at 309-782-1443 if you have any questions.

RIA Voting Assistance Office: Election Day is less than 40 days away - there's still time to register to vote and request an absentee ballot, but don't delay. The Rock Island Arsenal Voting Assistance Office can help service members, dependants, federal employees, retirees and visitors with voter registration and voting options. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. Service members and dependants can visit www.fvap.gov for further



information on their voting rights, and to access online voter registration and absentee ballot forms. All other citizens who will be 18+ years of age on Election Day can visit www.eac.gov for information and to access the National Mail Voter Registration Form. POC: James Grimaldi, Installation Voter Assistance Officer, 309-782-8780.

VIOS Schedule for October,

November, and December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Oct. 7, 8, & 9; Nov. 4, 5, & 6; and Dec. 9, 10, & 11.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 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. 56, basement, by elevator). 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](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

Rock Island Arsenal Military Retiree

Appreciation Day: Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, **Oct. 25**, 7 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots, update retiree identification cards, and return unused medications. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, deputy director for financial information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's

Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; Association of the U.S. Army; Numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Retirees can also make reservations for the retiree luncheon. Cost for luncheon is \$12 per person in advance. Please call (563) 508-5123 to make reservations.

"The President's Own" United States Marine Corps Band Principal

Trumpet to Perform in QC: Trumpeter Master Gunnery Sergeant Kurt Dupuis, principal trumpet in the "The President's Own" United States Marine Corps Band, will be performing with the Quad Cities Wind Ensemble on Sunday, **Oct. 26**, at 3 p.m., at the Allaert Auditorium, in the Galvin Fine Arts Center, on the Saint Ambrose University Campus. Dupuis joined "The President's Own" United States Marine Band in September 1992. He was named principal trumpet in



1997. He has been featured as a soloist with both the Marine Band and Marine Chamber Orchestra, frequently conducts masterclasses at universities and has published an article in the International Trumpet Guild and The Brass Herald. The Marine Band is America's oldest continuously active professional musical organization. Founded in 1798, the band has performed for every U.S. President since John Adams. Known as "The President's Own" since the days of Thomas Jefferson, the band's primary mission is to provide music for the President of the United States and the Commandant of the Marine Corps. ([More](#))

Veterans and Military Spouse

Workforce Symposium: WQPT will host the Veterans and Military Spouse Workforce Symposium on **Nov. 7, 10 a.m. - 3 p.m.**, for military members and their spouses to learn about employment within our community, build a resource network and obtain information about educational opportunities. Jason's Box is a Collaborative Partner in this Embracing Our Military initiative. Workshops, a job fair and resource



booths will be featured throughout the entire symposium. Prior to the symposium, WQPT and WILL Interactive will host a Human Resources breakfast and speak about the unique benefits of hiring veterans and hiring veterans as strategic assets. For more information on participating in the hiring manager's breakfast and the symposium, contact Jamie Lange at 309-764-2400 x 65030 or e-mail jl-lange2@wiu.edu. The symposium is open to National Guard, Reserve, Active Duty, Military Spouses, Veterans and Retired Military. ([More](#))

Rock Island Arsenal Spouses' Bible Study:

Have you been looking to connect with other Christians on the Arsenal? Have you been looking for something to feed body and soul? Then this Bible Study modeled after [PWOC groups](#) on other installations is for you.

The study sessions will take place Fridays, 9:30 a.m. – 11:30 a.m., at the Arsenal Club, effective Oct. 3. You can sign up for the sessions by emailing Adele at adelemom@gmail.com. For childcare arrangements please call ASAP at 309-782-0791. An upcoming topic during the beginning sessions will



be "Walking in the Footsteps of Rabbi Jesus." We'll look at powerful scenes from Jesus' ministry, immersing us in the prayers, feasts, history, culture, and customs that shaped Jesus and those who followed him. Lois Tverberg will take us on a captivating journey into the heart of Judaism, one that is both balanced and insightful, helping you to better understand and appreciate your own faith. *These Bible Study sessions are being offered by First Army and ASC chaplains' offices and led by Adele Mueller.*

Cards for the Troops – Final Card Count/Thank You:

A huge thank you to the 230 Cards for the Troops volunteers who assembled at the Arsenal Island Golf Clubhouse on Tuesday, Sept. 23, in honor of our military and their families. The 7,800 very beautiful cards of all varieties were made and will be sent to our deployed forces in Afghanistan and to the sailors aboard the aircraft carrier, USS Carl Vinson. This brings the 7-year Cards for the Troops total to nearly 36,000 cards that have been sent to Afghanistan, Iraq, Africa, and to the sailors aboard the aircraft carriers, USS John C. Stennis and USS Carl Vinson. The cards are sent unsigned for our military to mail back home to loved ones. A heartfelt thanks



to all, - *Mary Sue Sipple, Cards for the Troops (Rock Island Arsenal) Founder and Coordinator*

Illinois Rage Travel Basketball

Tryouts: Illinois Rage will be holding try outs for our upcoming 2015 Spring & Summer season. Rock Island Fitness & Activity Center 1400 24th St., Rock Island. We will be looking for young ladies to fill our 13U, 15U, and 17U rosters. There will be a \$25 try out fee, and a parent/guardian must accompany the payer trying out. Please email us at illinoisrage@yahoo.com to schedule a private tryout or if you may have any questions. Visit us at www.illinoisrage.wix.com/illinoisrage to pre-register.

Date: **Saturday, Oct. 18**

Time: **3-5 p.m.**



Arsenal Traffic/Construction



Parking Construction Update:

Notification regarding three construction phases for Lots OJ and 3K was initially provided in April and May of this year with an anticipated completion date of Sept. 1, which could not be accomplished because of multiple factors including weather delays. The below-referenced construction is part of

the final phase for lot 3K. On **Oct. 10**, the Directorate of Public Works will begin work on the relocation of a fire hydrant at the West end of Lot 3K. This work will require the closure of North Ave between East and West Pershing. The hydrant will be moved from the North side of the street to the South side of the street. Once the hydrant is moved, the contractor will complete the final repairs to the West entrance of Lot 3K. Signage and safety barriers will be positioned at appropriate locations. The road is scheduled to be opened by close of business **Oct. 13**. The remaining work is scheduled to be completed by **Oct. 31**. The attached drawing shows the area of work.

South Ave Parking Closures

Beginning Sept. 23: The North row of parking spaces along South Ave running from Bldg. 102 to Bldg. 104 will be closed starting the week of **Oct. 6** until **Oct. 17**. The South row in these lots will remain open for the duration of work. Overflow parking is available in the lot behind Bldg. 131.

Reconstruction of River Drive from 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th

Street to 23rd Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8 to Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

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.

Arsenal Traffic, Quad-City Bridge

Construction: With a number of construction projects taking place in various locations around the Rock Island Arsenal, and barge season still in full swing, getting on and off Arsenal Island



can be a challenge. However, the following resources can be used to improve your commute: • [Locks and Dam 15 Cam](#) • [Illinois Roadway Information](#) • [Iowa Roadway Information](#) • [WOC AM 1420](#) Various radio stations in the Quad Cities feature traffic reports, but AM 1420 reports traffic more frequently. All drivers are reminded to never drive distracted, which includes not using your mobile phone while driving. These devices can be helpful tools in using the links listed above, but do not attempt to do so while driving. We would like to express to the Arsenal community as they enter and exit the Rock Island and Davenport Access Control Points to be professional and courteous while driving on our

roadways and in the community. Our police and guards are ready to react and support as we all brace for the transition from summer to autumn delays, whether it is the turning of the [Government Bridge](#) or construction in our neighboring communities. Please be alert for Soldiers performing their physical training during early morning hours, along with runners and bicyclists. Note: Speed limits when passing troop formations is 10 mph. If we work together we can assure a safe and enjoyable autumn and winter. ([Distracted Driving: an Armywide Hazard](#))

Upstream Sidewalk Closure on

Government Bridge: Until further notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the

Government Bridge is open and safe to use.

Future Ft. Armstrong Construction:

In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.



Building/Space Closures



There are no announcements at this time.



Active Duty/Reserve Zone



Required Military Training Tuesday, Oct. 7: Maj. Gen. Richard Mustion and Command Sgt. Maj. Charles Smith, of Human Resource Command, will provide installation-wide training for Soldiers at Rock Island Arsenal Tuesday, Oct. 7. The training will be in the following segments: • Executive Session (colonels and above/command sergeants major and sergeants major) at 8-9:30 a.m. in the Baylor Conference Room (Bldg. 103, 3rd floor); • OPD (lieutenant colonels and below) at 9:45-11:15 a.m. in the Baylor conference room (Bldg. 103, 3rd floor); • 42A Brief (All 42A Soldiers) at 9:45-11:30 a.m. in the Arsenal Club (Bldg. 60); • NCOPD (master sergeants and below) at 1-2:45 p.m. in the Arsenal Club (Bldg. 60). All Soldiers are expected to attend the session appropriate to their ranks.

Walk-In Pet Vaccination Clinic: The Great Lakes Veterinary Services will be hosting a pet vaccination clinic Thursday, **Oct. 16**, 1-6 p.m., and Friday, **Oct. 17**, 8-11 a.m., at the Rock Island Arsenal Fire Department. Eligible patrons include all active duty military, military reserve and National Guard, military retirees, and



dependents with valid identification cards. There is a charge for all services provided with payment in cash or check. Please see our website for prices: www.mwrgl.com/special_services/vet_clinic/vet.htm. Questions? Please call at 847-688-5740 ext. 4. The services offered at the clinic will include – Canine: • Heartworm / Lyme Test, Fecal; • Vaccines – Rabies, DAPP-L, Bordetella, Lyme; • Flea / Tick, Heartworm Prevention; • Microchipping; Feline: • FIV / FeLV Test, Fecal; • Vaccines – Rabies, FVRCP, Leukemia; • Flea / Tick Prevention; • Microchipping. Please bring copy of previous vaccination status and same day stool sample for fecal testing.

Safety Spotlight

Construction Zone Safety: Please do not cross through construction zones. These areas are fenced or taped off for your safety. A project is underway that involves the installation of a large gas line along South Avenue and other locations. It has been reported that some people have been ignoring cautioned off areas and stepping over excavated ground. These actions are unacceptable and place each person in danger of

injury due to falling into the excavation. Please exercise discipline and walk around any construction sites you may encounter. Use established crosswalks and always obey posted warning signs and traffic devices. These actions will help ensure you arrive to work and home - safe and sound. I appreciate your support of safety. Have a safe day.

Headphone/Earphone Use Prohibited on Arsenal Island: The Army Safety Program ([AR 385-10](#), [Section 6-5](#)) states:

Using headphones or earphones while walking, jogging, skating, and bicycling, including pocket bike, motorcycle or moped on Army installation roads and streets, is prohibited. Public, family, and recreational safety programs are an essential part of the Army Safety Program that must continually heighten accident prevention awareness during all on-duty and off-duty recreational programs for Soldiers, Army civilians, and their families. Sports and recreational activities continue to rank high as a major cause of accidental injury. We ask for your kind cooperation in helping to prevent accidents due to distractions.



Equal Opportunity Focus

☉ **Garrison EEO Disability Awareness Month Fair:** The Garrison EEO Disability Awareness Month Fair will be held Wednesday, **Oct. 8**, 10 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. Participants will include representatives from: • Illinois/Iowa Center for Independent Living; • Quad Cities Vet Center; • Army Community Services; • Good Will; • Genesis Health; • CPAC; and • ASC G1. For additional information or accommodation contact [Carmen Ausborn](#) at 309-782-2927.



Senior Leaders Message on National Disability Employment Awareness Month: The Army's observance of National Disability Employment Awareness Month remains important to our communities as we recognize the countless contributions Americans with disabilities make to our Army on a daily basis. To this end, it is our responsibility to acknowledge and honor these

individuals by continuing to implement effective policies and practices that increase their employment opportunities. We express our deepest gratitude toward Americans with disabilities. From disabled veterans serving in our civilian workforce to Soldiers returning home as wounded warriors, these courageous men and women have overcome physical and emotional difficulties with strength and resiliency. Americans with disabilities successfully serve in today's Army in a spectrum of occupations and provide a talent pool with the depth of experience needed for sustaining an effective fighting force. Our Army is much stronger today because we include and value them as a part of our diverse workforce. This month, join us in giving special recognition for the past and present contributions that Americans with disabilities have made and continue to make to the building of our great nation and Army. We encourage our entire Army family to publicly honor their service and sacrifices; they have helped make our Army what it is today - a place where people from all walks of life stand proudly together in service to our nation. Army Strong! ([More](#))

National Hispanic Heritage Month: Each year from Sept. 15 - Oct. 15, the U.S. Army community both reflects

upon and celebrates the tremendous contributions of Hispanic Americans. These individuals have not hesitated to defend and show their allegiance to the nation in many important ways. The legacy of exceptional service begun by prior generations of Hispanic Americans continues today, and is evident in various functional areas of the force and levels of leadership. Hispanic Heritage Month begins Sept. 15, the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. This month takes into account, the independence day of Mexico on Sept. 16 and Chile on Sept. 18. Throughout Spain and Latin America, Columbus Day is also celebrated as "Hispanity Day." ([More](#))

Morale, Welfare & Recreation (MWR)

☉ Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

Ghost Hunters Dinner and Tour of Quarters One: Enjoy a prime rib and



chicken buffet at the Golf Clubhouse Friday, **Oct. 17**, at 6:30 p.m., followed by ghost hunting in Quarters One led by the Rock Island Paranormal Society. Cost is \$35/person. RSVP required by 10/16 by calling 309-793-1601. ([More](#))

October is Fall Car Care Month: Even though you may not want to think about it yet, winter is just around the corner and with it comes different and more hazardous driving conditions. Make sure your vehicle is in top shape to deal with Old Man Winter, stop by the Auto Craft Shop on Saturday, **Oct. 18**, for a free vehicle inspection where our skilled mechanics will give your vehicle a comprehensive once over to make sure you're prepared for winter driving. Also during the entire month of October, save money with our \$21 standard oil changes. Call 309-782-8631 for more info and to schedule oil change appointments.

RIA Community Trunk or Treat: Join your friends from the Rock Island Arsenal community **Oct. 22**, 4:15-5:30 p.m., for a fun family night of costumes, trunk decorating, and of course lots of candy



and treats. We are now accepting registrations for "trunkers" who will park their vehicle in the Memorial Field parking lot, decorate their trunk, and pass out candy during the event. There will be awards for the best decorated trunks and costumes for all are highly encouraged. All participants are responsible for decorating their own trunks and purchasing their own store bought, individually wrapped, candy to be handed out. To register for a trunk-or-treat space please email riatrunkortreat@yahoo.com or call 309-782-2828 for more info. ([Flyer](#)) ([Guidelines for Vehicles](#))

Arsenal Trunk or Treat and Thriller Mob Flash, Volunteers Needed:

Volunteers are needed to assist with the Rock Island Arsenal Trunk or Treat and Thriller Mob Flash production. We need volunteers from 2:45 to 5:30 p.m., **Oct. 22**. We need approximately eight adults to assist with manning the gift table and entrances into the Trunk or Treat area and the games and activity area. We are also in need of 15 adult or teen volunteers to assist with games and activities for the children. Please contact Lisa Martin at 989-545-



0203 or Lorna Wilson at 309-782-6515. The thriller mob flash production will be the same day, but there will be practices starting next week. We need as many people (adults and/or teens) as we can get to be part of this production. To register contact Norricia Speights at norricia22@yahoo.com. Each volunteer will receive a certificate for volunteer hours from the Garrison Commander.

MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Galena Country Fair Bus Trip: The Galena Country Fair features original homemade items from more than 150 artisans and craftspeople from across the country. Leisure travel is now selling bus tickets to this event taking place Saturday, **Oct. 11**. The bus will be departing from Col. Davenport Pavilion at 8 a.m. and will depart from Galena at 5 p.m. Limited seats are available. Cost is \$41 per person. To book your seat today call 309-782-5890. ([Flyer](#))

Halloween BUNCO: It's Halloween BUNCO time! Get your friends and



family ready for a night of fun. Come in costume and show your Halloween spirit. Arsenal Club will have food and drinks. BUNCO will held in the Arsenal Club. Don't know how to play? We can teach you. So come and have some fun. Great food and door prizes. Cost \$5 per person. Please RSVP Anna at 309-782-5890.

Date: **Thursday, Oct. 23**
Time: **6-8 p.m.**

Circa 21: Funny You Don't Look Like A Grandmother

This humorous, heartwarming musical revue looks at modern grandmothers in a whole new light. These are the women who have thrown away the granny glasses, shapeless black dresses and Red Cross shoes and replaced them with cute little tennis dresses, skis and a condo in Florida. Whether you are a grandparent or a grandchild, every generation will love this show. Discounted tickets (\$45) available until **Oct. 11**.

Date: **Saturday, Oct. 25**
Time: **5:45 p.m.**

Six Flags Great America: The Leisure Travel Office is still offering discounted one day admission (\$45) tickets now through Fright Fest. We also have discounted parking tickets.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Teen Fall Bash: Hey Rock Island Arsenal middle schoolers and teens, come join us on **Oct. 18**, 5-7 p.m., at the Teen Center (Bldg. 150) for a fun night of games and free pizza. Show your skills in air hockey, foosball, billiards, or Xbox One or just chill out and have some free pizza with your friends and make some new ones too. It should be a fun night for all. Please RSVP by Friday, **Oct. 10**. For more information call 309-782-1651. ([Flyer](#))

Covenant Cottage Child Development Home

[Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family

Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

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



2014 Domestic Violence Awareness Month

The Domestic Violence Awareness Month honors the most important asset of the Army, the family, as they are a vital part of the nation's security through the foundation they provide to the Soldiers. With the theme, Relationships should be safe, respectful and positive, the focus of the campaign is to raise awareness of domestic violence, inform victims that help is available and emphasize the negative



impact it has on family readiness.

[\(More\)](#)

Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call 309-782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Mental Illness Awareness Week, Oct. 5-11: Mental Illness Awareness Week, sponsored by the National Alliance on Mental Illness, takes place Oct. 5-11, and is an opportunity to learn more about mental health challenges such as depression, anxiety, and bipolar disorder that affect thousands of individuals and their family members. A mental illness is a



medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing. Mental illnesses are treatable and most people diagnosed with a serious mental health challenge can experience relief from their symptoms by actively participating in an individual treatment plan. A first step towards addressing mental health concerns is by scheduling an appointment with a Rock Island Arsenal Employee Assistance Program counselor. Free and confidential counseling provided by Master-level counselors is available to Rock Island Arsenal employees, their immediate family members, and military family members. EAP counselors provide short-term counseling, referral assistance, and follow-up services. The Rock Island Arsenal EAP is located in Bldg. 56, 1st floor, East Wing and can be contacted by calling 309-782-4357. Counselors are available Monday –

Friday, 7:30 a.m. until 5 p.m. NAMI Greater Mississippi Valley is a local voice on mental illness, empowering individuals and their families toward recovery. As an affiliate of NAMI, the local group is part of the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. NAMI provides support, educational programs, advocacy, and funding to those individuals challenged with mental illness as well as to their family members. Contact our local NAMI at 563-322-8870 or www.namiscottcounty.org for more information. It is important that people understand mental illness. The more people know, the better they can help themselves or help their loved ones get the assistance and support they need. Learn more about mental health conditions and support by contacting the EAP or NAMI. You can also access an anonymous free mental health screening at www.militarymentalhealth.org. Help is available.

2014 National Depression Awareness Month: October is National Depression Awareness Month. In observance, the U.S. Army will join several organizations across America, Oct. 9, in



recognition of National Depression Screening Day to inform the public about the signs and symptoms of depression. The public will also learn the importance of seeking treatment and will be provided information about the availability of free online anonymous behavioral health screenings. The Army theme for 2014 is Take the First Step -- Get Screened. According to the Centers for Disease Control, one in ten U.S. adults report depression. Symptoms of depression may include persistent sadness, difficulty concentrating, hopelessness, fatigue, changes in appetite, insomnia, irritability, and in some instances, thoughts of suicide. While most people experience sadness at time in their lives, it is time to seek help when these feelings persist and begin to interfere with everyday life which may be a sign of clinical depression, a serious medical condition that if left untreated, may lead to other medical conditions. Oftentimes, the first step towards getting well is becoming aware of key warning signs through depression screening. Unfortunately, two-thirds of people who suffer from depression fail to seek care. The good news is that clinical depression can be treated and anonymous screening resources are available. Treatments may

include therapy, medications or a combination of both. ([More](#))

Prescription Drug Take-Back Days:

The Army Substance Abuse Program is providing opportunities to dispose of your unused and expired prescription medications. On **Oct. 21 and 22**, the ASAP Prevention Program and Law Enforcement will be collecting unused and expired prescription medications at the following places and times: • Oct. 21, 6-8:30 a.m. and 2:30-4:45 p.m. at Memorial Field Pavilion; • Oct. 22, 6-8:30 a.m. and 2:30-4:45 p.m. in the Arsenal Fire Station bay. More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them



from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. Many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. We are unable to accept needles or syringes but can provide information on where to dispose of these items. For more information about the Prescription Drug Take-Back Day call the Army Substance Abuse Program at (309) 782-4357. Garrison POC for Prescription Drug Take-Back Day: [Thomas Havercamp](#), prevention coordinator, Army Substance Abuse Program, 309-782-2053.

Assertiveness Training: Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Oct. 28, Nov. 25, and Dec. 16**; in Bldg. 56, 1st Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call 309-782-2552.



Time Management: Do you feel that 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? Sign up for a time management class. Classes will be taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Oct. 21, Nov. 4, and Dec. 9**, in Bldg. 56, 1st Floor, Room 122. Sign up in TEDs (search key word "time management") or call 309-782-2552.

Community Resiliency Academy Announcement – Real Colors: 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 differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Oct. 15, Nov. 12, and Dec. 10**. Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at 309-782-2551.

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.

Online Resources Save Time, Money on that Degree: When it comes to higher education, why pay to learn what you can learn for free? With Peterson's free online resources for military students, you can "test out" of classes—saving yourself both time and money in obtaining that all-important degree. Two fully funded academic skills courses are now available online for active duty and selected reserve Military Members, DoD civilians and their families. Peterson's provides comprehensive test-prep materials that are available 24/7. The "teacher" is always "in." The Online Academic Skills Course for Military Success offers a comprehensive online course to help ensure military success. Subject areas include reading comprehension, math and vocabulary skills. The materials feature pre-assessments to reveal a student's weak areas, a "Personalized Learning Path with Lessons," and post-assessments to determine preparedness. The College Placement Skills Training program

focuses on boosting knowledge for college placement exams. Areas of focus are math, college-level math, English and writing. Like the OASC, the college placement exam program offers pre-assessments, customized lessons and post-assessments. To get started, visit: NelnetSolutions.com/DANTES. POC: Army Education Office, 309-782-2065.

Commissary / 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](#))



Exchange to Open Earlier, Serve

Breakfast: The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornado's, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.

Measuring the Savings at the Military

Commissary: When the Defense Department earlier this year proposed cutting more than 70 percent from the federal dollars provided to help run military commissaries, it provoked a fierce outcry among military personnel and their families. They worried that a reduced federal appropriation would diminish the money they can save by shopping for groceries at commissaries and, at worst, cause store closures or even the collapse of the system that provides the financial benefit. Committees in both houses of Congress have since rejected the commissary curtailment in the defense bills they passed. ([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 Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Sept. 29-Oct. 5: Col. C. A.

Waldmann assumed command of the RIA on Oct. 1, 1944. On Oct. 2, 1917, the RIA received Special Order No. 228 to send six representatives of the RIA to France to study methods of manufacturing recoil mechanisms to be placed on gun carriages. On Oct. 6, 1966, the Scott County Association of Homebuilders contributed to the refurbishing of the Colonel Davenport House. In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began.

Healthbeat

RIA Clinic Closed Friday For

Training: The Health Clinic will be closed on the Training Holiday of **Oct. 10**. This includes all areas of the clinic, thus please plan accordingly.

Which Hearing Protection Is Right

for You?: Hazardous noise comes in many forms, from continuous noise such as generators or vehicles, to impulse noise such as weapons fire or explosions. Failure to wear hearing protection can result in hearing loss, difficulty understanding speech (especially with background noise) and tinnitus. Hearing damage is more severe



when the number of exposures to such noise or the exposure duration increases. Hazardous noise is also found in many everyday experiences, such as operating a lawn mower or using a vacuum cleaner. Selecting appropriate hearing protection can be a daunting task with so many different kinds and models available. You obviously want something that protects you, is comfortable and easy to use, and fits well. You don't want it to interfere with face-to-face or radio communications. Unfortunately, there is no perfect hearing protector that does it all, but tips are available for selecting appropriate hearing protection. ([More](#))

Prevent Ergonomic Injuries In the Workplace: The word ergonomics is derived from the Greek words ergon (work) and nomos (law) to mean "the laws of work." Today, ergonomists study the interaction between humans and systems. They consider physical, cognitive, environmental and other relevant human factors in the design and arrangement of things people use. The Army Institute of Public Health's Ergonomics Program serves military and civilian personnel worldwide by reducing and preventing work-related musculoskeletal injuries. The Ergonomics Program is often called

upon to conduct workplace ergonomic assessments for workers who are experiencing joint and muscle pain. These symptoms may be caused by exposure to a variety of ergonomic hazards, to include repetitive motion, non-neutral postures, static postures, eye strain and contact stress. ([More](#))

Army Helps Moms Maintain Fitness Before, After Childbirth: It is widely known that U.S. Service members must meet stringent physical standards to serve, but maintaining a high level of fitness can be a challenge for pregnant and postpartum Soldiers. That's why the Army provides Pregnancy Postpartum Physical Training, or P3T, developed several years ago to assist these moms with staying healthy and fit. The intent is to provide safe, standardized physical training and education led by personnel trained in pregnancy and postpartum fitness. ([More](#))

TRICARE Tip of the Week – How Do You Get a TRICARE Enrollment Card?: TRICARE enrollment cards are issued to beneficiaries enrolled in TRICARE Prime, TRICARE Prime Remote, TRICARE Reserve Select, TRICARE Retired Reserve, and TRICARE Young Adult. In addition to the enrollment card, TRICARE

beneficiaries should present their uniformed services identification card or Common Access Card at the time of service. TRICARE Standard beneficiaries use only their uniformed services ID card of CAC when seeking care. TRICARE For Life beneficiaries use their Medicare card along with their uniformed services ID card of CAC. If you need to request a replacement card, go to the requesting an ID card page located at HNFS's homepage. Have a great TRICARE day!



Notes for Veterans



Obama: 'Move Heaven and Earth' to Care for Disabled Vets: With the American Veterans Disabled for Life Memorial, the nation commemorates for the first time the two battles disabled veterans have fought -- the battle "over there" and the battle at home -- the battle to recover, President Barack Obama said today during the dedication ceremony. Congress approved the building of the memorial with the passage of Public Law 106-348. In October 2000 President Bill Clinton signed the federal legislation into law, authorizing the Disabled Veterans' LIFE Memorial Foundation Inc. to establish the memorial. The foundation was created



to educate the public on issues related to disabled veterans. The memorial will provide a place of healing and unity and a point of education for remembering disabled veterans after their wars are over. ([More](#))

Department of Veterans Affairs Partners With Walgreens to Expand Real-Time Sharing of Medical Information of Vaccines Provided by Walgreens to Enrolled Veterans:

In a first-of-its-kind partnership, the Department of Veterans Affairs (VA) today announced that it will join forces with retailer Walgreens to provide greater access to Centers for Disease Control and Prevention-recommended vaccinations to Veterans across the country. This partnership grew out of a successful pilot program that began in Florida to provide flu vaccines to Veterans throughout the state. Based on those results, VA is expanding the pilot nationwide. Through its nearly 8,200 locations nationwide, Walgreens will offer flu and other recommended vaccinations to Veterans. Pharmacists can administer vaccinations to Veterans and will leverage eHealth Exchange, through its Walgreens Cloud Electronic Health Records platform, to securely share immunization records with VA to

help ensure complete patient medical records. ([More](#))

VA Updates Disability Claims

Application: The Department of Veterans Affairs (VA) today announced that it is introducing a uniformed disability claims form to better serve Veterans, families and survivors. Standardizing the process by which Veterans file claims and initiate appeals will make it easier for Veterans and their survivors to clearly state what benefits they are seeking from VA and provide information that is necessary to process their claims and appeals. The new forms eliminate applicant guesswork, which often leads to delays in decisions and ultimately delays in receiving benefits. The new regulations go into effect in late March 2015. “We must do everything that we can to make it as fast and easy as possible for Veterans and their survivors to file for and receive an accurate decision on their claim,” said VA Secretary Robert McDonald. “Our Veterans and survivors will know, at the outset of the claims process, what is needed, which removes subjective interpretation from the process. We want to eliminate any barriers that make it difficult for our Veterans or survivors to receive benefits to which they are entitled.” ([More](#))

VA Announces New Grants to Help End Veteran Homelessness:

In addition to the \$300 million in Supportive Services for Veteran Families (SSVF) program grant awards announced on August 11, 2014 serving 115,000 Veterans and their family members, today Secretary of Veterans Affairs Robert A. McDonald announced the award of \$207 million in SSVF grants that will help an additional 70,000 homeless and at-risk Veterans and their families. The grants will be distributed to 82 non-profit agencies and include “surge” funding for 56 high need communities. During the brief history of this program, VA has helped tens of thousands of Veterans exit homelessness and prevented just as many from becoming homeless. The “surge” funding will enable VA to strategically target resources to high need communities where there are significant numbers of Veterans who are homeless or at-risk of homelessness. ([More](#))

Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#).



Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Did You Know?: The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at 309-782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call 309-782-5472.

Around the Q.C.

- Oct. 11:** [Oktobeerfest](#) (LeClaire Park, Downtown Davenport)
- Oct. 11:** [Families On! Challenge](#) (Credit Island, Davenport)
- Oct. 11:** [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)

- Oct. 11:** [Quad Cities Cruisers Cruise-in and Car Show](#) (Kimberly Center, Davenport)
- Oct. 11:** [Quad Cities Families On Challenge](#) (Credit Island Park, Davenport)
- Oct. 12:** [Apple Fest](#) (Downtown LeClaire, Iowa)
- Oct. 18:** [3rd Annual Fallen Soldiers 5K](#) (WIU Campus Recreation Center, 1001 W. University Dr., Macomb, Ill.)
- Oct. 18:** [Shamrock 'n Roll](#) (The Stern Center, 1713 3rd Ave, Rock Island)
- Oct. 18:** [Wholistic Arts Festival](#) (Mississippi Valley Fairgrounds)
- Oct. 18:** [Northpark October Craft/Vendor Show](#) (NorthPark Mall, Davenport)
- Oct. 19:** [Moline Dad's Club 47th Annual Halloween Parade](#) (iWireless Center, Moline)
- Oct. 22:** [Eastern Iowa/Western Illinois Veterans Conference](#) (St. Ambrose's Rogalski Center, Davenport)
- Oct. 23:** [Fright Night](#) (The District, Rock Island)
- Oct. 25:** [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
- Oct. 25:** [Military Appreciation / Pumpkin Cannon Festival Weekend](#) (Country Corner Farm Market & Pumpkin Patch, 5333 Us Highway 150, Alpha, Ill.)
- Oct. 25-26:** [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
- Oct. 25-26:** [2nd Annual Military Appreciation Festival](#) (Country Corner Farm Market & Pumpkin Patch, 5333 US Highway 150, Alpha, Ill.)
- Oct. 26:** [Inaugural Our Lady of Lourdes Oktoberfest](#) (Lourdes Catholic Church, 1506 Brown Street Bettendorf)
- Oct. 26:** [Middle Park Discraft Ace Race in the Quad Cities](#) (Middle Park Disc Golf Course, Bettendorf)

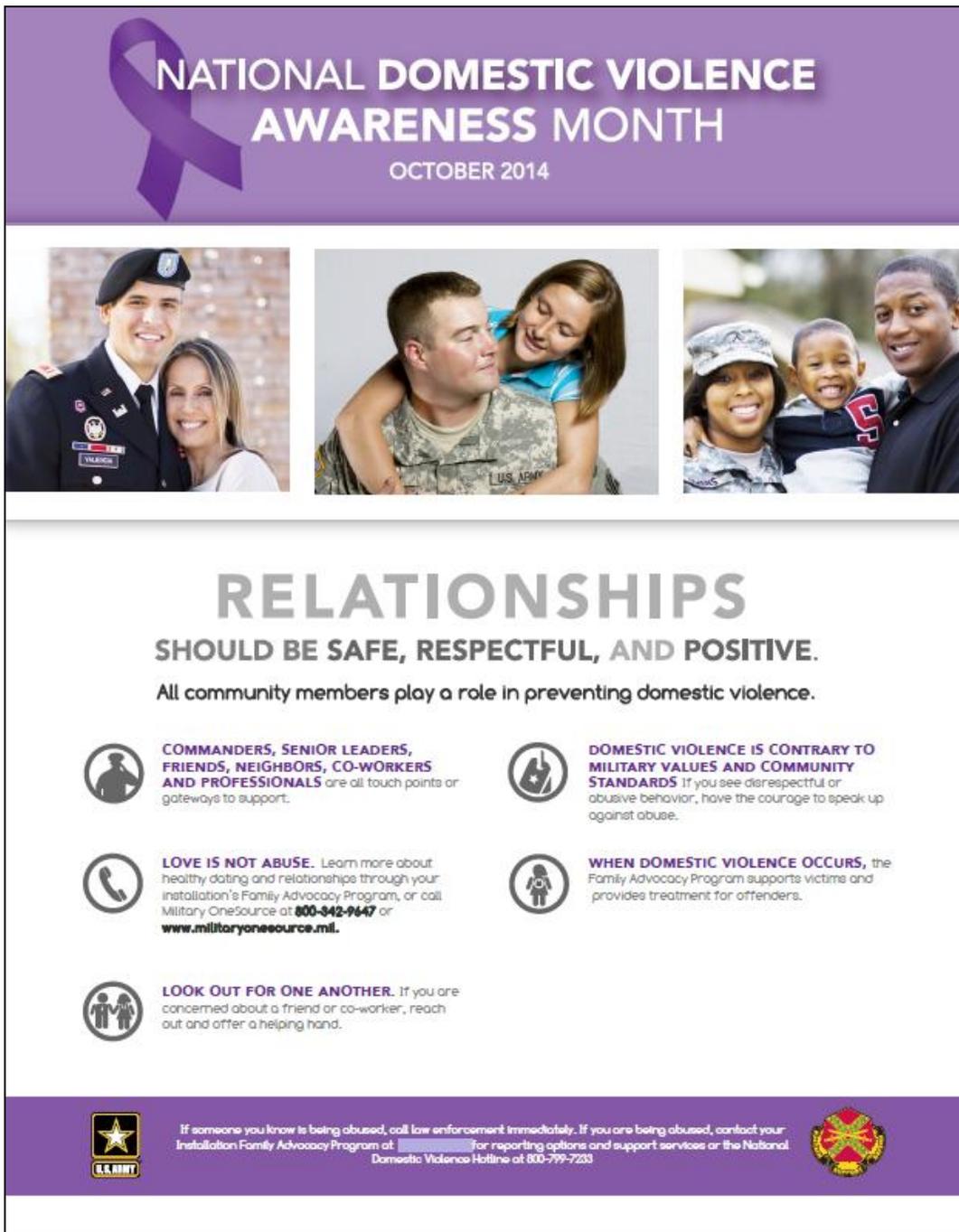
- Nov. 1:** ["A Mother's Love" Mother-Son Dance](#) (Friendly House, 1221 Myrtle St., Davenport)
- Nov. 2:** ["Dance With My Father" Daddy-Daughter Dance](#) (Friendly House, 1221 Myrtle St., Davenport)
- Nov. 7:** [Veterans and Military Spouse Workforce Symposium](#) (Western Illinois University—Quad Cities campus, 3300 River Drive, Moline)
- Nov. 7:** [Veterans Recognition Celebration and Luncheon](#) (Milan Community Center, Milan, Ill.)
- Nov. 8:** [Vietnam Veterans of America Region 6 Conference](#) (Wild Rose Casino, Clinton, Iowa)
- Nov. 15:** [Southpark Mall November Craft and Vendor Show](#) (SouthPark Mall, Moline)
- Nov. 22:** [Festival of Trees Parade](#) (Downtown Davenport)
- Nov. 22:** [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
- Nov. 22:** [Holiday Pops Concert](#) (Downtown Moline)
- Dec. 7:** [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight

Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal



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NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH
OCTOBER 2014



RELATIONSHIPS SHOULD BE SAFE, RESPECTFUL, AND POSITIVE.
All community members play a role in preventing domestic violence.

-  **COMMANDERS, SENIOR LEADERS, FRIENDS, NEIGHBORS, CO-WORKERS AND PROFESSIONALS** are all touch points or gateways to support.
-  **DOMESTIC VIOLENCE IS CONTRARY TO MILITARY VALUES AND COMMUNITY STANDARDS** If you see disrespectful or abusive behavior, have the courage to speak up against abuse.
-  **LOVE IS NOT ABUSE.** Learn more about healthy dating and relationships through your installation's Family Advocacy Program, or call Military OneSource at **800-342-9647** or www.militaryonesource.mil.
-  **WHEN DOMESTIC VIOLENCE OCCURS**, the Family Advocacy Program supports victims and provides treatment for offenders.
-  **LOOK OUT FOR ONE ANOTHER.** If you are concerned about a friend or co-worker, reach out and offer a helping hand.

 If someone you know is being abused, call law enforcement immediately. If you are being abused, contact your Installation Family Advocacy Program at  for reporting options and support services or the National Domestic Violence Hotline at 800-799-7233 

