



Oct. 24, 2016

Island Insight

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

Island Insight Submission:



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

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First Army Welcomes New Command Sergeant Major

A crisp, fall morning greeted a new season of leadership as First Army welcomed a new command sergeant major during a change of responsibility ceremony on Memorial Field, Oct. 21. Incoming command sergeant major, Command Sgt. Maj.



Richard K. Johnson, comes to First Army from Fort Leavenworth, Kansas, where he served as sergeant major, Combined Arms Center-Training. Outgoing command sergeant major, Command Sgt. Maj. Sam K. Young, served as First Army's senior enlisted leader since October 2013. He will shortly retire from the Army after more than 30 years of service. Lt. Gen. Stephen M. Twitty, First Army commanding general, recognized Young for his service to First Army and the nation. "Thank you for being here today in bidding farewell to a great warrior and leader," Twitty told ceremony attendees. "Command Sgt. Maj. Young has been a role model and a mentor to our Soldiers. He has improved our observer coach/trainers while observing them in action. ([More](#))

Upcoming Dates

- Oct. 1-31:** Paint the Island Purple
- Oct. 23-31:** 26th Annual DoD Red Ribbon Week
- Oct. 26:** RIA Commissary and Exchange Townhall, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Oct. 27:** CFC Taco Day, Bldg. 299 breakroom, 11 a.m. - 12 p.m.
- Oct. 27:** Honor Flight of the Quad Cities, QCIA, 9:30 p.m.
- Oct. 28:** Wear Purple for Domestic Violence Awareness
- Oct. 28:** Fall Car Care Free Vehicle Inspection, Auto Skills Shop, 9 a.m. - 3 p.m.
- Oct. 28:** ASC Halloween 5K Fun Run/Walk, Quarters One, 6:30-7:45 a.m.
- Oct. 29:** Ghost Hunters Dinner Tour, Quarters One, 5:30 p.m.
- Oct. 31:** On-Post Trick or Treating, 5-8 p.m.
- Nov. 1-30:** Military Family Appreciation Month
- Nov. 1:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.
- Nov. 1:** All Saints' Day Observance Service, Lock & Dam Lounge, Bldg. 60, 11:30 a.m.
- Nov. 2:** ASC Annual CFC Chili Cook-Off, Robinson Conf. Rm., 4th Floor, in Bldg. 350, 11 a.m. - 1 p.m.
- Nov. 3-4:** Higher Ed Track, Bldg. 56, Room 122
- Nov. 3:** RIA Historical Society Meeting/Dinner, Arsenal Island Clubhouse, 6-8 p.m.

Health Council Updates Leaders at Quarterly Meeting

The Rock Island Arsenal Community Health Promotion Council held its first quarterly meeting of fiscal year 2017 here, Oct. 20. CHPC's membership consists of senior leaders from organizations based on Rock Island Arsenal, as well as installation subject matter experts and representatives from health and wellness organizations in the local Quad Cities community. Council meetings provide an opportunity for members to discuss issues and coordinate actions intended to improve the overall health of the Arsenal community. Maj. Gen. Edward M.

Daly, commanding general of the U.S. Army Sustainment Command and senior mission commander of Rock Island Arsenal, leads RIA's CHPC and chaired the meeting. In opening remarks, Daly noted that this was his first council meeting since taking command of ASC in August, and that his initial impressions of CHPC were all positive. ([More](#))



Quad Cities Chamber of Commerce Welcomes New RIA Leaders

The Quad Cities Chamber of Commerce leaders hosted a community dinner to welcome the new First U.S. Army, U.S. Army Sustainment Command, and U.S.



Army Garrison Rock Island Arsenal leadership at a local restaurant in Moline, Illinois, Oct. 19. During the meeting, attendees discussed public engagement and community relations between the Rock Island Arsenal and the public. ([More](#))

CFC Events Kick-Off RIA's Charity Fundraising Season

Soldiers and civilians gathered at Joint Manufacturing and Technology Center for a biscuit and gravy breakfast, here, Oct. 20. The breakfast is one of several scheduled events being held through the end of the campaign season (Dec. 13) to raise awareness about the Combined Federal Campaign, the federal government's only charity fundraising event; and the Illowa (Illinois + Iowa) bi-state CFC effort. CFC is comprised of more than 24,000 charities and spans 151 regions benefitting local, domestic and international recipients. ([More](#))



Armament Research, Development and Engineering Center (ARDEC) Rock Island took home the 1st place trophy in the 3rd Annual Trunk or Treat event held Oct. 19 at the Memorial Park pavilion. More than 25 trunks competed in the event coordinated through RIA's Family, Morale, Welfare and Recreation (FMWR). Rock Island Integrated Services (RIIS) earned the 2nd place trophy, while Army Contracting Command-Rock Island (ACC-RI) took the 3rd place trophy. Hundreds of trick-r-treaters made their way through the trunks over the course of two hours that included not only candy, but two bounce houses, numerous activity stations under the pavilion, and a selection of food for purchase from FMWR. Included among the highlights of the event was a zombie performance of "Thriller" by members of ACC-RI and JMC, as well as a number of the mascots performing in a dance off... "Scooby-Doo" from RIIS earned bragging rights as the best dancer.

First Army Welcomes Commanders, Senior Advisors

First Army brought its new commanders, senior enlisted leaders, and Army National Guard advisors here Oct. 17-21 to better equip them to carry out their duties. The week also served as the First Army Fall Commanders Conference for brigade and battalion commanders and command sergeants major. First Army Commanding General, Lt. Gen. Stephen Twitty, stressed to attendees that a road map for the coming months was being developed during the trio of conferences. "This week is very important because it is about the direction that we will take First Army," he said. ([More](#))



LULAC Hispanic Heritage Month Ceremony highlights Service and Sacrifice

"Equality and inclusivity are not experiments. They are American values." On Oct. 15, Brig. Gen. Richard B. Dix echoed the sentiments of the Secretary of the Army, Eric Fanning, as he addressed Quad Citizens at the sixth annual Hispanic Heritage Month closing ceremony. The commanding general of headquarters Joint Munitions Command joined the League of United Latin American Citizens (LULAC) Council 10 just off the banks of the Mississippi River to highlight the accomplishments and impact of Hispanic-Americans in the local community, Armed Forces and to the nation. Numerous local veterans and veterans' organizations contributed to the event as Patriot Guard riders, members of the color guard, and bagpipers. ([More](#))



ASC-ARE Welcomes New Commander

About 50 Soldiers and friends of the Army Sustainment Command-Army Reserve Element attended a ceremony, here, Oct. 22, to welcome the command's new leader and say goodbye to their previous commander of 13 months. Col. Timothy Fenlason, incoming commander, ASC-ARE, was commissioned in the Regular Army in May 1989. He left active duty in 1994 and joined the Army Reserve in 1995. Brig. Gen. Jeffrey Doll, commanding general, Army Reserve Sustainment Command, presided over the ceremony. "Tim, I will tell you this time in command will go much faster than you can imagine, so seize the day," said Doll. ([More](#))



Logistics Career Development Experts Speak at ASC HQ

A team of logistics professional development program managers spoke with about 120 Army personnel about civilian career development during the U.S. Army Sustainment Command's senior and mid-level Commanding General's Leadership Professional Development training in Heritage Hall, here, Oct. 17. Every job in the Army is categorized within one of 31 career programs. Each career program has its own professional development management system, which career program managers oversee and develop. Program managers set career expectations, educate those within their respective career fields about these expectations, and serve as proponents for their career fields within the Army. ([More](#))



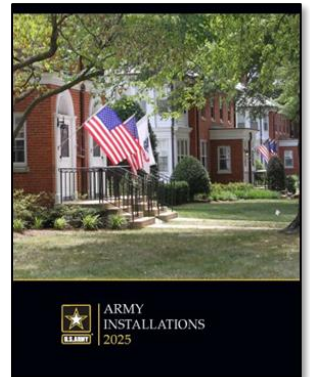
Family Programs Evolve to Meet Changing Needs, Budget Restrictions

Budget cuts do not mean the end of Family programs, Army officials said. In fact, many units, especially the Reserve component, have increased their outreach. Finding new ways to provide support to Families in the face of budget cuts requires a little creativity, said Dee Geise, chief of the Soldier Family Readiness Division at Installation Management Command, or IMCOM, and assistant chief of staff for installation management. Family program representatives from the active-duty Army, the Army Reserve and the Army National Guard spoke about their challenges during a Family forum at the 2015 Association of the United States Army Annual Meeting and Exposition, Oct. 14. Facing major budget cuts under sequestration, former Army Chief of Staff Gen. Ray Odierno directed a task force to look at every Family program. ([More](#))



Army Releases Army Installations 2025

The Assistant Secretary of the Army for Installations, Energy and Environment, the Hon. Katherine Hammack, has released Army Installations 2025. Army Installations 2025 presents the Army's strategy to ensure our installations remain ready, resilient, and capable of meeting the demands placed upon them. In order to fight and win our nation's wars, we must ensure the Army remains ready as the world's premier combat force. Our collective strength depends on how we take care of our Soldiers, Civilians, and Families. Without question, these are our most important resource. The ASA (IE&E)'s Installations, Energy and Environment Strategy 2025 identified three Key Business Drivers (KBD): Installations, Energy, and Environment. ([More](#))



IMCOM Celebrates 10th Birthday

On **Wednesday, Oct. 26**, IMCOM will mark its 10th year of supporting Soldiers, Families and senior commanders by providing quality services and programs, delivered consistently across installations. IMCOM was originally designated the Installation Management Agency in August 2002, when the Army issued General Order 4 creating the command as a field operating agency of the Office of the Assistant Chief of Staff for Installation Management. General Order 4 followed a period in which Secretary of the Army Thomas White and Gen. Eric Shinseki, Army Chief of Staff, had envisioned installation transformation as the initial focus for transforming the Army as a whole. In October 2006, Secretary of the Army Francis Harvey and Army Chief of Staff Gen. Peter Schoomaker created the Installation Management Command. This action placed the former IMA, the former Community and Family Support Center (renamed the Family and Morale, Welfare and Recreation Command), and the former Army Environmental Center (renamed the Army Environmental Command) in a single three-star command as a direct reporting unit to OACSIM.



DoD-Wide MWR Survey Seeks Feedback From Customers

The Defense Department has launched the 2016 Morale, Welfare and Recreation Customer Satisfaction Survey, officials from the Department of Defense Morale, Welfare, Recreation and Resale Policy Office announced today. This is the fourth time the Defense Department has conducted a DoD-wide survey measuring customer satisfaction, officials said, noting that previous MWR surveys were conducted in 2009,



2011 and 2014. Defense leaders said that customer feedback through the survey responses can make a significant difference in MWR programs. For example, they said, improvements in fitness programs and facilities, outdoor recreation programs and single-service-member programs were a direct result of the 2014 MWR survey, so participants can complete the survey knowing their comments are heard. ([More](#))

October is Energy Awareness Month

During the month of October, Energy Awareness Month, the energy manager has the following items planned for Rock Island Arsenal. "Rocky," the RIA Energy Dog, will be on display in various buildings looking for energy waste. The energy manager will be working with the building energy monitors alerting occupants of energy issues that are identified where Rocky is displayed. Building occupants need to organize and register and update their building energy monitors from **Thursday, Oct. 6, through Wednesday, Oct. 19**, on the Energy Awareness Website. The energy managers will walk through various buildings with building energy monitors inspecting their building for energy waste. During the month of October, the building energy monitors and building occupants should be reviewing the Energy Monitor Handbook. On **Thursday, Oct. 20**, there will be training for the building energy monitors in the Bldg. 102 basement conference room from 10-11:30 a.m. During the evening of **Monday, Oct. 24**, the energy managers will perform a drive by night survey and publish their results. See last year's results and make sure your lights are out this year. On **Thursday, Oct. 27**, 10 a.m. – 11:30 a.m., Mid-American Energy consultants and the energy managers will provide an energy display with giveaways for attendees in Heritage Hall in Bldg. 60. During October there will be an energy awareness article about the Garrison Energy Savings Performance Contract published, and on **Friday, Nov. 4**, the 2016 Annual Energy Management Report will be published. In the month of November, the Public Works Energy website will be updated. If there are questions, please contact either the energy manager located at Public Works in Bldg. 102 at 309-782-2496 or jay.d.richter.civ@mail.mil or the assistant energy manager, Doug Van Werden, douglas.d.vanwerden.civ@mail.mil, at 309-782-2372. ([Rock Island Arsenal Garrison and Mid-American Energy partnership, rebate program](#)) ([StandTo!](#))



VIOS Schedule for November, December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Nov. 14, 15, 16, 17, and 18**; and **Dec. 12, 13, 14, 15, and 16**. 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](#)

Rock Island Arsenal Commissary and Exchange Town Hall

The installation will conduct its Rock Island Arsenal Commissary and Exchange Town Hall on **Wednesday, Oct. 26**, 11:30 a.m. – 1 p.m., at the Arsenal Island Clubhouse. Soldiers, Family members and patrons are invited to attend to find out what's going on inside their Commissary and

Exchange, as well as to voice their input. Questions? Contact Eric Cramer, Garrison Public Affairs Officer, 309-782-7746.

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**.



CFC Taco Day

There will be a taco CFC fundraiser on **Thursday, Oct. 27**, in the Building 299 breakroom, 11 a.m. to 12 p.m. Cost will be \$5 for three tacos with all the fixings; .50¢ for bottled water; and \$3 for root-beer floats. All proceeds go to the Illowa Bi-State CFC. Questions? John Crane at 309-782-3647 or Deb Day at 309-782-4177.



ASC Halloween 5K Fun Run/Walk

Join the U.S. Army Sustainment Command for a Halloween 5k Fun Run/Walk on **Friday, Oct. 28**, 6:30-7:45 a.m., at Quarters One. Participants need to assemble beginning at 6:10 a.m., with the start at 6:30 a.m. You're welcome to bring your family and encouraged to wear a costume (ease of movement and ability to safely participate should play a part in costume selection).



7th Annual Camp Dodge Military Family Fall Festival

The 7th Annual Fall Family Festival will take place **Sunday, Oct. 30**, 2-5 p.m., at the Pool Pavilion, Camp Dodge, in Johnston, Iowa. The Camp Dodge Fall Family Festival is a free family fun event that honors all branches of military service, veterans, families, as well as families of the fallen. Please help us spread the word to our military families, as well as any further community partners that would like to take part in the event. Military families welcome. This year's theme is "Harry Potter." ([More](#))

2016 On-Post Trick or Treating

Trick or treating in On-Post neighborhoods will be allowed on **Monday, Oct. 31**, 5-8 p.m. On-Post Trick or Treating traditionally mirrors those set by the [City of Moline](#) as that is where the school-aged kids, who use Post CYSS facilities and activities, go to school. The City of Moline's Trick or Treat times for this year are set for **Oct. 31**, 5-8 p.m. Have a Happy Halloween. Please drive safely and watch for the children. Halloween Safety – Ghouls Night Out: Halloween is a night of excitement and ghoulish charm, but it should be celebrated with



caution. Children are four-and-a-half times more likely to be hit by a car on Halloween than on any other night of the year. However, the leading causes of Halloween-related injuries among children are not vehicle-related, but from falls. Many result from long, baggy or loose-fitting costumes, oversized shoes and vision-restricting masks. With a little forethought and creativity, parents and guardians can keep their little ghouls and goblins safe. Adults should always supervise children under the age of 12 when they head out to haunt the streets in search of treats. Children should only visit well-lit houses and remain outside at all times, while adults stay as close to the home as possible. A flashlight will make trick-or-treaters more visible to motorists, so make sure they carry one. Also, stay on the sidewalks and off streets and lawns.

All Saints' Day Observance Service

Father Adam will conduct a Holy Day of Obligation All Saints' Day service on **Tuesday, Nov. 1**, 11:30 a.m. – 12:15 p.m., in the room just outside of the Lock & Dam Lounge in Bldg. 60, and offer Catholic Mass for those who would like to attend. The event is sponsored by the ASC/JMC/First Army Chaplain's Office. For additional information or accommodations please contact Sgt. First Class Jeffrey Matthews at 309-782-4603. All Saints' Day is a solemn holy day of the Catholic Church celebrated annually on Nov. 1. The day is dedicated to the saints of the Church, that is, all those who have attained heaven. Generally, All Saints' Day is a Catholic Holy Day of Obligation, meaning all Catholics are required to attend Mass on that day, unless they have an excellent excuse, such as serious illness. However, when All Saints' Day falls on a Saturday or a Monday, the obligation to attend Mass is abrogated. For instance, All Saints' Day fell on Saturday in 2014 and Monday in 2010; in both cases, Catholics in the United States were not required to attend Mass. ([More](#))



ASC Annual CFC Chili Cook-Off

ASC will have its annual CFC Chili Cook-Off on **Wednesday, Nov. 2**, 11 a.m. – 1 p.m., in the Robinson Conf. Rm., 4th Floor, in Bldg. 350. We are asking for a minimum donation of \$5 from those that are interested in tasting all chilies entered and voting for the "Best" chili. All proceeds raised will go to the Illowa Bi-State Combined Federal Campaign. To enter your chili, please contact [Kathy Kresin](#), 309-782-7029, or [Capt. Robert Alsfelder](#), 309-782-1855, by **Wednesday, Oct. 26**.



Wieblers' Military Appreciation Day

Wieblers Harley-Davidson is a proud supporter of our service men & women, so on **Saturday, Nov. 5**, we will honor, celebrate & show our appreciation for all who serve or have served. The day's activities will include a honor ride, chili lunch, & more. Ride registration starting at 9 a.m. at Wieblers' H-D. \$10 per person donation with all proceeds going to the Humility of Mary Shelter, Inc. of Davenport Veterans Services to assist local veterans in need. Bikes out at 10 a.m. back by Noon with a free chili lunch till it's gone. ([More](#))

Veteran's Breakfast

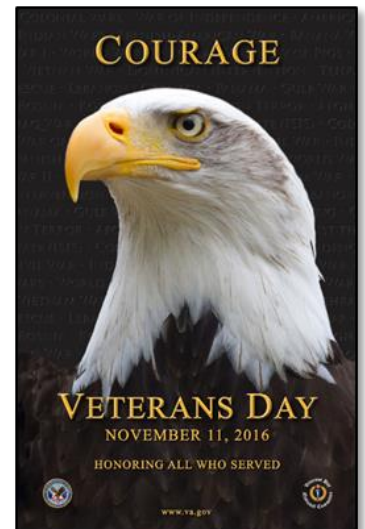
CASI - Center for Active Seniors will hold a Veteran's Breakfast on **Monday, Nov. 7**, at 8 a.m. Free for ROTC, veterans and active duty service members, \$5 for guests/general public. RSVP is required by **Monday, Oct. 31**, by calling 563-386-7477 or by visiting the CASI front desk. The event will feature guest speaker Gary Metivier, KWQC. Immediately following the breakfast, Metivier will do a book signing for this book "Cody and Grandpa's Christmas Tradition." ([Flyer](#))

IowaWORKS Salute to Veterans Open House

Veteran VA Work Study and Davenport Employment Staff from IowaWORKS Eastern Iowa, Davenport Center will be hosting an "Open House" to pay tribute to our veterans who have served with distinction in our armed forces. The event will be held **Thursday, Nov. 10**, 9 a.m. – 12 p.m., in the Village Shopping Center, at 902 W. Kimberly Road, Suite 51, in Davenport. All veterans are encouraged to stop by and network with some of the following agencies that will be represented. Feel free to drop by anytime refreshments will be provided in the Roosevelt Room.

Rock Island National Cemetery to Commemorate Veterans Day

The Rock Island National Cemetery will have a Veterans Day Ceremony on **Friday, Nov. 11**, at 1 p.m., Rock Island National Cemetery, at the main flagpole. The keynote speaker for the Veterans Day ceremony will be Maj. Gen. Edward Daly, commanding general, U.S. Army Sustainment Command, and senior commander, Rock Island Arsenal. The ceremony will include wreath placement, an honor salute, and taps. Veterans Day is intended to thank and honor all those who served honorably in the military - in wartime or peacetime. A Congressional Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday – a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day had primarily been a day set aside to honor Veterans of World War I. However, following World War II and the Korean War, Veterans service organizations urged Congress to amend the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of new legislation in 1954 (Public Law 380), Nov. 11 became a day to honor American Veterans of all wars. ([More on Veterans Day](#))



QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Friday, **Nov. 11**, at 7 p.m., at the iWireless Center in Moline, against the Toledo Walleye. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.



Veterans History Project

On **Friday, Nov. 11**, WQPT will be hosting the Veterans History Project at Western Illinois University-Quad Cities, 3300 River Dr, in Moline, from 9 a.m. to 12 p.m. We are looking for veterans to tell their stories of service so that we can record them and submit them to the Library of Congress. Stories need to be at least 30 minutes to be admitted. We want any veterans that served after WWII. To set an appointment up, please call 309-764-2400. Veterans from WWII and the Korean War will receive priority. The Veterans History Project of the American Folklife Center collects, preserves, and makes accessible the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. The United States Congress created the Veterans History Project in 2000. The authorizing legislation (Public Law 106-380), sponsored by Representatives Ron Kind, Amo Houghton, and Steny Hoyer in the U.S. House of Representatives and Senators Max Cleland and Chuck Hagel in the U.S.

Senate, received unanimous support and was signed into law by President William Jefferson Clinton on Oct. 27, 2000. ([More](#))

4th Annual American Legion Veteran's Day 5K Run & Family Run/Walk

The Blue Grass American Legion Post 711 is hosting its Annual Veterans Day 5K Run on **Saturday, Nov. 12**, at American Legion Post 711, 106 South Juniata St., in Blue Grass, Iowa, to help support the veterans and the local community. The event will include a 5K Run, a Kids ½-Mile Run, a Family 1½-Mile Run/Walk, and a Battle Buddy ½-Mile Run. For start times, additional details, and to register go to

GetMeRegistered.com. This is our fourth year and we are trying to make this one the best one yet. It might be a little chilly out, but it is a great organization and a fun time.

We use the proceeds from this race as well as other activities to fund a lot of different programs in our community, such as Hawkeye Boys & Girls State, Merit Awards, Scouting, Hospital Supplies, Military Funeral Honors and that is just to name a few of the many things we do to help out. This will also be where you can pick up your packets for the race. Registration is open until the morning of the race. There is a late registration fee of \$5.00 added to any one registering after **Nov. 1**. If registered before **Nov. 5** each participant will receive in their packet a personalized dog tag and a tee shirt as well as coupons and other things given to us by our sponsors (You are not guaranteed a personalized dog tag after **Nov. 1**). Trophies will be given to the top three male and female finishers in all the age groups. If there are any questions or you want to volunteer to help out call the American Legion at 563-381-4380 or send us an email at alpost711.5k@outlook.com. ([Flyer](#))



Run 4 Military Families

Run 4 Military Families is a 4-mile fun run/walk that benefits the Rock Island USO. The Rock Island USO serves active duty military families and veterans. This year's run will take place on **Saturday, Nov. 12**, at Veterans Memorial Park in Bettendorf. The run is being coordinated by [race director Sarah Griem](#). The event will include a "Quarter Mile Tot Trot" for ages 2+, a "1-Mile Run/Walk," and the main event the "4-Mile Run/Walk." For more details and to register check out the [GetMeRegistered.com page](#). ([Facebook event page](#))



ICE Needs You!

Our goal is to meet your expectations and provide the best customer service possible. We appreciate hearing from you and value your opinions. We recognize that not all feedback is positive. Negative comments or observations regarding any services here on Rock Island Arsenal provide us with the necessary information to improve those services. Providing your contact information is vital to helping us obtain additional information if needed and to also inform you of reasons why a product or service can't be changed. When the customer chooses to remain anonymous, and does not provide sufficient information to identify the issue or problem, the Garrison staff is not able to take action and the comment is rendered useless. Now that you know how you can help, please take the time to let us know how we're doing. It takes less than a minute to fill out the standard six questions on the [ICE website](#) and you're always welcome to add additional information in comment spaces provided. Be assured that all comments and information are secured and kept confidential.



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, Nov. 18, 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. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Oct. 28**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Oct. 27**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle reminds us, "October is Breast Cancer Awareness Month! Did you know 17 percent of blood donations in our area are used by cancer patients?"



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](#).

Suits for Soldiers

Farmers Insurance announced the launch of its nationwide Suits for Soldiers program to help active duty military personnel transition to civilian work and life. **Oct. 18 through Nov. 30**, Americans across the country can support veterans transitioning into the civilian workforce by donating gently used and dry cleaned suits or professional attire for men and women at more than 13,000 Farmers agencies. Specifically, they are collecting suits, blazers, dresses, dress pants, and other items that we can give to our military personnel and veterans so they have a fighting chance when interviewing for a new career. Collection sites include the Farmers Office at 4436 N Brady Street, Sears in Davenport and at the Ken Himebaugh Farmers Insurance office at 1600 30th Avenue in Moline. You can also contact your local Farmers agent. The American Legion Post 26 will be hosting a distribution event on **Thursday, Dec. 1**, 1-7 p.m. For the distribution event, Farmers will invite all the local veterans, active duty, and reserve members in who may need a suit for their next job interview. POC: [Nickolas Grant](#), Farmers Insurance, District Office Quad Cities Branch, 563-275-4124. *Information is provided for informational purposes only and does not constitute any endorsement of said company, affiliated company or services.* ([More](#))



Vets with Disabilities Explore Camp Courageous Day

Vets with Disabilities Explore Camp Courageous Day will take place on **Monday, Nov. 21**, at Camp Courageous, located at 12007 190th St, in Monticello, Iowa, beginning with flag raising and arrival 9:30-10 a.m. The event is to give veterans who have disabilities a taste of camp. The event is for vets who have disabilities. The Camp is seeking referrals and to get the word out. Those interested will need to RSVP with the number attending (vets and family members/assistants) and basic contact info (name, phone, address, email). This will help programming and dietary plan effectively and be prepared. Camp staff will lead activities and assist with transitioning individuals from one location to another, answering questions, tours, and guidance



around camp. Dietary staff will provide lunch. A survey/evaluation will be passed out at the end to gather feedback and determine interest in further programming for veterans who have disabilities at Camp Courageous. Please contact Stephen Fasnacht at 319-465-5916 x2310 or stephen@campcourageous.org. ([More](#))

End of Year Leave Donations

For those wishing to donate annual leave to a federal civilian employee currently accepted into the Leave Transfer Program for an ongoing medical emergency, please complete Statement of Leave Donor (RIA form 690-43) or Request to Donate Annual Leave (OPM 630a) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Wednesday, Jan. 4**. Generally, the maximum number of annual leave hours an employee may donate per year is one-half of the amount of annual leave he/she is entitled to earn in that leave year, as follows:



Annual Leave Hours Earned Per Pay Period	Maximum Number of Hours that May be Donated
4	52
6	78
8	104

Toward the end of the leave year, the maximum donation decreases to no more than the number of hours remaining in the leave year (as of the date of transfer) the donor is scheduled to work and receive pay. POC Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

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

Bridge Inspections

A crew of bridge inspectors will be inspecting various bridges on the Arsenal **Oct. 17-28**. To accomplish this work lift equipment will be used and will require intermittent lane closures 8:30 a.m. to 2 p.m., **Wednesday, Oct. 26**, on the Rock Island Viaduct. Barricades, signs, and flagman will be used to warn, direct and detour traffic during closures.

Parking 1C Closure Date Notification

The Directorate of Public Works will be installing monitoring wells that involve the total closure of Parking Lot 1C (north of Bldg. 106). The work and closure has been rescheduled for **Monday, Oct. 17, until Monday, Oct. 31**. The closure was originally scheduled to begin Monday, Oct. 3. Barricades will be placed at each end of Parking Lot 1C.

Government Bridge Closures October/November

The Iowa Interstate Railroad will make repairs on the railroad over the Government Bridge. This will necessitate some closures of the Government Bridge and effect traffic crossing the Bridge.

- Between **Wednesday, Oct. 5**, and continuing to **Thursday, Nov 10**, 9 a.m. to 2 p.m., **Monday through Friday**, expect intermittent single-lane closures for vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic.

Beck Avenue Closure

Due to weather and unforeseen site conditions during excavations, the Directorate of Public Works is extending the road closure for a section of Beck Avenue, **Sept. 30 through Oct. 28**. 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 and through Parking Lot 2G. Pedestrian traffic to Door 17 at B-299 will remain open

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 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.

Parking Area Lot Closed Near Bldg. 350

On Oct. 17, the Directorate of Public Works began a project to repair the emergency generators located in Parking Lot 3L northeast of Bldg. 350. The work includes replacement of an existing generator that feeds critical loads in Bldg. 350. The new generator will be located along the north edge of the parking which requires closing approximately 40 parking spaces during construction. The project is scheduled to be completed by **Friday, July 14.**

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



White House, DoD Salute Companies' Commitment to Hire Military Spouses

Employers who hire military spouses are doing the right thing for their businesses -- and for the country, speakers at a Department of Defense Military Spouse Employment Partnership event said this week. White House and Defense Department officials, business representatives and military spouses were among those who came out Oct. 17 to celebrate the induction of 50 employers to the MSEP program -- the largest induction class since the initiative was launched five years ago. By hiring military spouses, employers are promoting stability in military families, which increases the readiness of the force, said Todd A. Weiler, assistant secretary of defense for manpower and reserve affairs. ([More](#))

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Army Safety Online Tools, Initiatives

The U.S. Army Combat Readiness Center provides Soldiers, leaders, civilians and Family members with multiple online tools that reinforce the principles of risk management and help preserve readiness through loss prevention. The Army has developed several tools to provide leaders with information on risk mitigation, all of which are available at the USACRC website. The Army will continue to provide effective risk management tools for Soldiers, civilian employees and their Family members. All online tools are continually updated to reflect regulatory changes and current risk mitigation strategies. Preserving readiness through accident prevention is a leader imperative. By housing effective tools online and keeping them readily accessible, the USACRC assists leaders and safety professionals in meeting the Army's risk management goals. ([More](#))

Equal Employment Opportunity Focus



National Disability Employment Awareness Month

"This year's National Disability Employment Awareness Month theme focuses on the importance of inclusion, especially when it comes to business, opportunity, and innovation. When we diversify our workforce we create opportunities for growth and improvement -- not just for those with disabilities, but for everyone. This month, let us continue striving to forge a future where workplaces are more inclusive and where employees are more accepted for who they are. And because we know that our country does best when everyone gets their fair shot, let us keep working to ensure no one is left behind or unable to pursue their dreams because of a disability." —
President Barack Obama ([More](#)) ([DoD Special](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

Free Vehicle Inspection Day

Winter is coming, make sure your vehicle is ready to get you around safely in the snow and ice. Make an appointment to have your vehicle inspected for free on **Friday, Oct. 28**, 9 a.m. – 3 p.m. Our skilled technicians will do a comprehensive inspection on and alert you to any possible issues before they leave you stranded on the side of the road in the cold. ([Flyer](#))

Arsenal Island Golf Course Fall Membership Drive

Now is the time to purchase or renew your annual golf memberships. We've put together a great package of benefits for our annual pass holders and prices will go up on Jan. 1. Check out the [flyer](#) or call the Pro Shop for more details.

Ghost Hunters Dinner & Tour of Quarters One

Enjoy a prime rib & chicken buffet at the Arsenal Island Clubhouse **Saturday, Oct. 29**, 5:30 p.m., and then join the Rock Island Paranormal Society for a tour of Historic Quarters One. The Paranormal Society staff have spent countless hours in this massive Italianate style mansion and will regale you with tales of the paranormal activity they have experienced there throughout the years. The cost is \$40/person and reservations can be made by calling 309-782-4372. RSVP required by **Tuesday, Oct. 25**. This event is open to the public. *Event subject to change/cancellation based on number of reservations. ([Flyer](#))



MWR Events Planning Needs Assessment

As we continually try to adapt our programs & events to best meet your recreation and leisure needs, we have developed a short eight questions survey. Please consider taking a moment to fill out this survey to let us know what programs and events that we currently offer that you enjoy, as well as identifying new programs, events or services that you would like to see offered in the future. The survey can be found here: <https://www.surveymonkey.com/r/RIAMWR2016>

NAF Retirement & Benefits Briefing

All Part-Time and Full-Time Non-Appropriated Fund (NAF) employees regardless of length of service or projected retirement date are invited to come and learn about the benefits and retirement options available to them **Wednesday & Thursday, Nov. 2** (10 a.m.) & **Nov. 3** (2 & 6:30 p.m.), Abel Conf. Rm. (Bldg. 110). Topics will include important info you need to know to help plan for your future including info on open season. To RSVP call 309-782-3097 or email: usarmy.ria.chra-nc.mbx.chra-ri-cpac-naf@mail.mil ([Flyer](#))

First Friday Social

Join your Island colleagues **Friday, Nov. 4**, at 3 p.m., at the Lock & Dam Lounge for a fun evening of appetizers, drinks, networking, and socializing. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. Call 309-782-4372 for more info.

Murder Mystery Dinner

Enjoy a buffet dinner **Saturday, Nov. 5**, at 6 p.m., at the Arsenal Island Clubhouse as the plot of the murder at Skuttlebutt Sound unfolds in this fun evening of interactive whodunnit comedy theater. Tickets are \$45/person and reservations can be made by calling 309-782-4372. ([Flyer](#))

Thanksgiving Dinner Buffet

Come enjoy a delicious Thanksgiving Dinner Buffet **Thursday, Nov. 24**, 11 a.m. - 2 p.m., at the beautiful and historic Arsenal Island Clubhouse with your family and friends and leave the planning, shopping, cooking and clean up to us. Cost is \$21/adult, \$10/child (3-10 years), and children under three eat free. Call 309-782-4372 for more info and to make reservations. ([Flyer](#))

Tree Lighting Ceremony & Vendor Fair

Come ring in the holiday season **Friday, Dec. 2**, 4 p.m., at Heritage Hall, at the Rock Island Arsenal's Annual Tree Lighting Ceremony. There will be lots to do and see including various children's activities, free keepsake photos with Santa, free cookies and hot cocoa, door prize drawings including lots of great prizes and a vendor fair to get a head start on your holiday shopping. Call 309-782-5890 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](#))

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.

Trans-Siberian Orchestra

Trans-Siberian Orchestra is celebrating their 20th anniversary this year, and will bring back "The Ghosts of Christmas Eve" to the iWireless Center on **Thursday, Dec. 8**, at 7:30 p.m. Leisure Travel Office has discounted seats on sale until **Monday, Nov. 28**. \$47 Section 213 Rows 3 & 4; \$58 Section 107 Rows 7 & 8; and \$68 Section 114 Row 12 & 13.

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](#))

World's Toughest Rodeo

Cinch World's Toughest Rodeo has doubled up on preshow fun as the event will opens at 6 p.m. for a free preshow as we invite fans to "get down in the dirt." Come early and partake in the interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, hop in the clown's barrel for photos, sit on Midnight the bull in the bucking chutes, or get up close and personal with the Cinch World's Toughest Rodeo animal superstars as our staff host behind the chutes tours. The entire arena will overflow with fantastic activities all new for 2017 from 6-7 p.m. Leisure Travel has discounted seating for both Friday and Saturday shows. • **Friday, Jan. 27**, at

7:30 p.m.; Section 102, rows 11 & 12, adult \$35.50, children 12 under \$21.75, Section 201, rows 2, 3 & 4, adult \$25.50, children 12 under \$16.75. • **Saturday, Jan. 28**, at 7:30 p.m.; Section 102, rows 11 & 12, \$35.50 adult/child, Section 202, rows 2, 3 & 4 \$25.50 adult/child. Tickets on sale through Leisure Travel until **Monday, Jan. 16**.

Child, Youth & School Services



North Pole Party

Join your friends **Saturday, Dec. 10**, 4-7 p.m., at the School Age Center (Bldg. 150), for a North Pole Party. We'll have holiday crafts from 4-5 pm and then we'll show a holiday movie with hot cocoa and popcorn. Santa and his elves will be there so make sure you mark this fun event on your calendars now and RSVP by calling 309-782-5019, space is limited. ([Flyer](#))

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**.

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! Domestic violence goes against Army and relationship core values and is never OK. No one deserves abuse, and anyone can be a victim. Abuse can be verbal, physical, emotional or sexual. Some of the most hurtful and long-lasting forms of abuse may never leave a bruise. Have the courage to speak up and do the right thing. Take a stand to stop domestic violence and keep our community safe. Even simple actions can help protect victims. The Army Family Advocacy Program provides a range of services that support the safety, well-being and readiness of all military Families. Contact your local Army Community Service center to get more information about Army FAP services in your area. Safety of victims and children is essential. Confidential information and support are available from Army Family Advocacy, Military OneSource or the National Domestic Violence Hotline. Domestic violence can be lethal, even fatal. If you or someone you know is being abused, call local law enforcement or 911 immediately. ([Flyer](#))



Tour of Quarters One for Gold Star Families

All Gold Star Family Members are invited to join the Survivor Outreach Services Program for a free tour of Historic Quarters One on **Saturday, Nov. 5**, 10:30 a.m. - 12:30 p.m. Come tour this impressive mansion while meeting other Gold Star Families. Refreshments will be provided for attendees so we ask that you please RSVP to 309-782-0829 by **Friday, Oct. 28**. ([Flyer](#)) Survivor Outreach Services demonstrates the Army's commitment to Families of the Fallen. The mission of SOS is to provide enhanced services to these Families. SOS is a holistic and multi-agency approach to delivering services to Survivors by providing services at the garrisons and communities closest to where Families live. SOS will allow the Army to better identify the needs of others touched by the loss of a Soldier. ([Learn more about Survivor Outreach Services](#))



John Deere Pavilion Tour

Come be a tourist in your own backyard **Friday, Nov. 18**, at 10 a.m., on these informative free tours with the Army Community Service Relocation Assistance Program. This tour will be at the John Deere Pavilion in downtown Moline. Call 309-782-0829 for more info and to RSVP. ([Flyer](#))

RIA Points of Interest Tour

Come be a tourist in your own backyard **Friday, Dec. 2**, at 9 a.m., at Quarters One, on these informative free tours with the Army Community Service Relocation Assistance Program. This tour will highlight some of the interesting places on the Arsenal including Quarters One and the RIA museum. Call 309-782-0829 for more info and to RSVP. ([Flyer](#))

Isabel Bloom Tour

Come be a tourist in your own backyard **Thursday, Dec. 15**, at 10 a.m., on these informative free tours with the Army Community Service Relocation Assistance Program. This tour will visit the local Isabel Bloom factory. Call 309-782-0829 for more info and to RSVP. ([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 **Tuesday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

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.**

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. The upcoming class date is **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."

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."

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. The upcoming class date is **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."

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.](#)

Higher Ed Track

Do you plan on attending college? Do you know where to start? We have the answer for you. The next Higher Education Track (course) is scheduled for **Thursday and Friday, Nov. 3-4**, Bldg. 56, Room 122. The Higher Education Track helps guide you in pursuing a college education with preparation for college application process. Topics covered include: identifying educational goals, finding education funding, and researching and comparing institutions. This course is designed to guide you through the variety of decisions involved in choosing a degree program, college institution and funding considerations. This course is open to all military service members and their Family members. Please phone 309-782-7780 to reserve your seat.

American Education Week

Army Continuing Education System will celebrate American Education Week nationwide **Nov. 13-19**. Tuition Assistance totals for Active Duty, National Guard, and Reserve was \$213.5M in FY16 and \$228.5M in FY15. This year's theme of "Army Continuing Education - Investing in our Soldiers, Investing in the Future" highlights the continued support for our Service Members in pursuit of degrees and certifications. ACES offers a variety of educational opportunities and degree programs to assist Service Members expand their knowledge base and even increase promotion opportunities. Obtaining an advanced degree can help the transitioning Service Member maintain a competitive edge with civilian employers. Your Rock Island Arsenal Army Education team will be at the USO Bldg. 110 on **Nov. 18**, 11 a.m. – 1 p.m. Stop by to learn about testing and school options, tuition assistance, and ways to maximize your education benefits. Meet the education center staff and enjoy light refreshments.

Pre-Retirement Briefing

Did you know... it is mandatory that all Soldiers receive a pre-retirement briefing between the retirement application submission date and 120 days before the retirement date or start date of transition leave? – AR 600-8-7, Paragraph 3-1. Upcoming briefing dates are: **Nov. 9, Feb. 3, May 5, Aug. 11, and Nov. 3, 2017**. Schedule attendance to the next RIA Pre-Retirement Brief by calling 309-782-7780 or email usarmy.ria.usag.mbx.hrm-tsm@mail.mil.

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.

Commissaries to Give Patrons Reusable Shopping Bags

Starting Friday, customers of Defense Department commissaries will receive a free reusable shopping bag courtesy of Military OneSource, according to a Military Community and Family Policy news release. This free distribution is part of an ongoing campaign between the Defense Commissary Agency and the office of Military Community and Family Policy to raise awareness of the resources available 24/7/365 through the call center at 1-800-342-9647 and online. "In the same way that this reusable bag assists in your commissary or other daily shopping, Military OneSource is there to assist you with confidential help and useful resources. I am confident everyone knows about Military OneSource, but do they really know about Military OneSource? Call us today or visit the web site to get to know us better," said Ed Brown, Military OneSource program director. ([More](#))

Exchange Announces 2016 Toyland Toy Book Featuring 'Military Brat-Approved' Toys

The Army & Air Force Exchange Service will help military kids hone in on the perfect holiday gift idea when its 2016 Toyland toy book is released Oct. 21 in the continental United States and Nov. 4 elsewhere. Stocked with the hottest fall toys for boys and girls of all ages, the Toyland toy book features a special assortment of toys tested by real military children, identifiable by the Military Brat-Approved logo, including products from Disney, Hasbro, Barbie, Lego, Nerf, Little Tikes, Fisher-Price, Mattel and Huffy. ([More](#))

Halloween Pet Photos Can Net Shoppers \$5,000 Exchange Gift Card

For many military families, pets are more than just companions—they're family. Now, the Army & Air Force Exchange Service is giving service members and their families the opportunity to give

their furry friends some well-deserved appreciation – and win a \$5,000 Exchange gift card in the process – by entering the Dress Up Your Pet for Halloween Photo Contest. Through Oct. 31, authorized shoppers can submit a photo of their pet wearing their cutest Halloween costume at shopmyexchange.com/BecauseOfYou. One lucky winner will receive a \$5,000 Exchange gift card, courtesy of Smokehouse Pet Products, while five runners-up will receive a year's supply of Science Diet pet food, a \$500 value. The sweepstakes is part of the Exchange's Because of You program, which has expanded in 2016 to celebrate military families as well as honor active-duty troops, allowing the Exchange to express gratitude for their service and sacrifice. ([More](#))

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.



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/Dinner

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Nov. 3**, in the Veranda Room of the Arsenal Island Clubhouse. The menu will be a Soup, Salad and Sandwich Buffet, featuring fresh baked breads, cookies, coffee, tea and water, prepared by the clubhouse 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. Our program will be presented by Michael Schmidt, retired history and theater teacher. Schmidt has also been active for a longtime with Quad City Music Guild as member, director, actor, and as well as many other aspects of the organization. His presentation will be "The Anomalies of the Lincoln assassination." 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. 31**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

This Week in Rock Island Arsenal History – Oct. 24-30

On Oct. 30, 1882, construction work on Shop G (Bldg. 108) was completed.



Healthbeat

TRICARE Expands Coverage for Treatment of Congestive Heart Failure

Congestive Heart Failure is now a covered diagnosis under the TRICARE cardiac rehabilitation benefit. Heart failure occurs when the heart is unable to pump enough blood to meet the body's needs. This may happen when the heart muscle itself is weaker than normal or when there is a defect in the heart that prevents blood from getting out into the circulation. If you are experiencing these symptoms, talk to your health care provider. If you have been diagnosed with heart failure, it's important for you to manage and keep track of symptoms and report any sudden changes to your healthcare team. Providers of cardiac rehabilitation services must be TRICARE-authorized hospitals or freestanding cardiac rehabilitation facilities. All cardiac rehabilitation services must be ordered by a physician. ([More](#))

Blood and Tissue Samples Help DoD Make Major Contribution to Cancer Moonshot

For more than 25 years, the Department of Defense has collected and stored blood serum from all of its members, and the tissues of many. Those millions of samples are being stored at the Department of Defense Serum Repository in Silver Spring, Maryland, along with a tumor bio-repository run by the Murtha Cancer Center. These efforts are paying off for the national Cancer Moonshot, the White House-led effort to make 10 years of progress against cancer in just five years by bringing together resources from the government and private sectors. "Our leadership has been working to come up with actionable items to address the Cancer Moonshot's overall mission of advancing progress against the disease," said Army Col. Craig Shriver, director of the Murtha Cancer Center, the DoD's lead cancer research and treatment facility. "The military has some unique resources for this fight." ([More](#))

Army Honors Wounded, Ill and Injured Soldiers during Warrior Care Month

Each November the Army honors wounded, ill and injured Soldiers and their families by commemorating Warrior Care Month. Warrior Care Month highlights the resilience and strength of these Soldiers and their families and caregivers. This year's theme is "Show of Strength." Throughout the month the Army will host events honoring these men and women, highlighting their contributions, sacrifices, recoveries, and transitions back to the force or transitions as successful Veterans. Surgeon General of the U.S. Army and Commanding General, U.S. Army Medical Command, Lt. Gen. Nadja West states "Our fundamental tasks are in promoting, improving, conserving, or restoring the behavioral and physical well-being of those entrusted with our care." According to West, "If we do not get this right, it does not matter what else we get right." ([More](#))

Notes for Veterans



VA Streamlining Process for Medical/Surgical Purchases

The Department of Veterans Affairs (VA) is taking a major step toward system improvement in the processes used to purchase medical and surgical supplies. VA is significantly enhancing the Medical/Surgical Prime Vendor (MSPV) program by replacing it with the Medical/Surgical Prime Vendor - Next Generation (MSPV-NG) program. MSPV-NG purchasing capability greatly improves VA's supply chain and aligns directly with VA Secretary Robert McDonald's 12 Breakthrough Priorities designed to transform VA into a Veteran-centric organization of excellence. "Similar to VA's successful pharmaceutical purchasing and distribution program, MSPV-NG aims to improve acquisition planning, sourcing, and delivery, which will allow the organization to benefit from the best pricing, timely access to supplies, and waste reduction," said McDonald. By standardizing processes, VA's MSPV-NG program reduces excess inventories and leverages VA's purchasing power. The program increases the involvement of clinicians in sourcing products, giving them direct input in selecting supplies that can be used across VA medical centers and clinics. Medical, surgical, dental, and select prosthetic and laboratory supplies will now be available at nationally negotiated rates. This benefit, along with flexible delivery options, positions VA to address critical medical and surgical supply needs, ultimately improving the quality of care for the Veterans we serve. The MSPV-NG program launches across all VA facilities Dec. 1. ([More](#))

IowaWORKS Salute to Veterans Open House

Veteran VA Work Study and Davenport Employment Staff from IowaWORKS Eastern Iowa, Davenport Center will be hosting an "Open House" to pay tribute to our veterans who have served with distinction in our armed forces. The event will be held **Thursday, Nov. 10**, 9 a.m. – 12 p.m., in the Village Shopping Center, at 902 W. Kimberly Road, Suite 51, in Davenport. All veterans are encouraged to stop by and network with some of the following agencies that will be represented. Feel free to drop by anytime refreshments will be provided in the Roosevelt Room.

Around the Q.C.



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

Oct. 28: [Strongman National Amateur Competition](#) (RiverCenter)

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

Oct. 29: [Night of the Living Ales IV](#) (Radicl Effect Brewerks, Rock Island)

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

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

Oct. 29: [Whorror Fest 2016](#) (Hotel Davenport and Conference Center)

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

Oct. 29-30: [6th Annual St. Anthony's Haunted Tunnel Tours](#) (St. Anthony's Nursing and Rehabilitation Center, 767 30th St., Rock Island)

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: [Camp Dodge Military Family Fall Festival](#) (Camp Dodge, Johnston, Iowa)

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

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

Nov. 3: [QC Celebrity Lip Sync Battle](#) (The Establishment, 220 19th St, Rock Island)

Nov. 4-6: [Quad Cities Antique Spectacular](#) (QCCA)

Nov. 5: [Military Appreciation Day](#) (Wieblers Harley-Davidson, 5320 Corporate Park Dr., Davenport)

Nov. 5: [10th Annual Sullivan Brothers 5k/10k Races](#) (Grout Museum District, 503 South St, Waterloo)

Nov. 5: [Stroll for OHI - 5K Walk/Run for Pancreatic Cancer Awareness](#) (Sheridan Meadows Park, Eldridge)

Nov. 5: [Hauberg Holiday Market](#) (Denkmann-Hauberg House, 1300 24th St, Rock Island)

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

Nov. 11: [Veterans History Project](#) (Western Illinois University-Quad Cities, 3300 River Dr, Moline)

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

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

Nov. 12: [Run 4 Military Families](#) (Veterans Memorial Park Bettendorf)

Nov. 12: [4th Annual American Legion Veteran's Day 5K Run and Family Run/Walk 1½ mile](#) (American Legion Post 711, 106 South Juniata St., Blue Grass, Iowa)

Nov. 12: [Eldridge Harvest Hustle](#) (Sheridan Meadows Park, Eldridge)

Nov. 13: [80s Adult Skate Night](#) (Skate City QCA & Laser Tag Alley, East Moline)

Nov. 18-27: [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)

Nov. 19: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 19: [Lighting on the John Deere Commons](#) (Downtown Moline)

Nov. 19: [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)

Nov. 19: [QC Mustache Challenge](#) (Begins at Bent River Brewery, Moline)

Nov. 21: [Veteran's Explore Camp Courageous](#) (Camp Courageous, 12007 190th St, Monticello, Iowa)

Nov. 24: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

Nov. 24: [Monmouth Early Learning Center 5K Run/Walk Turkey Trot and Kid Run](#) (200 Block of East Broadway, Monmouth)

Nov. 25-27: [27th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA)

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

Dec. 3: [Christmas in LeClaire Ugly Christmas Sweater 5k Run/Walk](#) (LeClaire, Iowa)

Dec. 3: [Quad Cities Wizards Yule Ball](#) (The Col Ballroom, Davenport)

Dec. 3-4: [Quad Cities Comic Con](#) (RiverCenter)

Dec. 10: [AUSA Army Navy Game Watch & Member Appreciation Event](#) (The Main Event, Bettendorf)

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

Dec. 17: [Wreaths Across America](#) (Rock Island National Cemetery)

Jan. 1: [The Resolution Run](#) (YouthHope's Moline Youth Center)

Jan. 6-8: [Bald Eagle Days](#) (QCCA)

Jan. 15-17: [25th Quad Cities Farm Show](#) (QCCA)

Jan. 20-22: [Rod and Custom Show](#) (QCCA)

Jan. 28: [Jaycees of the Quad Cities Bridal Expo](#) (RiverCenter)

Jan. 29: [37th Annual Motorcycle Parts Swapmeet](#) (QCCA)

Feb. 3-5: [Quad Cities Home Builders Home Show](#) (QCCA)

Feb. 16-19: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA)

Feb. 24-26: [RV/Camping Show](#) (QCCA)

March 24-26: [Lawn and Garden Show](#) (QCCA)

March 30: [Taco Dinner Fund Raiser for QCA Stand Down](#) (The Viking Club, 1450 41st Street, Moline)

April 9: [19th Annual In-Fisherman Swap Meet](#) (QCCA)

April 16: [QC on Tap](#) (QCCA)

May 14-15: [Scott County Kennel Club AKC Dog Show](#) (QCCA)

Island Insight

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

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Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-

5000. For [submission of announcements to the Island Insight](#); [usarmy.ria.imcom-central.mbx.usag-ria-](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil)

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