



**Oct. 3, 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](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:**



[www.usagria.army.mil/News/II.aspx](http://www.usagria.army.mil/News/II.aspx)

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## Deputy Assistant Secretary of the Army (Acquisition, Policy and Logistics) Talks Career Development

Navigating through your career as a civilian involves strategy and planning. While the Department of the Army has taken a structured approach to civilian leadership development, career advice from a Senior Executive



Service civilian often resonates in a more memorable and practical way. On Sept. 20, Christopher Lowman, Deputy Assistant Secretary of the Army Acquisition Policy and Logistics -- Office of the Assistant Secretary of the Army Acquisition, Logistics and Technology, shared his own strategy with Rock Island Arsenal careerists emphasizing the role of education, mobility, mentorship, and risk. Following 4.5 years as a Marine, Lowman entered the government as a GS-05 and is currently responsible for policy and oversight for Army and joint systems acquisition and sustainment ensuring effective, efficient and secure acquisition, life cycle logistics operations and defense industrial base oversight. ([More](#))

## Upcoming Dates

**Oct. 4:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.

**Oct. 6:** 3<sup>rd</sup> Annual Domestic Violence Awareness Month-Join the Fight March, Rodman Ave., 11-11:30 a.m.

**Oct. 6:** National Hispanic Heritage Month Observance, Arsenal Island Clubhouse, 1-2 p.m.

**Oct. 6:** First Friday Social, Arsenal Island Clubhouse, 3-7 p.m.

**Oct. 6:** Rock Island Arsenal Historical Society Meeting, Arsenal Island Clubhouse, 6 p.m.

**Oct. 7:** Advanced Résumé Class, ACS, 1:30-3:30 p.m.

**Oct. 9-15:** Fire Prevention Week

**Oct. 11:** CHPC Quality of Life Working Group, Bldg. 90, Rm. 25, 1-2 p.m.

**Oct. 11:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.

**Oct. 12:** Discussion on Parenting through Community Violence, ACS, Bldg. 110, 3:30-5 p.m.

**Oct. 14:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.

**Oct. 15:** Military Retirement Appreciation Day, Bldg. 60, Heritage Hall, 7:30 a.m.

**Oct. 18:** Prescription Drug Take-back Day, Memorial Park Pavilion, 6-8:30 a.m.

**Oct. 18:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.

**Oct. 18:** Prescription Drug Take-back Day, Memorial Park Pavilion, 2:30-4:45 p.m.

**Oct. 19:** Trunk or Treat, Memorial Park, 3:30-5:30 p.m.

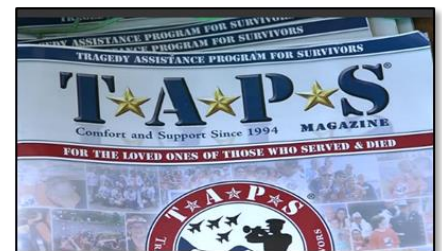
## Employees Benefit Professionally, Personally From Blacks in Government Conference

Fourteen Joint Munitions Command employees recently attended the National Organization of Blacks in Government Training Institute in Atlantic City, New Jersey. The BIG organization states its mission is to enable all present and future black employees in local, state, and federal governments to have the ability to maximize their career opportunities and provide a mechanism for inclusion, growth, and advocacy. This year's BIG conference, titled "Commit to Excellence: Think, Believe, and Achieve BIG!", offered four, two-hour training sessions a day, with professional and personal topics ranging from diversity and inclusion in the workplace, networking, and leadership, to personal ethics, financial independence, and retirement. ([More](#))



## RI Arsenal Supports Gold Star Families

This week, the state of Illinois held its very first Gold Star Families Day. In the past, only mothers have been recognized after a soldier is killed while serving the military. This may be a first for the state of Illinois, but as we take you Inside the Gates, you will see that it is nothing new for the Rock Island Arsenal. Mary Ann Soenksen is the mother of soldier who gave life in the line of duty. She says, "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." 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." Nearly a decade later, her mom is still grieving. The same goes for Cherie Baldwin. "It's been very hard losing Rob." ([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](mailto:jay.d.richter.civ@mail.mil) or the assistant



energy manager, Doug Van Werden, [douglas.d.vanwerden.civ@mail.mil](mailto:douglas.d.vanwerden.civ@mail.mil), at 309-782-2372. ([Rock Island Arsenal Garrison and Mid-American Energy partnership, rebate program](#))

## **Volunteers Make 11k Greeting Cards for Overseas Troops to Send Loved Ones throughout the Year**

The ninth annual "Cards for Troops" event had its most successful year yet. The event was held at the Rock Island Arsenal Tuesday, September 27, 2016, and more than 300 volunteers put together beautiful cards for different holidays, birthdays, or life events to send to troops overseas. The cards are blank when soldiers receive them, allowing them to write their own messages and send them out to loved ones throughout the year. "It's all about the troops, it's not about quantity, it's just about the troops and we want to honor them and honor their families," said Cards for Troops founder Mary Sue Sipple. In 2015, volunteers made more than 10,200 cards, which were sent around to places including Iraq, Jordan, and even a Naval ship at sea. In 2016, organizers say that 11,700 cards were made. Over the nine years the event has been taking place, volunteers have created 57,799 cards. ([More](#))



## **Thank You From "Cards for the Troops"**

"Cards for the Troops" thanks you! On **Tuesday, Sept. 27**, 11,700 beautiful rubber stamp art cards were lovingly created by more than 300 volunteers who assembled at Heritage Hall. The cards will be sent to troops currently deployed to the Middle East, to the Landstuhl Regional Medical Center (Germany) USO and Fisher Houses, and to the 5,000 Marines and sailors aboard the currently deployed aircraft carrier, the USS Dwight D. Eisenhower. Cards for the Troops has sent 57,799 cards for our deployed military members to mail home to loved ones since its inception nine years ago. Heartfelt thanks to all of our volunteers, and to the Rock Island Arsenal for their continued support. Thank you very much! — *Sincerest gratitude, Mary Sue*

## **Budget Deal Avoids Government Shutdown, Finalizes Next Year's VA Budget**

Congress averted a government shutdown with a rushed budget deal on Wednesday that also settles the Department of Veterans Affairs and military construction budget for all of fiscal 2017. It includes \$7.72 billion for more than 200 military construction projects, a decrease of almost 6 percent but nearly \$300 million above the president's request. About \$1.3 billion of that is slated for military housing projects scheduled to get underway in coming months. Lawmakers approved a 10-week extension of federal funding at fiscal 2016 levels for all other government programs, and will need to adopt a long-term budget deal after the November elections are complete. The move means a delay in new program starts for the first quarter of the new fiscal year, but that is less disruptive than the possibility of a partial government shutdown, which would have started Oct. 1 without a deal. ([More](#))



## **Feds Will Pay 6.2 Percent More Toward Health Care Premiums in 2017**

Federal employees and retirees will pay an average of 6.2 percent more toward their health insurance premiums in 2017, the Office of Personnel Management announced Wednesday. Federal Employees Health Benefits Program enrollees with self-only coverage will contribute an average of \$5.27 more per paycheck, while those with family coverage will pay about \$12.97 more. For just the second year, FEHBP participants can select the self-plus-one enrollment category. Those



enrollees will see an average increase of \$10.32 per paycheck. Federal employees and retirees' share of their health care premiums will go up by a higher percentage than the government contribution, which will rise 3.7 percent. OPM pays about 70 percent of FEHBP participants' premiums. ([More](#))

## **Arsenal Family Advocacy Program Raises Awareness of Domestic Violence**

"It's never OK. It's never alright. Raise your voice and join the fight!" These words are the mantra for the upcoming Join the Fight March on **Thursday, Oct. 6**, on the Rock Island Arsenal. In honor of National Domestic Violence Awareness Month in October, the Family Advocacy Domestic Violence Victim Advocacy Program invites everyone to join them in the third annual march on Rodman Avenue from Bldg. 110 to the P/X parking lot. The fight against domestic violence is not one which will be won by violence and intimidation. It will be won by education and awareness of the issue that affects so many in our community. In addition to the march, the Rock Island Victim Advocacy Program invites everyone to join in on Paint the Island Purple Initiative for the entire month of October. Show your support by joining the competition. Decorate your offices in purple and wear purple on **Fridays**. Then post your pictures to the [Family Advocacy Program's Facebook page](#). The Victim Advocacy Program will be heightening awareness by placing purple ribbons all around the Rock Island Arsenal. According to the National Coalition Against Domestic Violence, more than 10 million people are abused by an intimate partner annually. In their lifetime, 1 in 4 women and 1 in 7 men have been abused by their intimate partner. Domestic Violence does not just happen and then go away. It is a serious problem with lifelong effects on more than just the victim. DV affects the individuals directly involved, the family, the community, and goes against the Army values. By educating ourselves and our community we are able to empower those around us forming a supportive environment and laying the foundation for survivors to speak out, break down barriers, and have the ability to receive the help they need. DV and abuse should not even be an option. There is never a good reason to harm or hurt someone you love. As people, we have the right to live a safe life full of support and surrounded by those who empower us. Relationships, of any kind, are supposed to be about love, acceptance, and equality. It is through these events such as the National Domestic Violence Awareness Month, the Join the Fight March, and Paint the Island Purple, in addition to the resources available through the Family Advocacy Domestic Violence Victim Advocacy Program, that they hope to offer the necessary tools to recognize abusive tendencies in relationships around you. These relationships can include your own personal relationship, friends, or family members. Check out the events for this October on the MWR calendar [www.riamwr.com/events/month](http://www.riamwr.com/events/month). For more information, to inquire about getting involved, or to participate please feel free to contact Family Advocacy at 309-782-3773. Follow us on Facebook, [www.facebook.com/RIAFAP](http://www.facebook.com/RIAFAP).



## **DoD Announces New-Hire Probationary Period**

The probationary period for many new civilian employees hired by the Defense Department on or after Nov. 26, 2015, has changed from one year to two years, the acting deputy assistant secretary of defense for civilian personnel policy said. Julie Blanks confirmed the change to the statute governing the probationary period in a Sept. 27 in a memorandum to human resources directors. The new law took effect Nov. 26, 2015, as part of the fiscal year 2016 National Defense Authorization Act, said DoD spokesman Eric Pahon. ([More](#))

## DoD's Feds Feeds Families Campaign Breaks Record to Fight Hunger

Defense Department military and civilian members participated in a worldwide campaign that resulted in the donation of nearly 3.3 million pounds of perishable and nonperishable food to fill local food banks that provide food for families in need. Despite this year's campaign being delayed for a month, the department has surpassed last year's total by collecting 3,289,418 pounds. This year's campaign is an even bigger success because it collected 12,338 more pounds than last year in only 60 days, said Thompson, who served as the DoD champion, or the person who oversaw this year's Feds Feed Families campaign for the Defense Department. "When you're out of school that means you're home, and the need for food is greater. So, the federal government chose to conduct the campaign during the summer months to fill the shelves in the food banks across the country," Thompson said. "DoD pulled together and this donation was not only the most we've ever seen, but was done in less time." ([More](#))



## Illowa Bi-State CFC is Underway

There is an old adage that says "many hands make light work," and the same can be said about donating through the Combined Federal Campaign. With many small donations together, the impact is great for the non-profits that benefit from the campaign. Service members and government civilians alike can be a part of the impact through their donations. CFC donations



make a tremendous difference in the abilities of charitable organizations to meet the needs of their cause. For the second year, a new program, Universal Giving, allows donors to select any of the more than 24,000 charities across all 151 regions to be the recipient of their donation. Find your charity today at <https://apps3.opm.gov/CFC/CharitySearch/Main.jsp>. Every charity that is listed has been vetted and approved as a 501.c3 organization and must meet certain standards to qualify for the list of organizations who may receive donations through the CFC program. The CFC allows federal workers and active duty military to make their choices of charities as well as the amount to [donate through the MyPay system](#) or through a pledge form that can be turned in to their keyworker. Employees can also make one-time cash or check donation as well. One important point is that donations do not roll over each year. You must sign up each year even if you are donating to the same charity each year. Check out the [Illowa Bi-State CFC Facebook page](#) to keep up with CFC events, and to find out more information about CFC.

## ECBC CFC Ice Cream Sundae Bar

You scream, I scream, we all scream for ice cream! ECBS will have its ECBC CFC Ice Cream Sundae Bar on **Wednesday, Oct. 12**, 11 a.m. – 12:30 p.m., in the 1<sup>st</sup> Floor East Kitchen, in Bldg. 62. Chocolate and vanilla ice cream will be served; single generous scoop sundaes will be \$2, and double generous scoop sundaes will be \$3. Toppings will include: chocolate, strawberry, blueberry, caramel, butterscotch, nuts, whip cream, and maraschino cherries. All proceeds raised will go to the [Illowa Bi-State Combined Federal Campaign](#). 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. ([More](#))

### **Civilian Human Resources Agency - Organization Day**

The CHRA - North Central Region is having their Organization Day on **Tuesday, Oct. 4**, with a rain date of **Thursday, Oct. 6**, 11 a.m. - 3:30 p.m. This includes the Rock Island Civilian Personnel Advisory Center. Our offices will be at minimal staffing during this time.

### **Company Kitchen Outdoor Grill Closure**

Bldg. 60 Outdoor Grill will be closed on **Tuesday, Oct. 4**, due to hosting CHRA Organizational Day at Memorial Field. We will reopen at Bldg. 60 on **Wednesday, Oct. 5**. Come visit us for ribeye steak sandwiches and receive \$1 off your meal when you use the code word "pineapples" while ordering.

### **2016 Fire Prevention Week — Oct. 9-15**

National Fire Prevention Week is observed in the United States and Canada during the 2nd week of October each year. In the United States, the first Presidential proclamation of Fire Prevention Week was made in 1925 by President Calvin Coolidge. The National Fire Protection Association continues to be the international sponsor of Fire Prevention Week. This year's chosen theme is "Don't Wait



Check the Date." As in the past, the Fire Department will be conducting building evacuation drills in conjunction with other fire prevention educational activities geared to providing fun and educational information on fire safety and prevention to the general workforce and population. In light of recent events, building evacuation drills are more important than ever. It is imperative that each individual working and living on Rock Island Arsenal do their part to be fully aware of their evacuation procedures and designated assembly points in the event an emergency should arise and you would have to leave the building or shelter in place. The keys to success are planning and practice. When conducting evacuation drills emphasis should be placed on orderly evacuations rather than on speed. During Fire Prevention Week, we understand you may have certain employees unable to leave their work area during drill times due to non-standard work, security issues, and high level conference meetings. Please have your managers convey this information to the firefighters who will be checking the buildings during the drills. Disregarding the drill should not be taken lightly and only used as an extreme exception. USAG-POC is Douglas W Davis, Assistant Chief of Fire Prevention, IMRI-ESF, extension 2-0162, or email: [douglas.w.davis63.civ@mail.mil](mailto:douglas.w.davis63.civ@mail.mil).

— *Kenneth J. Tauke, Colonel, MP, Garrison Commander*



## Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Oct. 14 & 21, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



Donors at these drives will:

- Be entered into a monthly drawing for a \$300 gas card
- Be entered into the summer drawing for a new Ford Fiesta



***Charlie Corpuscle reminds us, "All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org) if they have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."***



**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

## Military Retiree Appreciation Day

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, **Saturday, Oct. 15**, 7:30 a.m. to 12:30 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. A photo I.D. is required for all personnel to access the installation. If you need a new/updated I.D. Card, call 309-782-0596 for an appointment. Submit registration no later than **Friday, Oct. 7**. Registrations can be emailed to [qcmrad@gmail.com](mailto:qcmrad@gmail.com). Additional information is available by calling 563-508-5123. ([2016 Midwest Retiree Appreciation Days Registration Form](#))



## VIOS Schedule for October, November

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 17, 18, 19, 20, and 21**; and **Nov. 14, 15, 16, 17, and 18**.

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](#)

### **Building 60 Outdoor Grill Update**

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

### **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](http://www.HonorFlightQC.org) or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, Oct. 27**.



### **Donkeys and Dog Tags Fun Run/Walk**

This is a country 5.4 Fun Run/Walk as a fundraiser for Donkeys and Dog Tags taking place **Saturday, Oct. 8**, in Moingona City Park, Boone Co., Iowa. We will have various vendors with information for our veterans, families, and the general public. After the race we will have a chili feed, book signing with Cate Folsom, wife of retired Marine Col. John Folsom, Lusco Farms Rescue, and a few other organizations. Please come and join us for the run, or to just stop out and visit our vendors and to show your support for our veterans and the donkeys. ([More](#))

### **7<sup>th</sup> 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](#))



## 4<sup>th</sup> 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](http://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](mailto: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](http://GetMeRegistered.com) page.

## 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](mailto:stephen@campcourageous.org). ([More](#))



## 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](http://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 3<sup>rd</sup> 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 18<sup>th</sup> 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. 2<sup>nd</sup> 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 3<sup>rd</sup> 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



### **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

### **Parking Lot 3K and 1C Closure Notifications**

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

### **Update Repair Gillespie Street**

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

## Notice for Repair of Gillespie Street

On 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.

## Impact to Traffic: 3<sup>rd</sup> Annual Join the Fight March

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

## Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

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## 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.

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## Active Duty/Reserve Zone



### TRICARE Expands Access to Mental Health Care, Substance Use Disorder Treatment

TRICARE is pleased to be implementing significant improvements to its mental health and substance use disorder (SUD) benefits to provide beneficiaries greater access to the full range of available mental health and SUD treatments. Army Maj. Gen. Jeffrey Clark, Director of Healthcare



Operations at Defense Health Agency (DHA) said, “We are intently focused on ensuring the behavioral health of our service members and their families remains a top priority. These sweeping changes reflect that commitment.” TRICARE provides a generous and comprehensive mental health benefit to active duty service members, retirees, and their families, including psychiatric outpatient, inpatient, partial hospitalization, and residential treatment services. “But we are working to make the benefit even better,” said Dr. John Davison, Chief of the Condition-Based Specialty Care Section of DHA’s Clinical Support Division. “Major changes are underway that will improve access to mental health and substance use disorder treatment for TRICARE beneficiaries, revise beneficiary cost-shares to align with cost-shares for medical and surgical care, and reduce administrative barriers to care by streamlining the requirements for institutional providers to become TRICARE authorized providers.” Dr. Patricia Moseley, senior policy analyst for military child and family behavioral health at DHA in Falls Church, Virginia, said being able to ensure TRICARE mental health benefits are offered on par with medical and surgical benefits was an important driving force for the changes. ([More](#))

### **Express Scripts Pharmacy Network Changing for TRICARE Beneficiaries**

Express Scripts, Inc. announced upcoming changes to the retail pharmacy network it manages on behalf of TRICARE. On Dec. 1, 2016, Walgreens pharmacy locations will join the network. CVS pharmacies, including those in Target stores, will leave the network on the same day. The new network will have more than 57,000 locations nationwide, and ensures TRICARE beneficiaries have timely access to retail pharmacies in their community. ESI is the TRICARE pharmacy contractor, responsible for developing the pharmacy network. ESI reached a new network agreement with Walgreens, which will replace CVS pharmacy in the TRICARE network. This change is intended to provide better value and maintain convenient access for beneficiaries. The addition of Walgreens into the network means that 98 percent of TRICARE beneficiaries will still have a network pharmacy within 5 miles of their home. Find a network pharmacy at [ESI’s website](#). If beneficiaries chose to fill a prescription at CVS after Dec. 1, it will be a non-network pharmacy. This means they will have to pay the full cost of the medication upfront, and file for partial reimbursement. ([More](#))



## Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



### **Safety Challenge Grows With Record Firearms Purchases**

If the number of Federal Bureau of Investigation background checks is any indication, Americans are buying personal weapons at a record clip. During 2015, background checks exceeded 23.1 million, the most since recordkeeping began in 1998. "The volume of applications being processed in the National Instant Criminal Background Check System tells us there may be an increase in the number of privately owned firearms in the hands of our fellow citizens, some of whom are also Soldiers," said Lt. Col. Phillip G. Jenison, Ground Directorate, U.S. Army Combat Readiness Center. "That means there could be Soldiers who are first-time gun owners, and they must be aware of the dangers involved and exercise caution and common sense when handling them." Even though Soldiers qualify with weapons as of part of their military training, that occurs on duty in a controlled environment. In an off-duty setting, things are different - more casual and less focused. Decreased vigilance could lead to unsafe activities with tragic consequences. While the number of

Soldiers with privately owned weapons might be increasing, off-duty firearms fatalities have dropped each year since 2012. The Army lost five Soldiers each in 2013 and 2014, and the total dropped to three in FY 2015, according to data available from the USACRC. ([More](#))

## Equal Employment Opportunity Focus



### National Hispanic Heritage Month Observance

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



### 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](#))

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# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### Fitness Center Is Looking For Certified Group Fitness Instructors

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

### First Friday Social

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

### Registration Deadline for Flag Football League

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

### Trunk or Treat

Fall is in the air and that means it's almost time for our annual Trunk or Treat event. Get your little ghouls and goblins dressed in their costumes and join us at Memorial Park **Wednesday, Oct. 19**, 3:30-5:30 p.m., for a fun afternoon of Halloween activities including a safe and family friendly trunk or treat, games, activities, bounce house and prizes including a \$50 Toys R Us gift card courtesy of our sponsor, Rock Island Arsenal Federal Credit Union (no official U.S. Army endorsement of sponsors is implied). Think you have a creative idea for a trunk? Sign up to see if your trunk idea can de-throne the reigning three-time champions JMC and win the best trunk competition. For more info and to sign up as a trunk please call 309-782-3240. ([Flyer](#))



### Ghost Hunters Dinner & Tour of Quarters One

Enjoy a prime rib & chicken buffet at the Arsenal Island Clubhouse **Friday, Oct. 21**, 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 **Monday**,



**Oct. 17.** This event is open to the public. \*Event subject to change/cancellation based on number of reservations. ([Flyer](#))

### **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](#))

### **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](#))

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## **MWR Leisure Travel Office**



### **Office Hours**

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

### **Million Dollar Quartet**

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

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

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

### **Mickey & Minnie's Doorway to Magic**

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider

as they rise into the sky amidst the floating lanterns. With special appearances by Snow White, Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10.**

### **Disney on Ice: Dare to Dream**

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

### **Downtown Chicago/Christkindlmarket**

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

### **Ice Age on Ice**

You and your family can catch this fantastic event, easier than Scrat could ever catch that acorn, on **Jan. 31 or Feb. 1**, 7 p.m., at the iWireless Center in Moline. Scrat gets the wakeup call of his life when he buries his prized acorn in a once-dormant volcano that rumbles back to life. With an eruption threatening our sub-zero heroes' way of life, they must find the magical Frostberry to stop a tidal wave of lava and save themselves from certain extinction. Leisure Travel has discounted seats on sale until **Monday, Dec. 12.**

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## **Child, Youth & School Services**



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### **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.

### **Before and After School Care Needs Survey**

Our goal is to always find ways to better serve the Rock Island Arsenal Community. With that in mind we have developed a short (nine question) survey to assess interest in busing services from

area schools to/from the School Age Center for before and after school care. Currently we offer bussing to Franklin Elementary (Moline), Wilson Middle School (Moline), Moline High School, and the Bettendorf School District. We have had a very strong response from our patrons to look into options of bussing to other schools and districts. For Child, Youth & School Services (CYSS) to accurately assess where that need is, we ask that you please complete the survey below. Unfortunately we cannot guarantee bussing to all schools in the area, but if we find an area where there is a need we will explore the possibility. If you have any questions please don't hesitate to contact the School Age Center staff at 309-782-7544. We would be happy to answer any questions you may have. ([Survey Link](#))



# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> 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](#))



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](#))

## Join the Fight March

On **Thursday, Oct. 6**, line Rodman Avenue and join our march as we pass by. The march will commence at 11 a.m. and head west on Rodman from Bldg. 110 to the Exchange parking lot. Please join us at the end for closing remarks! The outdoor grill will be available to purchase food in the parking lot after the march. For more information or to sign up for volunteering please call: 309-782-3773 or 309-782-0829. ([Flyer](#))



## Advanced Résumé Class

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

## Discussion on Parenting through Community Violence

Parents, have you wondered how to keep your kids safe in today's world? It seems every day brings new challenges- bullying, gun violence, internet safety, etc. How can you talk to your children about these things in a way they can understand? Join us **Wednesday, Oct. 12**, 3:30-5 p.m., in the Army Community Service Conference Room, Bldg. 110, for a very important discussion on some of these big topics affecting our kids and families today. The discussion will be led by Cpl. Henry D. Jacobsen of the Davenport Police Department. RIA Police Chief Nick Seibert will also be available for questions related to our installation. Those in attendance will receive two participation points for their involvement. Please RSVP at 309-782-3049 or [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil).

## Army Family Action Plan Issue Solicitation

Army Community Service is conducting an issue solicitation event on the [Rock Island Arsenal Facebook page](#). This event will take place **Monday, Oct. 17, through Friday, Oct. 21**. This is an opportunity for the community to provide the AFAP Manger with quality of life issues they would like to see worked through the AFAP process. For more information on this event or AFAP please feel free to contact ACS at 309-782-0829.

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# Employee Assistance Program



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ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> 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.

### **Emotional Intelligence**

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **Sept. 27** and **Dec. 20**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

### **Improving Workplace Relationships**

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class dates are **Oct. 11**, and **Nov. 10**, 10 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

### **Prescription Drug Take-back Day**

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 5 and under. In addition, 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. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Tuesday, Oct. 18**, the ASAP and Law Enforcement will be collecting unused and expired prescription drugs at 6-8:30 a.m., and 2:30-4:45 p.m., at Memorial Park Pavilion. We are unable to accept needles, syringes or inhalers. For more information about the prescription drug take-back day call the Army Substance Abuse Program at 309-782-4357.

### **Time Management**

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. An upcoming class date is **Oct. 25**, 10:30 a.m. – 12 p.m., in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

### **Assertiveness Training**

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class date is **Nov. 29**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

### **The RIA Employee Assistance Program Presents: Real Colors**

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357.

Event Date: **Nov. 8**

Event Time: **8 a.m. - 12 p.m.**

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## **Education/Training Review**



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)**

### **DANTES Provides Faster Exams Reimbursement Process**

The Defense Activity for Non-Traditional Education Support (DANTES) Exams Reimbursement Program has changed a reimbursement policy that will expedite the exams reimbursement process

for service members, including active duty, National Guard and Reserve. The policy change includes reimbursement of test fees for the following exams:

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

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

### **FY2016 Year-End Close-Out**

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



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](http://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](mailto:rockislandarsenal.commissary@deca.mil) and type 'Subscribe' in the subject line.

### **Boingo Broadband's Exchange Connect Internet Service Continues Expansion across Military Community**

The launch of Boingo Broadband Internet – in partnership with the Army & Air Force Exchange Service and its Exchange Connect Internet service – at the U.S. Air Force Academy has hit a new milestone as the installation marked the fastest subscriber sign up rate at any new Boingo military installation to date. This comes just as the popular Boingo Wi-Fi service expands its service



footprint at Army and Air Force installations across the continental U.S. Within the first 24 hours of the Boingo service going live at USAF, utilization peaked at one gigabit per second – the equivalent of 20,000 simultaneous Skype calls – with more than five terabytes of data downloaded, the equivalent of 1,350 DVD-quality movies. By year-end, Boingo Broadband service will be available at 35 Army and Air Force installations in the continental U.S. Boingo also provides Wi-Fi service to Marine bases throughout the United States and in Okinawa. ([More](#))

### **Exchange Shoppers Can Cast Ballots, Win Gift Cards in Army vs. Air Force Fitness Showdown**

Team Army or Team Air Force? It's a question almost as polarizing as which presidential candidate you'll be voting for this election—but one most military families wouldn't hesitate to answer. From Oct. 12 to Nov. 11, Exchange shoppers can quite literally vote with their feet in the Exchange and Under Armour Freedom Challenge: Army vs. Air Force. Participants cast their ballots by logging workouts at MapMyFitness.com in support of either service branch. Whichever branch gets the most workouts logged at the end of the challenge will be declared the winner. All participants will also be automatically entered for a chance to win one of several \$100 Under Armour gift cards to be given away weekly. Participants who logged just one workout will, upon the challenge's end, be automatically entered into the Grand Prize drawing for a chance to win a \$250 Exchange gift card. ([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**

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Oct. 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a soup, salad and sandwich buffet, featuring fresh baked breads, cookies, coffee, tea and water, prepared by the Golf Club Kitchen, all for \$11, including tax and tip. Our event is open to members

and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Guest speaker will be Steve Robinson who has worked for Dr. James Van Allen at the University of Iowa. He has worked for the federal government as an industrial engineer. He has also served as Chief of RIA-REARM and Director of Science and Engineering. His presentation will include a history of metal working, artisan blacksmithing, and hot forging at the arsenals. For reservations call Monica at 563-650-4349 or Linda at 563- 355-6165 or email [chiicaliinda@aol.com](mailto:chiicaliinda@aol.com). Reservations are due by Noon on **Monday, Oct. 3**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

### **This Week in Rock Island Arsenal History – Oct. 3-9**

In October 1866, a Board of Commissioners began negotiating with settlers and local civil authorities to regain portions of the island that had fallen under civil control. Property was repurchased along with access bridges to the island. Rock Island Arsenal gained complete authority and control of the island. On Oct. 10, 1939, the U.S. Army 33<sup>rd</sup> Ordnance Company stationed at the RIA was reassigned to Puerto Rico.

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## Healthbeat

### **The Impact of Traumatic Brain Injuries on Community Life**

Approximately 350,000 service members have sustained a traumatic brain injury (TBI) in the past 16 years. While the majority of those cases are mild, TBIs have presented a lot of challenges for experts to discuss. The Defense Health Agency's Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury is bringing together experts from across the Department of Veterans Affairs, Military Health System and academia to talk about care for service members and veterans with these injuries and some of the challenges they face when settling back into their communities. Although more than 80 percent of TBI cases are not diagnosed in deployed settings, the impact of this injury can affect everything from unit readiness to quality of life during and after deployment. Bryant Seamon, rehabilitation research fellow at the VA Medical Center in Washington, D.C., said a TBI diagnosis can be associated with decreased quality of life, social interaction and community involvement, among other things. A veteran may not show physical limitations but the cognitive impairments associated with this injury can lead to sedentary lifestyles or poor habits, he warned. ([More](#))

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## Notes for Veterans

### **VA Announces \$3.4 Million in Funding to Help the Homeless**

Today, Secretary of Veterans Affairs Robert A. McDonald announced the award of \$3.4 million in grant funding offered through the Grant and Per Diem (GPD) Program to 16 community agencies that provide enhanced services for homeless Veterans with special needs. The GPD Program promotes the development and provision of supportive housing and services to help homeless Veterans to have stable residences, increase their skills and income, and achieve independence.

Specifically, GPD special need grant funding assists with additional operating costs of transitional housing and services for special need groups such as women, chronically mental ill, frail elderly, terminally ill, and those with minor dependents. "GPD Special Need Grants exemplify VA's response to the wide range of needs of subpopulations of homeless Veterans," said VA Secretary McDonald. "These 16 grants strengthen the continuum of VA services to help the most vulnerable Veterans become stably housed and achieve greater self-determination." ([More](#))

## VA Announces Several Caregiver Partnerships

The Department of Veterans Affairs (VA) today announced several new and expanded partnerships to support the VA Caregiver Support Program. The VA Caregiver Support Program supports the often unsung heroes of wounded or ill Veterans – the ones who take care of them. Announcement of the partnerships, made during a summit co-hosted by VA and the Elizabeth Dole Foundation. The daylong event, Empowering Hidden Heroes: Pathways to InnoVAtion, attracted 400 leaders from government, the non-profit sector, private industry, academic and stakeholders from the Veteran and caregiver community. "VA knows that without family caregivers, many Veterans would not be able to remain in their communities," said VA Secretary Robert A. McDonald, a speaker during the event. "Caregivers are a force multiplier. They support Veterans in ways that VA cannot—they are essential to the health and well-being of Veterans. We can never thank them enough for what they do, and we will continue to find innovative avenues of support and foster strategic partnerships that provide them with the resources they need to keep doing what they do so well." ([More](#))



## Around the Q.C.



**Oct. 4:** [Quad Cities Iowa MBA Speaker Series featuring: Ginny Wilson-Peters](#) (11:30 a.m. - 1 p.m., PMBA–Birchwood Fields Learning Center, 4620 E 53rd Street, Davenport)

**Oct. 4:** [Urban Farming Workshop](#) (Putnam Museum)

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

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

**Oct. 7:** [Catich Jazz Fest](#) (Jumer's Hotel & Casino)

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

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

**Oct. 8:** [Make-A-Wish Iowa's Annual Walk for Wishes](#) (Modern Woodman Park)

**Oct. 8:** [Donkeys and Dog Tags Fun Run/Walk](#) (Moingona City Park, Boone Co., Iowa)

**Oct. 9:** [Apple Fest](#) (Downtown LeClaire)

**Oct. 9:** [Fallout Zorb Ball Tournament](#) (Crow Creek Park, Bettendorf)

**Oct. 11:** [KinderNature-Great Gourds](#) (Quad City Botanical Center)

**Oct. 13:** [Hogtoberfest](#) (RiverCenter)

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

**Oct. 14:** [Putnam Pirate Party](#) (Putnam Museum)

**Oct. 14 & 15:** [Haunted Island - The Famous Haunted Hayride](#) (Credit Island)

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

**Oct. 15:** [The As Far As the Bastards Are Going 5-Mile Ruck March](#) (VFW Post 4763, Chatham, Illinois)

**Oct. 15:** [Hunting For The Cure - 2nd Annual Breast Cancer Awareness Scavenger Hunt](#) (Aledo Button Building, Aledo, Illinois)

**Oct. 15:** [Run with the Bull 5K Fun Run & Little MOOVER's Dash](#) (Base of I-74 Bridge, Bettendorf)

**Oct. 15:** [Laura's Legacy Fall Harvest Celebration](#) (Schwiebert Riverfront Park)

**Oct. 20:** [Quad Cities Signature Chefs Auction](#) (RiverCenter)

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

**Oct. 22:** [4<sup>th</sup> Annual QC Tweed Ride](#) (Freight House, Davenport)  
**Oct. 22:** [Moline Kiwanis Day of Service: 100th Habitat Home Build](#) (518 4th Ave, Moline)  
**Oct. 22:** [Walcott Trick or Trot 5K](#) (Walcott American Legion)  
**Oct. 22:** [Paige's Peeps! 5K Run & 1 Mile Fun Run, Walk or Stroll](#) (Geneseo Middle School Running Trail)  
**Oct. 22:** [Halloween Walk](#) (Rockingham Hy-Vee)  
**Oct. 22:** [Halloween Kids in the Kitchen](#) (West Kimberly Roady Hy-Vee)  
**Oct. 23:** [Pumpkin Dash](#) (Credit Island Park Pavilion)  
**Oct. 23:** [Walk for Hypotonia Awareness](#) (Generations Bar & Grill, Moline)  
**Oct. 23:** [Scarecrow Shenanigans](#) (Family Museum)  
**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:** [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:** [6<sup>th</sup> Annual St. Anthony's Haunted Tunnel Tours](#) (St. Anthony's Nursing and Rehabilitation Center, 767 30<sup>th</sup> 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. 4-6:** [Quad Cities Antique Spectacular](#) (QCCA)  
**Nov. 5:** [Stroll for Oh! - 5K Walk/Run for Pancreatic Cancer Awareness](#) (Sheridan Meadows Park, Eldridge)  
**Nov. 10:** [Holiday Hat Bash](#) (CASI)  
**Nov. 12:** [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline))  
**Nov. 12:** [22<sup>nd</sup> Annual Land of the Muddy Waters](#) (Bluecat Brew Pub)  
**Nov. 12:** [Run 4 Military Families](#) (Veterans Memorial Park Bettendorf)  
**Nov. 12:** [4<sup>th</sup> 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. 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:** [27<sup>th</sup> 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. 3-4:** [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)  
**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:** [37<sup>th</sup> 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)



**April 9:** [19<sup>th</sup> Annual In-Fisherman Swap Meet](#) (QCCA)

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

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

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# Island Insight

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