



Oct. 10, 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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'Join The Fight' March Raises Awareness For Domestic Violence Victim Services

Approximately 75 RIA Soldiers and civilians marched from Memorial Park to the Post Exchange loudly chanting "It's never okay! It's never alright! Raise your voice and join the fight!" here, Oct. 6.



The "Join the Fight" march was sponsored and hosted by Col. Kenneth Tauke, RIA garrison commander; Samantha Mathew, victim's advocate, RIA's Domestic Violence Victim Advocacy Program; and Jenny Kerr, program manager, RIA's Family Advocacy Program; in support of Domestic Violence Awareness Month. Proceeding along Rodman Avenue from Memorial Park, personnel joined the ranks of the march as it progressed toward the PX. Many were donned in purple, the color designated to symbolize "the hope for a non-violent, safe tomorrow for survivors of domestic violence and tears for the victims of domestic violence who have not survived to see tomorrow," according to a SafePath Survivor Resources flyer distributed at the event. ([More](#))

Upcoming Dates

- Oct. 9-15:** National Fire Prevention Week
- Oct. 10-15:** National Drug-Free Work Week
- Oct. 12:** ECBC CFC Ice Cream Sundae Bar, 1st Flr., East Kitchen, Bldg. 62, 11 a.m. - 12:30 p.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. 17:** National Boss's Day
- 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:** CHPC Quality of Life Working Group, Arsenal Island Clubhouse, 11:30 a.m. – 1 p.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.
- Oct. 21:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Oct. 21:** Ghost Hunters Dinner Tour, Quarters One, 5:30 p.m.
- Oct. 23-31:** 26th Annual DoD Red Ribbon Week
- Oct. 25:** Time Management, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m.
- Oct. 25:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.

Hispanic Community Thrives In Quad Cities Area

More than 150 Rock Island Arsenal personnel learned about efforts to promote Hispanic communities and cultural identity in the Quad Cities area as part of RIA's Hispanic Heritage Month Observance, here, in Heritage Hall, Oct. 6. Lee Vasquez, executive director, Greater Quad Cities Hispanic Chamber of Commerce, spoke about his organization's efforts to promote businesses and community health for one of the fastest growing demographics locally and in the nation. "Locally, from the 2000 to 2010 census, the Hispanic population in Scott County increased 42.6 percent, and in Rock Island County, 42.8 percent," he said. ([More](#))



First Army to Add More Trainers to Guard, Reserve Units

In the coming months, First Army will put more trainers in Army National Guard and Army Reserve units as part of a sweeping effort to increase readiness across the force, the command's top officer said. The partnerships will enable First Army observer/controller/trainers to better support the reserve component with the goal of reducing the amount of time units spend preparing to deploy once they've been mobilized, said Lt. Gen. Stephen Twitty, commanding general of First Army, during an interview at AUSA. "If you want a good product at post-mob, you have to start at pre-mob," he said. ([More](#))



Modernized Standard Army Ammunition System Provides Improved Ammo Business Processes

In order to improve ammo business processes, the current Standard Army Ammunition System-Modernization, is being upgraded to provide more centralized and accurate information to support ammunition management. SAAS-MOD is the system that Ammunition Supply Points, Ordnance Companies and Ammunition Transfer Holding Points use to account for ammunition before directly issuing it to a unit. The next System Change Package, SCP 11, will be distributed from February to May 2017. "The Material Management Centers at the Theater Support Command, Expeditionary Support Command and Joint Munitions Command will be a part of this fielding" said Paul Campbell, Logistics Management Specialist, Combined Arms Support Command. ([More](#))



How to Keep Millennials Engaged Throughout Their Federal Careers

Millennials in the federal workforce feel engaged in their agency's mission, but it remains to be seen how motivated they'll feel about the civil service midway through their government careers and beyond. Federal employees in the millennial demographic — that's age 39 and younger — make up less than half of the total federal workforce, but data from the Federal Employee Viewpoint Survey shows they're more more engaged in their work than their mid-career coworkers. Robert Goldenkoff, director of strategic issues at the Government Accountability Office, told the Federal Drive with Tom Temin that 70.8 percent of millennials felt satisfied with their workplace, compared to a governmentwide average that's in the mid-60 percent range. ([More](#))



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 gcmrad@gmail.com. Additional information is available by calling 563-508-5123. ([2016 Midwest Retiree Appreciation Days Registration Form](#))



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

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 1st 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](#))

Army Cybersecurity Awareness Month

October is Army Cybersecurity Awareness Month, which is an annual campaign to increase awareness of cybersecurity practices that help improve the overall Army security posture. This year's cybersecurity awareness theme is "Cyber Secure: Mission Ready." The theme emphasizes the importance of cybersecurity for protecting the Army against cyber threats that endanger the Soldiers, compromise information systems and threaten mission success. Cybersecurity Awareness Month is the opportunity to review the individual responsibilities, the procedures for safeguarding Army assets, and the potential threat of non-compliance. It is paramount that the force understands that cybersecurity is a critical aspect of everyday business and operational activities. Army leaders are taking steps to ensure that Soldiers, civilians and contractors understand that their actions may have consequences and that the Army is unwilling to compromise security for convenience. The Army has more than 100 cybersecurity classes available online for all Army users. ([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!](#))

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Oct. 14 & 21, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. 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. 20 & 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](#).

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](#)

Seeking Trunk Participants for 4th Annual Trunk or Treat

Child, Youth, and School Services is still seeking trunk participants for our 4th Annual Trunk or Treat event on **Wednesday, Oct. 19, 3:30-5:30 p.m.** at Memorial Park. It is a great way to give back to the Rock Island Arsenal community while having a great time! We are expecting approximately 400 children for this event. Trunks can be decorated in any theme as long as it is appropriate for children. You can choose whether or not you would like to compete in the trunk judging contest. If you are interested in providing a trunk, please call 309-782-3240 to reserve your space. ([Email](#))



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 or by calling 563-388-3592. Upcoming Honor Flights will take place **Thursday, Oct. 27**.



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](#))

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](#))

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.



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.



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](#))



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — AT&T Wireless: As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Government Bridge 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.
- On **Saturday & Sunday, Oct 22-23**, 6 a.m. - 6 p.m., the Government Bridge will be closed to vehicle traffic. No impact to pedestrian, bicycle, navigation or rail traffic. Barricades, signs, and flagman will be used to warn, direct and detour traffic during closures. The local media has been informed of the closures for public announcement.

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.

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



Don't Get Sick, Get Stuck

Every year in the early fall, flu season begins again. The flu makes most people feel sick and miserable, but for some people it can be deadly. Getting the flu vaccine every year is the best way to protect you, your family and your community from the flu. The Centers for Disease Control and Prevention (CDC) recommend that everyone six months and older get the flu vaccine every year. The flu virus is always changing, so the vaccine changes every year. Getting the shot one year probably won't protect you the next year. Getting a flu shot every year not only lowers your chances of getting the flu, but it means that people you come in contact with are less likely to get the flu from you. TRICARE beneficiaries can get the flu shot at no cost from their doctor, a participating retail network pharmacy or from a military hospital or clinic. If you get the shot at a pharmacy, make sure that you get it from the pharmacist. If it is administered by another health professional at a clinic within the pharmacy, it may not be covered. If you get your flu shot from a military hospital or clinic, you may want to call ahead to find a good time and make sure it is available. This year, the recommended flu vaccine an injectable flu shut. In previous years, a nasal spray, called FluMist was also available. ([More](#))

Disney Salutes U.S. Military with Special Ticket and Room Rates for 2017

At Walt Disney World in Orlando, Florida, members of the U.S. Military enjoy specially priced theme park tickets in 2017. From Sept. 28 through Dec. 16, 2017, active and retired U.S. military personnel (including active and retired members of the United States Coast Guard, National Guard and Reservists) or their spouses can purchase two options available for 2017. Choose between a Disney 4-day ticket or a Disney 5-day ticket. The Park Hopper Option is included, so you can come and go as you please at all 4 theme parks each day of your ticket. ([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 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](#))

DoD's Dedication to Diversity, Inclusion Provides Best People, Carter Says

The Defense Department's enduring commitment to diversity and inclusion is significant to giving the nation the finest fighting force the world has ever known, Defense Secretary Ash Carter said

here today. The secretary kicked off National Disability Employment Awareness Month with a Pentagon awards ceremony in which he honored 18 outstanding service members and civilians for their contributions to DoD's missions. Additionally, four components and military departments were recognized for their efforts to advance a diverse and inclusive workforce. The honorees are listed on Defense.gov's National Disability Employment Awareness Month special report. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

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](#))



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](#))

Mickey & Minnie's Doorway to Magic

Join Mickey Mouse, Minnie Mouse and the comical duo of Donald and Goofy on **Friday, Nov. 4**, 4 p.m. & 7 p.m., at the iWireless Center, as 25 of your favorite Disney characters surprise and captivate at every turn of the knob. See the Fairy Godmother transform Cinderella's rags into a beautiful ball gown in a split second; the Toy Story gang defy the dimensions of Andy's toy box with the help of the green army men; and the spectacular stage debut of Rapunzel and Flynn Rider as they rise into the sky amidst the floating lanterns. With special appearances by Snow White, Tinker Bell and Aladdin's Genie, you never know what to expect or who might join in the fun. In Disney Live! Mickey and Minnie's Doorway to Magic you hold the ultimate key to unlocking your imagination. Discounted tickets on sale until **Monday, Oct. 10**.

Disney on Ice: Dare to Dream

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

Downtown Chicago/Christkindlmarket

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

Ice Age on Ice

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

Child, Youth & School Services



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, 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](#))



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.

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.

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](#))

Employee Assistance Program

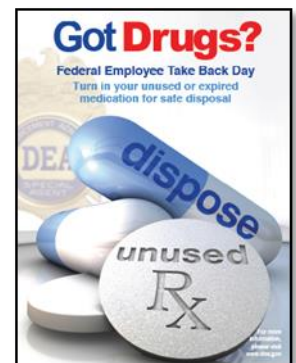


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ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency 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.](#)

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 medication, 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.



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.

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."

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.](#)

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.

Commissary Holiday Room Opening Oct. 15

It's that magical time of year – it's time for some holiday cheer from our very own Holiday Room. On **Saturday, Oct. 15**, at 8:30 a.m., the Holiday Room opens for your shopping pleasure. This holiday will be chock-filled with your favorite goodies for all your holiday needs. Happy Retiree Day for all of those who are retired! As always, it is our pleasure to serve you.



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](#))

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](#))

Military Shoppers Can Score Big This Fall by Winning a \$500 Exchange Gift Card

Shoppers with the Army & Air Force Exchange Service have the chance to go long and catch a \$500 Exchange gift card during the NCAA Football Sweepstakes this fall. From Oct. 7 to Nov. 3, authorized shoppers can enter to win one of 10 \$500 Exchange gift cards, courtesy of Unilever, at shopmyexchange.com/sweepstakes. "What better way to celebrate the college football season heating up than to give a cool \$5,000 to our loyal shoppers?" said Retired Army Col. Thomas Ockenfels, the Exchange's Chief of Staff. "We love nothing more than to show our appreciation for the greatest customers in the world, and that's why we're giving them a chance to win enough to afford a killer watch party—and then some." The NCAA Football Sweepstakes is open to shoppers age 18 and older. No purchase is necessary to enter or win. ([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. 10-16

On Oct. 10, 1939, the U.S. Army 33rd Ordnance Company stationed at the RIA was reassigned to Puerto Rico. On Oct. 11, 1941, the first Browning machine gun, .30 cal., M1919A4, aircooled, of new manufacture, was delivered to Storehouse W1 at RIA. Liberty (Loan) Day celebration at the RIA on Oct. 13, 1918. A lost portrait of Col. George Davenport was returned to Davenport on Oct. 15, 1957. The portrait was painted by Peter Britt, a Swiss immigrant.

Healthbeat

Women Can Maintain Good Health with Well Woman Visits

One of the most important things women can do to maintain good health is schedule an annual Well Woman visit with their healthcare provider. Well Woman exams help assess individual risks for women and can provide services for immunizations, contraceptives, screening for disease and counselling for sexually transmitted infections. “This is probably the most important thing women can do for their health,” said Air Force Maj. Joshua Duncan, the chief resident for General Preventive Medicine Residency with the Uniformed Services University of Health Sciences. “An annual Well Woman visit is an opportunity to detect and prevent disease.” He said it’s also used as one of the ways to screen for domestic violence. ([More](#))

What the Experts Want You to Know About the HPV Vaccine

Each year, about 12,000 new cases cervical cancer are diagnosed. Most of these cases can be linked to an often undetected but widespread virus: human papillomavirus (HPV). Military Health System immunization experts are urging people to talk to their physicians about a vaccine that’s available for both males and females and nearly 100 percent effective in preventing HPV. Dr. Bruce McClenathan, medical director of Defense Health Agency Immunization Healthcare Branch (DHA-IHB) regional office at Fort Bragg, North Carolina, says that while the infection can resolve on its own in most people, it can be persistent in some. ([More](#))

Mourning the Loss of a Loved One from Suicide

An unexpected loss of a loved one by suicide can leave family members and friends struggling to cope with a range of emotions and many unanswered questions. Experts from the Military Health System offer advice and resources to help through the grieving process. Dr. Mark Bates, associate director for psychological health promotion at the Deployment Health Clinical Center, said some common emotions people experience after a loss include sadness, shock, anger, denial and guilt. While there are various stages of grief, there’s no specific order for these emotions. People may cycle in and out of them as they process their grief. ([More](#))

Healthy Aging Possible For All: Tips to Follow

Wine and cheese are known to get better as they get older. The same may be said for adults, if good lifestyle choices are made as we age. “How we age is determined by one part nature, and three parts nurture,” said Dr. Virginia Kalish, director of the family medicine geriatric clinic at Fort Belvoir Community Hospital, Virginia. ([More](#))

Notes for Veterans

National Audiology Awareness Month: More Than 30 Million Veterans Experience Hearing Loss

Hearing loss, including tinnitus, which is a ringing, buzzing or other type of noise that originates in the head, is the most prevalent service-connected disability among Veterans, with more than 30

million Veterans suffering from a form of it due to frequent exposure to loud noises from weaponry and aircraft. Because of the pervasiveness of hearing loss among Veterans, the Department of Veterans Affairs (VA) is recognizing October as Audiology Awareness Month by highlighting important VA research on the subject and advances made in treating Veterans with hearing loss. “VA researchers have a rich history of contributions to audiology,” said VA Under Secretary for Health Dr. David J. Shulkin. “From working with the National Institutes of Health to develop and evaluate hearing aids to a comprehensive protocol for managing tinnitus at VA and other audiology clinics nationwide, VA is proud to be a leader in this field.” VA researchers conduct a wide range of studies in audiology—from biomedical investigations to large clinical trials and epidemiologic database studies. Much of the work takes place at VA’s National Center for Rehabilitative Auditory Research in Portland, Oregon, one of the world’s leading facilities for research in the field. Studies include older Veterans whose hearing problems have been compounded by aging and younger Veterans who may have suffered hearing loss as a result of blasts in Iraq or Afghanistan. ([More](#))

State Of Women Veterans: Burial and Memorial Benefits

While women Veterans are accessing benefits through the Veterans Benefits Administration (VBA) at roughly similar rates to men and make up about 7.5 percent of patients in VA’s health care system, we are significantly underrepresented in VA cemeteries. This is likely, in large part, a function of demographics; in the past, we could legally only represent 2 percent of the military and the women who served under that restriction are most likely to need these burial and memorial benefits today. However, lack of awareness of this benefit or our eligibility for it may also limit women’s use of it, which is deeply unfortunate. I recently had the honor of visiting two VA national cemeteries in San Diego with the VA Advisory Committee for Women Veterans: Fort Rosecrans, now closed to new interments and one of the oldest, and Miramar, a very new cemetery. Despite differences in how long they have been in service and surprisingly different surrounding landscapes given their relative proximity, they share important characteristics: both are pristine, immaculately cared for and maintained by staffs made up primarily of Veterans. Spending time in these somber yet serene landscapes paradoxically left me tremendously comforted. It is greatly reassuring to know that VA has burial benefits available to me in honor of my military service, and that my family will be able to remember me in an environment so full of respect and reverence for all our nation’s Veterans. ([More](#))



Around the Q.C.



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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: [Q-C Women In Action's 4th Annual Saving Our Daughters Program](#) (Carrage House, 817 11th Ave., Moline)

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: [Batch From The Patch Pumpkin Tap Takeover](#) (RIBCO, Rock Island)
Oct. 20: [Quad Cities Signature Chefs Auction](#) (RiverCenter)
Oct. 21: [Not So Scary Halloween Walk](#) (QCCA)
Oct. 22: [4th Annual QC Tweed Ride](#) (Freight House, Davenport)
Oct. 22: [Moline Kiwanis Day of Service: 100th Habitat Home Build](#) (518 4th Ave, Moline)
Oct. 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](#) (Familiy 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: [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. 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. 10: [Holiday Hat Bash](#) (CASI)
Nov. 12: [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline))
Nov. 12: [22nd Annual Land of the Muddy Waters](#) (Bluecat Brew Pub)
Nov. 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. 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. 3-4: [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: [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)
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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