



**Sept. 8, 2021**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

**Island Insight Submission:** <https://home.army.mil/ria/index.php/contact/public-affairs>

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## 9-11 Anniversary Commentary - Still Standing Strong

As I recall, September 11, 2001, started out pretty much like every other day for me, as it may have for you as well. At the time, I had been in the Army for a little over 11 years. I was a major serving as company commander of a logistics unit providing support to the Special Operations Command at Fort Bragg, North Carolina. The horrible news that came out of New York City and Washington, D.C., that morning made it clear that this was a day like no other, and that the days ahead would be very difficult and challenging. Our nation had been attacked in a brutal and cowardly manner, and I knew immediately that I was no longer serving in a peacetime Army. There was a great deal of fear, confusion and anxiety in the air that day, as can be expected when the world you thought you knew is shattered in an instant. But you could also feel a sense of resolve, determination and inner strength. Duty had called, and I and everyone around me stood ready to answer the call. We all watched as police officers, firefighters and other first responders answered the call and rushed to the scene of the attacks, inspiring us with their courage and devotion. Sadly, many of them gave



## Upcoming Dates

- September:** National Preparedness Month
- September:** Suicide Prevention & Awareness Month
- September:** National Recovery Month
- Sept. 5-11:** National Suicide Prevention Week
- Sept. 10:** RIA 20th Anniversary 9-11 Remembrance Walk, Memorial Field parking lot, 6 a.m.
- Sept. 10:** ImpactLife Blood Drive, donor bus in Commissary parking lot, 10 a.m. - 1:30 p.m.
- Sept. 10:** RIA 20th Anniversary 9-11 Remembrance Ceremony, 9/11 Memorial, 10:30 a.m.
- Sept. 11:** Patriot Day (*flags at half-staff*)
- Sept. 12:** Grandparents Day
- Sept. 14:** National Anthem's 207th Anniversary
- Sept. 15 – Oct. 15:** Hispanic Heritage Month
- Sept. 17:** National POW/MIA Recognition Day
- Sept. 17:** Constitution Day
- Sept. 17:** U.S. Army Criminal Investigation Command 50th Anniversary
- Sept. 17:** JMC Change of Command, 10 a.m.
- Sept. 17:** ImpactLife Blood Drive, donor bus in Commissary parking lot, 10 a.m. - 1:30 p.m.
- Sept. 18:** U.S. Air Force 74th Birthday
- Sept. 18:** U.S. Air National Guard Reserve 74th Birthday
- Sept. 22:** First Day of Autumn

their lives that day, doing all they could to help save the lives of others who they didn't even know. (More: [www.army.mil/article/250058](http://www.army.mil/article/250058))

## **Family Programs Offer Arsenal of Support for New School Year, Families with Children**

Following a stressful year of finding creative ways to support and educate children during a pandemic, the nation is now entering... another stressful year of exactly the same. Depending on what state you reside in, how your respective school systems are handling back to school procedures can vary widely, leaving even the most laid-back parents frazzled. While there are seemingly no concrete answers for parents as to what right looks like in education these days (be it online or in person), families assigned to Rock Island Arsenal, Illinois, have a wealth of programs available to them to assist in navigating the waters of parenting and educating in these unusual times. Here are the ABCs of assistance you can take advantage of this year! (More: [www.army.mil/article/250035](http://www.army.mil/article/250035))



## **Joint Munitions Command Develops Demilitarization Campaign Plan**

As part of the drive to become a multi-domain operations capable force in keeping with the National Defense Strategy, the Joint Munitions Command's demilitarization campaign plan seeks to modernize its key capabilities to create a resilient and agile logistics system for munitions. The resiliency of JMC's system is built on the health of the munitions stockpile and the ability to flex workforce to effectively outload during contingency operations. To maintain the health of the stockpile, a modernizing force necessarily obsolesces, excesses, and eventually disposes of any unserviceable assets in its control; for munitions, this is referred to as demilitarization (demil), defined as "the act of eliminating the functional capabilities and inherent military design features from DoD personal property (DODI 4160.28)." (More: [www.army.mil/article/250100](http://www.army.mil/article/250100))



## **Army Looking Into Commercial Solution for Cloud Purchasing**

A team of contracting professionals from Army Contracting Command-Rock Island is supporting a revolutionary change to the Army's Cloud purchasing that will have a wide-reaching impact on the Army's commercial Cloud procedures. Stephanie Wilson, Agreements Officer, and Jason Caulkins, Agreements Specialist, have been working on the Enterprise Cloud Management Agency's (ECMA) Cloud Account Management Optimization (CAMO) prototype since May 2020 and awarded an Other Transactional Authority (OTA) agreement in March 2021. An OTA is a type of contracting vehicle that may be used to engage industry and academia for a broad range of research and prototype requirements. OTAs reside outside of the Federal Acquisition Regulation (FAR) and have been utilized by government agencies for decades. Caulkins states the reason why the team chose to use an OTA agreement versus a traditional FAR based contract was the flexibility the OTA allows the government to prototype in a more agile, commercial manner. (More: [www.army.mil/article/250054](http://www.army.mil/article/250054))



## **Events of 9/11 Spurred New Generation of Army Family Experience, Evolution**

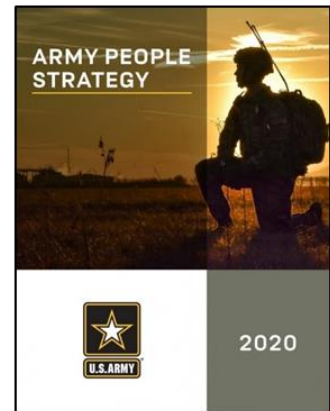
It's the question we ask each other every year as the anniversary approaches: Where were you on 9/11? The question never changes, and it transports us back in time almost immediately. For those of us of a certain age, we recall with vivid and detailed memory the sights and sounds of that horrific day with a clarity that is almost blinding. We knew life would never be the same, but what that was going to mean for us was the great unknown. And for a lot of us, that notion was terrifying. That day changed the course for all Americans in different ways, and military families were no exception. We had been operating in an almost conflict-free existence since Operation Desert Storm. Outside of training exercises and temporary duty assignments, mostly our lives were relatively stable. Almost overnight, it seems, we were introduced to a whole new world of combat deployments, family readiness groups, and operational security briefings. (More:

[www.army.mil/article/250068](http://www.army.mil/article/250068))



### **Summit Focuses On Changes to Army Civilian Career Programs**

Career Program Managers from across Army Materiel Command headquarters and its major subordinate commands participated in a virtual summit, Aug. 24-26, to discuss continued implementation efforts of the Army's People Strategy and professional development opportunities for the civilian workforce. The biannual meeting, hosted by AMC's deputy chief of staff for personnel, G-1, focused on the transition and alignment of the Army's 32 career programs into 11 career fields under the recently-formed Army Civilian Career Management Activity. The creation ACCMA under the Civilian Human Resources Agency advances human capital initiatives, integrates processes and creates additional opportunities for the Army civilian workforce, said Ed Emden, ACCMA director. Where 32 silos for developmental opportunities and career paths previously existed, now career programs are collaborating much more closely and managing growth opportunities from a broader perspective. (More: [www.army.mil/article/249752](http://www.army.mil/article/249752))



### **Remembering 9/11: America's Darkest Day Strengthens Employees' Patriotism, Resolve**

United Airlines Flight 93 was soaring over Pennsylvania en route to Washington, D.C., on Sept. 11, 2001, when then-Defense Logistics Agency Director Navy Vice Adm. Keith Lippert ordered an announcement for all McNamara Headquarters Complex employees to shelter in the auditorium. Planes had already crashed into the twin towers of the World Trade Center and the Pentagon, and where the fourth plane was headed only God knew. "The size of our building was a concern to me. It could've been a target," Lippert said two months shy of the attack's 20th anniversary. Fear flooded the building's basement as workers crowded together, some openly sobbing with worry that loved ones working at the Pentagon or on temporary duty at the World Trade Center had been caught in the horror. Others gazed in shock at overhead TVs, wondering how such tragedy and blood could spill over American soil. (More: [www.defense.gov/Explore/News/Article/Article/2764866](http://www.defense.gov/Explore/News/Article/Article/2764866))





## Pentagon Quilts, Army Memorial Continue To Pay Homage to 9/11 Victims

Twenty years ago, terrorists hijacked four flights and launched a series of attacks that changed all of America. At 8:46 a.m. on Sept. 11, 2001, hijackers crashed American Airlines Flight 11 into the World Trade Center's north tower in New York, followed by a second attack on the south tower by Flight 175 at 9:03 a.m. The result of the crash killed everyone on both flights and hundreds of others working in the two buildings. Diane Murtha, a Marine Corps spouse, recalled watching the horrific events unfold from her home in Stuttgart, Germany. Time stood still as she found solace in her family and sought to provide support as a member of the local Black Forest Quilt Guild.

Later at 9:37 a.m., American Airlines Flight 77 struck the Pentagon, killing 64 people on board and another 125 on the ground, proving that the symbol of American defense was not immune from attack. (More: [www.army.mil/article/250006](http://www.army.mil/article/250006))



## Regional Critical Blood Shortages, ImpactLife Blood Drives

The ImpactLife Blood Center has ongoing critical shortages of the following blood types: **O positive, O Negative, A positive, A negative, B negative, and AB negative**, but all types are needed. ImpactLife is hosting a blood drive inside Building 333 in the left side of the MWR lobby, on **Friday, Sept. 10**, 10 a.m. - 1:30 p.m. The Blood Donor Bus should return and be available for scheduled donations in the Commissary parking lot on **Friday, Sept. 17**, 10 a.m. – 1:30 p.m. If you would like to donate at this blood drive, feel free to email [bhancock@impactlife.org](mailto:bhancock@impactlife.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to [www.ImpactLife.org](http://www.ImpactLife.org) and use code 029 to locate the blood drives. **ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses.** ImpactLife encourages those working remotely to visit one of their three local donor centers.



- Moline Donor Center – 3600 16th Street
- Davenport Headquarters – 5500 Lakeview Parkway
- West Davenport Center – 1320 W. Kimberly Road

ImpactLife will have a donor promotion, this will be a \$10 electronic gift card redeemable at Amazon, Dunkin', Lowe's, Target, Starbucks, and Walmart. Also through Sept. 12, all donors are automatically entered to win a \$500 gift card – three winners every week. Details and winners at: [www.bloodcenter.org/win](http://www.bloodcenter.org/win). **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: [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil)**

## EOY Fuel Station Closure & VIL Keys

The installation fuel station on Island will be shut down for End of Year inventory **Wednesday, Sept. 29**, at 3 p.m., and will not be accessible until **Friday, Oct. 1**, after 7 a.m. VIL keys that are used to obtain fuel from the fuel station, are due to expire on **Wednesday, Sept. 29**; please ensure you update your keys prior to that expiration date. Please contact LoRhonda Dickerson at 309-782-1883 or Iris Garner 309-782-1630 for guidance on updating VIL Keys to avoid an interruption of your service.

## Attic Thrift Shop Hours or September

The RIA Attic Thrift Shop will be open in September from 10 a.m. - 2 p.m. on the following days:

- Tuesdays – **Sept. 14, 21 & 28**
- Thursdays – **Sept. 23 & 30**
- 3rd Saturday – **Sept. 18**

The Attic is located in Building 60, NW Corner (basement); our phone number is 309-782-6977 if you have any questions. Follow us on Facebook at Arsenal Attic Thrift Shop where you can check out photos of newly arrived items. Again, masks are required of everyone while shopping inside at the Attic. Your donations are always appreciated. They may be dropped anytime in the donations box outside the Attic door or brought to the shop when open.

## RIA 20th Anniversary 9-11 Remembrance Walk

You are cordially invited to take part in a 2.5 mile 9/11 Remembrance Walk on **Friday, Sept. 10**, at the Memorial Field parking lot, in memory of all the Civilians, Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, and Department of the Army Civilians who made the ultimate sacrifice on Sept. 11, 2001. Flag bundle pick up will take place at 6 a.m., formation assembly at 6:20 a.m., and formation at 6:30 a.m. Due to COVID-19 restrictions, anyone in attendance must wear a face mask. Participants will receive a bundle of small U.S. flags, each flag representing a life lost on 9/11 in memory of their deeds and sacrifices; we will carry their legacy into the future and forever honor their selfless sacrifices in the name of freedom. At the conclusion of the Remembrance Walk participants will humbly place their U.S. Flags in a Field of Honor. It is our sincere desire that this Remembrance Walk evokes a new sense of re-commitment to the task at hand. Uniform: Military Personnel-Duty Uniform/Patrol Cap/Assault Pack (military backpack); Civilian-Casual/Tennis Shoes (walking attire). The event has been declared a special event. Off-post family members and others who want to attend need only show identification at the gates to do so, without acquiring a visitor's pass.



## RIA 20th Anniversary 9-11 Remembrance Ceremony

The Rock Island Arsenal Military Community is formally invited to the 9-11 Remembrance Ceremony on **Friday, Sept. 10**, at 10:30 a.m., at the 9-11 Memorial (across from Memorial Field). The Remembrance Ceremony will honor the 2,977 Americans who lost their lives on Sept. 11, 2001, and subsequent 6,992 (as of Aug. 20, 2019) Soldiers, Marines, Sailors, Airmen, Coast Guardsmen, and Department of Defense Civilians who have died in support of the Global War on Terrorism. Uniform: Military Personnel-Duty Uniform / Civilian-Business. Due to COVID-19 restrictions, anyone in attendance must wear a face mask and seating will be limited. The ceremony will also be streamed live via the RIA Garrison Facebook page, at [www.facebook.com/rockislandarsenal](https://www.facebook.com/rockislandarsenal).



## Free Admission to Bees' Football Game for Arsenal Workforce

The St. Ambrose Bees is offering free admission to their game against the Concordia University – Michigan Cardinals this **Saturday, Sept. 11**, at Brady Street Stadium in Davenport at 1 p.m. Anyone with an Arsenal ID will get free admission to the game. This is not limited to active duty or veterans.

## **ASC Training Announcement: Excel Level 1 (Virtual), Sept. 14-15**

Army Sustainment Command has scheduled another Excel Level 1 (Virtual) training session to be conducted on **Sept. 14-15**, 8 a.m. – 4 p.m. (Central) via Teams 365.

1. Target Audience: RIA Military and Civilian Personnel
2. Session/Synopsis: Excel Level I Training
3. Objective: Familiarity with basic navigation of Microsoft Excel including basic formulas like "vlookup", If/and/or statements, and Pivot Tables.
4. Registration: \*\*\*\*Register no later than Sept. 9\*\*\* in TEDs. Search for "Excel Level 1". After successful registration, you'll receive the welcome letter with the MS Teams link for the class within a week out from the class date. Class is limited to 30 personnel.
5. Connection Information:
  - a. The session will be conducted via Teams 365. Registrants will receive connection guidance in a separate email from ASC, LMI, SPO.
  - b. This is a self-paced, proctor-supported course in Teams 365 and using course materials in MilWiki. Proctors are signed in for the duration of the class to assist as needed with questions or clarification of the lessons on MilWiki.

Note: You must have access to Teams on Army 365 for the course. You must also sign in to MilWiki via CAC to access the course materials.

6. Course credit: 16 CLPs. In order to earn completion credit for the class, all Practical Exercises and the Capstone Exercise must be completed and submitted.
7. Point of Contact: Sean Arnold or Michele Hagen.

ASC, SPO, LMI, ORSA Team, Excel Level I Proctors:

- [sean.d.arnold6.ctr@mail.mil](mailto:sean.d.arnold6.ctr@mail.mil), 309.236.4856,
- [michele.r.hagen.ctr@mail.mil](mailto:michele.r.hagen.ctr@mail.mil), 563.593.4531

## **Los Primos at RIA**

Los Primos is on Arsenal Island serving up their delicious Mexican food during the lunch hour. Beginning **Tuesday, Sept. 14**, Los Primos will premier steak burritos and quesadillas as part of their new expanded menu. They are located on Rodman Avenue in front of Building 350 parking lot. They are serving **Tuesday-Thursday** each week from 11 a.m. - 1 p.m.

## **DoD Extended Policy Guidance For Identification Card Operations During the Corona Virus Disease 2019 Pandemic**

The Rock Island Arsenal DEERS/ID Card Office is operating at full capacity to serve our supported customers. We ask that customers continue to observe masking and social distancing to protect the many higher-risk personnel in the population we serve. For those customers unable or uncomfortable visiting the facility, the Department of Defense has extended the expiration dates of Uniformed Services ID (USID) cards. Under Secretary of Defense for Personnel and Readiness: In view of the DoD's limited ability to return Identification (ID) Card facilities to normal operations while continuing to comply with local pandemic safety precautions, I am extending the temporary policy guidance at the reference for Uniformed Services ID (USID) cards that expired between Jan. 1, 2020 and July 31, 2021 only, through:

- **Oct. 31, 2021:** Dependents of Active Duty Uniformed Service members; Reserve and National Guard Uniformed Service Members and their dependents.
- **Jan. 31, 2022:** Retirees and their dependents; all other populations.

USID cards that expired before Jan. 1, 2020 or that expire after July 31, 2021 have not been extended and will not be accepted. Rock Island Arsenal DEERS/ID Card Facility (Building 56):

- Hours of operation: Monday; Wednesday- Friday: 8 a.m. – 3:30 p.m. (Closed for lunch 12-1 p.m.; No walk-ins after 11 a.m. & 3 p.m.); Tuesday: 7:15 a.m. – 12 p.m. (No walks-in after 11 a.m.).
- We recommend customers schedule appointments when possible to reduce waiting times.

Appointments may be scheduled at following website: <https://idco.dmdc.osd.mil/idco>

Customer may contact the ID card office by phone - 309-782-0596; email – [usarmy.ria.usag.mbx.id-card-office@mail.mil](mailto:usarmy.ria.usag.mbx.id-card-office@mail.mil).



### **Lane Closure at East Street and Ramsey Road intersection**

The Director of Public Construction Contractor will be partially closing the intersection at East Street, King Drive and Ramsey Road in order to reconstruct East Street. The closure will require traffic to alternate from **Monday, Sept. 6 to Saturday, Sept. 18**. The East bound lane will be closed on **Sept. 6**. The West bound lane will be closed on **Monday, Sept. 13**. Both lanes will be reopened on **Saturday, Sept. 18** for normal two way traffic. Alternating traffic signs and stop signs will be posted at the intersection for safety and to direct traffic.

### **Closure of Sylvan Drive at Rodman Avenue Intersection**

Director of Public Works will close Sylvan drive at the Rodman Avenue intersection **Sept. 13-27** in order to excavate electrical lines. Access to the JMTC employee parking lot will be from the Beck drive following the yellow arrows on the attached map. U.S. Army Corps of Engineers, Rock Island District, Navy Operational Support Center Rock Island, Rock Island Commissary, the Exchange, and Outdoor Recreation will need to follow Beck Avenue to Gillespie Street to Rodman Avenue. Davenport gate operations will be conducted as normal 2-5 p.m. Signage will be placed for safety and to direct traffic.

### **Closure of Parking Lot OK (July 6 to Dec. 30)**

Parking Lot OK (Vicinity Building 56 and 68) will be closed from **July 6 to Dec. 30** for temporary use as a contractor staging area for the upcoming Building 68 construction project. Signage, fencing and barricades will be place for safety and to direct traffic.

### **Closure of Parking Lot 2C (Adjacent to Building 227)**

Parking Lot 2C adjacent to Building 227 closed June 2. The closure is to accommodate asbestos remediation, establishment of a clear zone and the staging of equipment and supplies for the demolition of Building 227. Parking lot 2C is anticipated to remain closed until the building demolition is complete O/A **December 2021**.

### **Closure of Parking Lot 2C (Building 227)**

Parking Lot 2C closed June 2. The closure is to accommodate asbestos remediation, establishment of a clear zone and the staging of equipment and supplies for the demolition of Building 227. Parking lot 2C is anticipated to remain closed until the building demolition is complete O/A **December 2021**.



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## Building/Space Closures



*There are no announcements at this time.*

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## Active Duty/Reserve Zone



### Geo Bachelor Night

Geo Bachelor Night, **Wednesday, Sept. 15**, 5-6:30 p.m. All geographical bachelors/single soldiers are invited to the USO for a barbeque dinner. Please email Margo ([mdavis@uso.org](mailto:mdavis@uso.org)) if you are interested. Note: This event is only open to currently serving military at this time!

### Garrison to Host 'Meet Your Neighbor' Town Hall for Arsenal Army Housing Residents

US Army Garrison Rock Island Arsenal will hold a "Meet Your Neighbor" Army Family Housing Town Hall on **Thursday, Oct. 7**, beginning at 5 p.m. at the Memorial Park Pavilion on RIA (alternate site is Heritage Hall if extreme weather impacts event; residents will be notified). The Town Hall is for all residents of RIA Army Family Housing and their Families (Deer Crossing, Eagle Point, East Circle and Historic District). The RIA Senior Commander and Command Sergeant Major, and the Garrison Command Team are excited to meet the AFH residents and introduce them to Garrison leadership to discuss resources, services, and activities available to all AFH residents. Additionally, food and beverages will be available for residents to include numerous fun activities for all ages, as well as important information that will be made available through tables and booths.



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## Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website: <https://home.army.mil/ria/index.php/about/Garrison/safety-office>

### Highway Havoc

It wasn't a typical rush-hour traffic pattern. Instead of a steady flow, vehicles were clumping in groups and coming to a stop in unpredictable patterns. Eventually, the cause became apparent. Up ahead, dump trucks and road-building machinery, as well as groups of road construction crews, were working on the highway. The weather was perfect; however, the setting summer sun was wreaking havoc on westbound motorists, causing some to find creative ways to block the glare so



they could see to drive. The road crews were working on a one-mile section of both the eastbound and westbound lanes on a divided four-lane highway. This section of highway was further divided into subzones, with crews funneling traffic into one-lane corridors. Vehicles were ushered through the zones by warning signs and flaggers with traffic-control signs. (More:

<https://safety.army.mil/MEDIA/Risk-Management-Magazine/ArtMID/7428/ArticleID/7024/Highway-Havoc>)

## Equal Employment Opportunity Focus

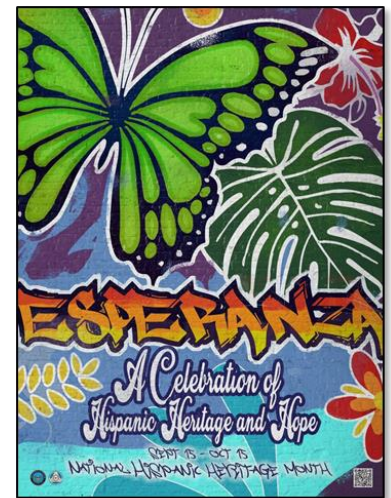


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**It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, and/or reprisal for prior EEO activity. Any Department of the Army employee, former employee, or applicant for employment, and certain contract employee, who believes they have been discriminated against because of race, color, religion, sex (includes pregnancy, equal pay, gender identity, and sexual orientation), national original, age (40 and over), mental or physical disability, genetic information, and/or reprisal for prior EEO activity in an employment matter, subject to the control of the Army, may initiate the EEO complaint process. To file an EEO complaint, you must contact the Garrison EEO Office within 45 calendar days of the alleged discriminatory incident and express your intent to initiate the complaint process. The Garrison EEO office is currently providing services virtually. Please contact EEO staff at 309-782-2548.**

### National Hispanic Heritage Month

National Hispanic Heritage Month is celebrated from Sept. 15 to Oct. 15. During this celebration, the Army commemorates and celebrates the contributions of Hispanic Americans to the nation, society, and culture. The theme for the 2021 Hispanic Heritage Month is Esperanza: A Celebration of Hispanic Heritage and Hope. The observance begins Sept. 15 with the anniversaries of Costa Rica, El Salvador, Guatemala, Honduras and, Nicaragua. This month also encompasses Mexico's Independence Day on Sept. 16, the Independence Day of Chile on Sept. 18 and Spain's "National Day" on Oct. 12. The Army understands the value and strength that an all-inclusive, diverse environment generates. To sustain a high-quality force that is trained and ready, the Army will continue to ensure that all Soldiers and civilians are given the opportunity to maximize their talents and potential and are treated with dignity and respect. Through coordinated efforts throughout the Army, this observance will be used to inform Army audiences and celebrate the contributions of Hispanic Soldiers, civilians, and their families.



# Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

## Workforce Wednesday and Thirsty Thursday at the Lock & Dam Lounge

Join us at the Lock & Dam Lounge for Workforce Wednesday and Thirsty Thursday specials from 4-6 p.m. Specials include \$5 craft beers, \$2.50 domestics and \$1 sodas. The Lounge opens at 3 p.m. Stick around for dinner too, we'll be serving up burgers, grilled pork tenderloins, pizza, wings and more. Come check out our new outdoor seating space. Located right outside the Lock & Dam doors. While you are here challenge your friends to a friendly game of bags. We also offer carry out service as well. If you're in a hurry to get home but don't want to cook, let us take care of dinner tonight. Please call 309-782-6319 for more information on the Lock & Dam Lounge.

## Company Kitchen Temporary Closure

All three Company Kitchen café locations in buildings 60, 212 and 350 are temporarily closed effective May 1. Company Kitchen has been committed over the past year to providing limited services to the Arsenal workforce during the pandemic. Continuing service under the existing conditions is no longer feasible. Company Kitchen will continue to re-evaluate returning as the daily population continues to increase across the Arsenal. USAG Rock Island Arsenal, Family and MWR would like to thank them for their dedicated service they have provided to Rock Island Arsenal through this pandemic and we look forward to their return in the coming months. MWR is seeking interim breakfast and lunch options during this temporary closure. The Island Oasis located at the Fitness Center (Building 67) is open daily Monday-Friday from 11 a.m. -1 p.m. serving fresh off the grill and the Lock and Dam Lounge (Building 60) is open with food options on Wednesday and Thursday from 3-7 p.m. For more information please contact the MWR management assistant at 309-782-6319.

# MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. **Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333.** The office is closed for lunch from 10:30–11 a.m., 309-782-5890. Contact the office at 309-782-5890. (email: [anna.winters@us.army.mil](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

## MWR Flea Market

MWR is planning a Flea Market at the Rock Island Arsenal for vendors to sell just about anything, aside from non-approved items. The Flea Market will be held **Saturday, Sept. 25**, from 8 a.m. to 1 p.m. at Memorial Field Pavilion parking lot. Patrons/vendors may pull in with their vehicle to unload their items and may also bring a 10x10 pop up tent if they wish. Cost to be a vendor is \$10 for a 10x10 spot, which includes a 6 ft. table and chair. Additional tables may be requested for \$5 each and additional chairs are \$1 each. Please contact us by 3 p.m. on **Thursday, Sept. 23** to reserve your spot. For more information or to sign up as a vendor, please contact Anna Winters with Leisure Travel at 309-782-5890.

## Quarters One, Paranormal Investigation

Did you know that when it was still used as housing, Rock Island Arsenal's Quarters One was the second largest residence in the Federal inventory, second only to the White House? Join us **Oct. 29 and 30** as we partner with the Illinois Paranormal Research Team to explore the haunted history of this massive Italianate style mansion on the banks of the Mississippi River. The doors open at 5 p.m., the Army Sustainment Command Historian will present some historical info and facts beginning at 6 p.m. and the Illinois Paranormal Research Team will begin their investigation at 7 p.m. The cost is \$25/person and participants must be at least 18-years-old to attend. Face masks, social distancing and Arsenal visitor's passes (if needed) are required. Please RSVP and prepay at the Leisure Travel Office in Building 333 or call 309-782-5890 for more information.

## Adventureland Resort and Waterpark Tickets

The Leisure Travel Office once again has discount tickets to Adventureland Resort and Waterpark in Altoona, Iowa. Call 309-782-5890 or visit the Leisure Travel Office in Building 333 (next to the Exchange) to get your discounted tickets for just \$45 each. Also new this year, your tickets purchased through LTO gets you access to the new hospitality suite where you'll enjoy free pop and popcorn.

## Great Entertainment at Great Prices

The Leisure Travel Office (Building 333, next to the Exchange) has great discounted ticket prices for Disney World, Universal Studios, and many other attractions including the return of discount Adventureland tickets in 2021 for just \$45 each. For more information or to purchase tickets, please contact the Leisure Travel Office at 309-782-5890.



# Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYC programs/facilities will be closed all federal holidays, CYC CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: [www.facebook.com/RIACYSS](http://www.facebook.com/RIACYSS))

## Individual Education Plan Educational Forum

Please join CYC and ACS for an Individual Education Plan Educational Forum on **Wednesday, Sept. 15**, in the SKIES area of Building 110 from 11:30 a.m. – 12:30 p.m. Our guest speaker from the Iowa Mississippi Bend Area Education Agency (AEA), Aaron Roome, will help parents put together the Individual Education Plan puzzle. He will discuss parents' role, rights, and responsibilities in the Individual Education Plan process and answer any questions. Aaron has worked in the education field for more than 10 years in western Illinois and eastern Iowa. He has worked with more than 30 school districts by supporting and consulting staff in the implementation of special education policies and procedures as well as enhancing a Multi-Tiered System of Support (MTSS) for all learners. Aaron has served as a school psychologist, an external MTSS coach and consultant for western Illinois, as well as a special education administrator and a social-emotional-behavioral-health coordinator for eastern Iowa. He is also a governing board member for the Eastern Iowa Mental Health and Disabilities Service region. Aaron strives to find strengths and linkages within the school and home communities to further enhance partnerships for students, families, educators, and the greater community. Please RSVP to 309-782-6515. We hope to see you there!

# Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1<sup>st</sup> floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS). 24/7 Domestic Violence Crisis Line: 309-912-6089. The ACS center is open Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m.

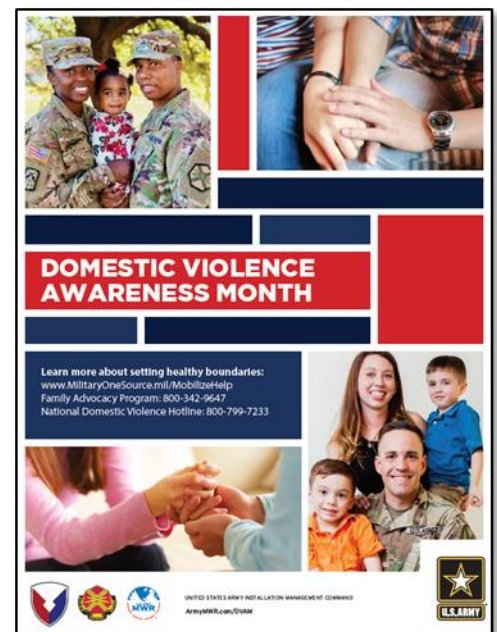
## Domestic Violence Support Group Offered Twice Weekly

R.S.V.P. with the Domestic Violence Advocate at: [crystal.l.bartholomew2.ctr@mail.mil](mailto:crystal.l.bartholomew2.ctr@mail.mil) or 309-782-3773.

## Domestic Violence Awareness Month

The U.S. Army supports the Domestic Violence Awareness Month (DVAM) observance every October to bring attention to an issue that undermines the Army values. Through Army-provided programs and community support, the Army will continue to promote healthy relationships, support victims and hold perpetrators accountable.

Domestic violence goes against the Army values and has negative effects on both Soldier and Family readiness. The Army makes it clear in word and deed that domestic violence is unacceptable and not tolerated, and resources are available for those who need help. The Army is committed to fully supporting its Families and assisting in the development of their resiliency, health and wellbeing. Our awareness, connectedness, and support can make the difference in giving someone an outlet or lifeline to safety and success. Without awareness we are blind, without action we are perpetual, and with these two key ingredients, we can create social change that leads us to a healthier, happier existence. Just as abuse is a pattern of abusive behavior(s), we can create a pattern of change in doing our part by: Raising Awareness -Taking Action -To= Create Social Change!



## Domestic Violence Awareness Month at ACS

Join us throughout the month of October to bring awareness to the issue of domestic abuse. ACS will be offering many ways to get involved and help us make a difference: **Oct. 1 and 18:** Join us from 11 a.m. – noon in the ACS training room Building 110 to learn how to support the ones we love, with "Family and Friends Guide to Help Someone in an Abusive Relationship." **Oct. 5:** We will be having our Island wide March for awareness beginning at 11 a.m. with opening remarks at the Exchange and ending remarks in front of Building 110 to conclude our march down Rodman Avenue. If you are unable to begin the march with us at the Exchange please join us as we pass your

building to show your support. We are planning on having an open house afterwards with light snacks so you can get to know the ACS office and our staff. If COVID-19 restrictions impact the number of people allowed to convene indoors we will move the open house to Memorial Park. **Oct. 14:** Legal advocates from our community partners at Family Resources will be offering a zoom training at 1 p.m. discussing the difference between a civil and criminal order of protection and some of the differences between the laws in Iowa and Illinois. Please R.S.V.P to Crystal Bartholomew at 309-782-3773 or [crystal.l.bartholomew2.ctr@mail.mil](mailto:crystal.l.bartholomew2.ctr@mail.mil). We will be having a coloring contest and **dress your pet in purple contest** for the kids. Coloring pages can be found in the ACS office or in our hallway display in Building 110 and you can begin to submit your pictures on the ACS Facebook page beginning **Oct. 11** and the winner(s) will be announced on **Oct. 22**. We will also be having the **Paint the Island Purple** contest this year. Submit pictures of your workspace decked out in **purple** to the ACS Facebook page beginning **Oct. 8** with the announcement of the winner(s) on **Oct. 29**. Please watch the ACS Facebook page throughout the month for helpful information surrounding **domestic violence**. If you would like more information on strengthening healthy relationships, or feel unsafe in your current relationship, contact Crystal Bartholomew, Domestic Abuse Victim Advocate at [crystal.l.bartholomew2.ctr@mail.mil](mailto:crystal.l.bartholomew2.ctr@mail.mil) or by phone at: 309-782-3773.

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## MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. **Office Hours:** Monday through Friday, 8:15 a.m. – 4 p.m., Building 333, Phone: 309-782-8630. (email: [robert.l.lampert.naf@mail.mil](mailto:robert.l.lampert.naf@mail.mil)), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>



*There are no announcements at this time.*



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# Employee Assistance Program



The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> 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. Find us on Facebook click here: [www.facebook.com/RIAEmployeeAssistanceProgram](http://www.facebook.com/RIAEmployeeAssistanceProgram).

## World Suicide Prevention Day

Presidential Proclamation – Today (Sept. 10, 2021), the United States joins the World Health Organization, the International Association for Suicide Prevention, and nations around the world in commemorating World Suicide Prevention Day by “creating hope through action.” On this day, and every day, we remember those lives lost to suicide. We also commit to connecting with those who are struggling and to encouraging communities, organizations, and governments to work together to prevent suicide. Suicide often occurs in a moment of unbearable pain or deep despair. Many individuals with mental health needs are overcome with a sense of overwhelming hopelessness, and feel they have nowhere to turn. (More: [www.whitehouse.gov/briefing-room/presidential-actions/2021/09/09/a-proclamation-on-world-suicide-prevention-day-2021](https://www.whitehouse.gov/briefing-room/presidential-actions/2021/09/09/a-proclamation-on-world-suicide-prevention-day-2021))

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# Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Contact Mary Hansarik at [mary.p.hansarik.civ@mail.mil](mailto:mary.p.hansarik.civ@mail.mil) for Education Center requirements. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

## Rock Island Arsenal Army Education Center

The Rock Island Arsenal Army Education Center is located in Building 56, Room 118, its hours of operation are Monday through Friday 8 a.m. to 3:30 p.m.; closed Tuesdays 12-3:30 p.m. Army Personnel Testing is Thursdays from 8 a.m. – 3 p.m. by appointment only. Counseling/ArmyIgnitED is available through walk-ins. The customer service phone is 309-782-

2065, and email is [usarmy.ria.imcom.mbx.aces-customer-management-tool@mail.mil](mailto:usarmy.ria.imcom.mbx.aces-customer-management-tool@mail.mil). Visit us on Facebook at [www.facebook.com/riarmycenter](https://www.facebook.com/riarmycenter).



**Rock Island Commissary information is located at:** [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal); **Rock Island Exchange information is located at:** [www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020](http://www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020).

### Commissary Eligibility

The Defense Commissary Agency's commissary on Rock Island Arsenal is open to eligible patrons Tuesday through Saturday 8 a.m. – 6:30 p.m. The Arsenal Island workforce is reminded that Commissary eligibility is restricted to authorized Commissary patrons as defined by [Department of Defense Instruction 1330.17, DoD Commissary Program](#), to include active duty, Guard and Reserve members, military retirees, Medal of Honor recipients, 100 percent disabled veterans, and their authorized family members. Veterans with a Department of Veterans Affairs (VA) documented service-connected disability rating became eligible for commissary shopping effective Jan. 1, 2020. Please refer to this instruction for a complete list of authorized commissary patrons, including organizations and activities, along with qualifications and any exceptions such as access to U.S. commissaries overseas. Authorized Commissary patrons are encouraged to check out the Commissary to take advantage of recent services such as Click2Go (available Tuesday - Friday, 11 a.m. - 6 p.m.), and the Quick Lunch – Grab n Go Fueling Station located at the front of the store. Note: Please do not confuse [DeCA Commissary eligibility](#) with [AAFES Exchange eligibility](#); the RIA Exchange became open to service-connected disabled veterans at the same time as the Commissary, but this year also became open to DoD CAC card holders.

### Rock Island Commissary is Conducting CLICK2GO

Commissary CLICK2GO, the Defense Commissary Agency's new online ordering/curbside delivery service, is now at the Rock Island Commissary, according to Penny Callison, the store director. "This service really speaks to the needs of our customers who can now plan, order and pay for their purchases on-line and then just drive to the store to get them without having to get out of their vehicle," said Callison. Here's a brief rundown of Commissary CLICK2GO's features:

- Easy-to-use navigation and search functions to help customers plan healthy meals and take care of their family's needs
- Enhanced product information
- Robust recipe features
- Featured sales and promotions
- Upgraded mobile-friendly experience
- No service fee (it was waived on all orders for a limited time starting June 28)

Information on how the service works is found on [www.commissaries.com](http://www.commissaries.com) with dedicated sections such as "How CLICK2GO Works." First-time customers will need to create an account. In step with grocery shopping trends, DeCA is working to bring on-line ordering, payment and pick-up options to all commissary-eligible patrons. In early June the agency announced plans to expand Commissary CLICK2GO to all 236 commissaries worldwide, and the rollout status can be found on

the agency's web site. "I encourage all our shoppers to access the CLICK2GO page on commissaries.com to learn more about it," said Callison. Customers use a computer or mobile device to make their orders online where they select from commissary products offered based on the store's stock assortment. After products are selected, the shopper selects a pickup time and pays for their order. At their appointed time they park in designated parking spaces where commissary workers bring their groceries.

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## Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. (website: [www.arsenalhistoricalsociety.org](http://www.arsenalhistoricalsociety.org)) (Facebook: [www.facebook.com/RIAMuseum](https://www.facebook.com/RIAMuseum))

### RIA Museum Closed For Renovation

The Rock Island Arsenal Museum is undergoing a \$1.5 million renovation. The project includes the biggest modernization of the museum in more than 50 years. The renovation will refocus the exhibits on the history of the U.S. Army's organic industrial base, Rock Island Arsenal, and the Arsenal's current role in producing Army readiness. It is part of the U.S. Army Museum Enterprise's five-year reform effort to refine its collection and enhance education and training capabilities at its 47 field museums. To provide a sneak peek of the new exhibits, a series of virtual presentations will be held this summer outlining the new interpretation and exhibit design. Stay tuned for updates on the [Museum's Facebook page](https://www.facebook.com/RIAMuseum) or website, [arsenalhistoricalsociety.org](http://arsenalhistoricalsociety.org), as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. "We look forward to reopening our doors to the Quad Cities community in the fall of 2022," said Patrick Allie, Rock Island Arsenal Museum director. For more information or questions contact 309-782-3518.





# Healthbeat

The Rock Island Arsenal transitioned from Health Protection Condition Alpha (HPCON A) to HPCON Bravo Plus (HPCON B+) effective Aug. 23. The decision to transition to HPCON B+ was made based on guidance outlined in the [Secretary of Defense memorandum dated April 29, 2021](#), which takes into consideration increasing case rates and community transmission levels in and around the Quad Cities. Implemented measures under HPCON B+ includes enforcing social distancing in all gathering places, to include reduced gathering sizes to 40 percent normal capacity. Additionally, RIA is maintaining the current DoD indoor mask mandate applicable to the workforce, visitors, and contractors, for both vaccinated and unvaccinated individuals, per the DoD memorandum dated July 28, 2021 – "[Updated Mask Guidance for all DoD Installations and Other Facilities](#)," stating installations must reinstitute mandatory use of masks indoors in geographic areas of **substantial** and **high** community spread of the COVID-19 virus as defined and publically identified by the [Centers for Disease Control and Prevention \(CDC\)](#).

## **Suicide Prevention and Connectedness with Others are Intertwined**

Successful suicide prevention efforts are linked to fostering connectedness - the vital relationships and interpersonal connections that individuals forge with family, friends, and their community. As the Department of Defense begins to observe National Suicide Prevention Month, health officials aim to highlight the importance of those relationships and the risks that come when they are diminished, causing feelings of social isolation and loneliness. This year's theme - "Connect to Protect: Support is Within Reach" - "emphasizes connections with others and the community, as well as with suicide prevention resources," said Dr. Karin Orvis, the director of the Defense Suicide Prevention Office. (More: <https://health.mil/News/Articles/2021/09/02/Suicide-Prevention-and-Connectedness-with-Others-are-Intertwined>)

## **As Fitness Tests Resume, Troops Seek Post-COVID Exercise Routines**

Last year, as the global pandemic forced abrupt lifestyle changes across the country, many service members saw their exercise routines disrupted and their everyday physical activities reduced. That's when Army Col. Patrick Donahue decided to find new ways to stay in shape. "I was concerned about losing my physical fitness," Donahue, the brigade commander at the Uniformed Services University of the Health Sciences in Bethesda, Maryland, recalled in a recent interview. (More: <https://health.mil/News/Articles/2021/08/31/As-Fitness-Tests-Resume-Troops-Seek-Post-COVID-Exercise-Routines>)

## **How Good Diet and Exercise Prevent Injury And Disease**

Being healthy is important for service members' careers. It's also a key to long-term health and disease prevention for everyone in every facet of your lives. But being healthy doesn't just mean you're physically fit. It means you live a balanced life, attending to your physical, mental, emotional and spiritual health. Both diet and exercise are essential to your overall health and allow your body to perform optimally. (More: <https://health.mil/News/Articles/2021/08/30/How-Good-Diet-and-Exercise-Prevent-Injury-and-Disease>)

# Notes for Veterans

## **'Reach Out' Campaign Highlights Programs and Assistance for Veterans during Suicide Prevention Month**

In conjunction with Suicide Prevention Month this September, the Department of Veterans Affairs is launching Reach Out, a new campaign that raises awareness of its mental health resources available for Veterans. Timely evidence-based suicide prevention public service announcements on firearm safe storage have been released as the 20th anniversary of 9/11 approaches and the recent events in Afghanistan spark an array of emotions along with other stressors. (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5710](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5710))

## **Quad Cities Regional Services for Veterans Project**

The Quad Cities Regional Services for Veterans Project will take place on **Friday and Saturday, Oct. 22 and 23** at the Mississippi Valley Fairgrounds, in the Iowa Room, 9 a.m. - 3 p.m. This event is the most comprehensive veteran services event in the region. It is a collaboration between the Quad Cities Community Veterans Engagement Board, U.S. Department of Veterans Affairs, state, county, and local organizations, and the community. Register for preferred day at <https://quadcitiesrsvp.eventbrite.com>. If you're wanting to file a new claim, bring your DD214 and any medical evidence supporting the claim. For help with existing claims, bring the VA Claim Form 526 or the claim number. ([Flyer](#)) More: <https://www.eventbrite.com/e/quad-cities-regional-services-for-veterans-project-qc-rsvp-tickets-164038967969>

## **Scott County/Home Base Iowa Partner to Serve Veterans**

Veterans who put their boots – and roots – in Scott County now may be eligible for up to \$8,250 in relocation incentives thanks to a new partnership between Scott County and Home Base Iowa (HBI). Scott County has been designated as a Home Base Iowa Community, joining more than 100 other Iowa communities in the statewide network. The designation, which covers the entire county, involves several Quad Cities partners including Scott County, the City of Davenport, the Quad Cities Chamber and area employers. "It's an outstanding accomplishment having Scott County join other HBI communities across Iowa supporting veterans and their families," said HBI Program Manager Jathan Chicoine. "It's an important milestone in helping us onboard all 99 Iowa counties by Veterans Day of 2021." To honor veterans and transitioning military and to encourage them to relocate here, the Scott County Board of Supervisors and Davenport City Council have invested \$25,000 each to fund an incentive program. (More: <https://quadcitieschamber.com/news/blog/scott-county-home-base-iowa-partner-to-recruit-veterans>)

# Around the Q.C.



An interactive version of Around the Q.C. is now available at:  
[www.facebook.com/groups/275103093432020](https://www.facebook.com/groups/275103093432020)

Once you have joined you can see a listing a the Facebook events people have posted to the group at:  
<https://www.facebook.com/groups/275103093432020/events>

*The impact to these events in light of COVID-19 is unknown. It is recommended that employees look at the event link for details.*

## **REBOOT Combat Recovery in the Quad Cities**

The Fall 2021 Reboot Live! of the Quad Cities, Reboot Combat Recovery Course begins **Thursday, Sept. 16**, and runs for 12 weeks through **Thursday, Dec. 9**. The classes will meet every Thursday from 6:30-8:30 p.m. live on Zoom. From 6:30-7 p.m. is socialization through sharing a meal together, also live on Zoom. Classes begin promptly at 7 p.m. and end at 8:30 p.m. or earlier. Registration <https://rebootrecovery.com/military#join> will remain open until **Thursday, Sept. 30**, when the course will be closed to new members. Remember, Reboot Combat Recovery is free to its participants. Some active military, veterans, and family members may be impacted by the recent events unfolding in Afghanistan. This can cause a range of emotions for everyone, especially for those who are or have served in the military, spouses, and families. If you know active military, veterans, and family members that report feeling on edge, depressed, overwhelmed with emotions, or questioning the meaning of their service and sacrifices – they are not alone. These feelings are normal, and events like these can push our emotions into overdrive. This will be the third course conducted for the Quad Cities Chapter since the launch in September 2019. Several military service members, veterans, families, first responders, and clergy have been helped in healing from combat or and/or service related trauma. You can help the program by:

- Providing the information to your social media and email networks
- Identify potential participants - active, reserve, or national guard military members; veterans, first responders; clergy; clinicians; families
- Identify potential sponsors to help pay for promotional efforts such as printing costs and registration fees for the course, keeping Reboot free to participants.

If you have any questions or need help with registration, contact Burl Randolph, Jr. at 1-866-242-2260, or [burlrandolphjr@gmail.com](mailto:burlrandolphjr@gmail.com).

## **24th Annual QC Marathon Needs You**

Volunteer for the 24th Annual QC Marathon on **Sunday, Sept. 26**. The QC Marathon is a Boston Marathon qualifying race and is a great event for the whole community. The race starts and end in downtown Moline and more than 8 miles of the race is run on the historic Rock Island Arsenal. This large event is only possible with the help of volunteers. Individuals and groups of volunteers are need for aid stations along the course. Contact Morgan Meseke at 563-340-9683 or email at [morganmeseke@gmail.com](mailto:morganmeseke@gmail.com) to volunteer.



# Island Insight



**Col. Todd J. Allison, Garrison Commander; Mark Kane, Public Affairs Officer and Editor** The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 [www.army.mil/usapa/epubs/pdf/r360\\_1.pdf](http://www.army.mil/usapa/epubs/pdf/r360_1.pdf) by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil) or phone 309-782-1121.

