



**Oct. 9, 2019**

# 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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## Army Sustainment Command Preps To Help Ensure Smooth Transition to LOGCAP V

While the LOGCAP V contract award to several companies remains under protest in the Court of Federal Claims, plans are underway for a third transition planning summit with key stakeholders from the requiring activities, industry, U.S. Army Contracting

Command, and the U.S. Army Sustainment Command to finalize the transition schedule and plan for commencement of operations under the new LOGCAP V contract. If the court rules in favor of the U.S. government, transition should begin in early 2020, an Army official said. LOGCAP -- Logistics Civil Augmentation Program -- is a program administered by the Army to provide logistical capabilities by using a contractor workforce. It is used primarily for base support operations and sustainment services worldwide in both contingency and non-contingency locations. LOGCAP V will provide a dedicated regional sustainment capability with a 72-hour response time, allowing scalability and flexibility that can change with the Army's operational tempo. (More: [www.army.mil/article/228147](http://www.army.mil/article/228147))



## First Army Commander Visits Gold Star Mothers at

## Upcoming Dates

**Sept. 9 – Jan. 12:** Combined Federal Campaign, [www.midwesterncfc.org](http://www.midwesterncfc.org)  
**Oct. 6-12:** Fire Prevention Week  
**Oct. 9:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.  
**Oct. 9:** Arsenal-QC Connect, Lock & Dam Lounge, 3 p.m.  
**Oct. 10:** Active Duty Out Processing Levy Brief, Conf. Rm. 25, Bldg. 90, 9:30 a.m. – 12 p.m. (**Cancelled**)  
**Oct. 10:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.  
**Oct. 10:** RIA Veterans Network, Lock & Dam Lounge, 5 p.m.  
**Oct. 10:** Volunteer Pot Luck Social Night, Caisson Rm., Bldg. 60, 5:30-8 p.m.  
**Oct. 11:** **Paint the Island Purple, Arsenal Island**  
**Oct. 11:** MVRBC Blood Drive, CRD Room, Bldg. 60, 10 a.m. - 1:30 p.m.  
**Oct. 14:** Columbus Day (*Federal Holiday*)  
**Oct. 16:** Boss's Day  
**Oct. 16:** Working With You Is Killing Me, Bldg. 104, Baylor Training Rm. 1, 10 a.m. – 12 p.m.  
**Oct. 16:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.  
**Oct. 16:** Trunk or Treat, Memorial Park, 4-5:30 p.m.  
**Oct. 17:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.  
**Oct. 18:** **Paint the Island Purple, Arsenal Island**  
**Oct. 18:** MVRBC Blood Drive, CRD Room, Bldg. 60, 10 a.m. - 1:30 p.m.

## Chicagoland Luncheon

U.S. Army Spc. Jesse Tilton served as a medic with the 82nd Airborne Division in Kandahar City, Afghanistan. On July 13, 2010, around 10 p.m., six Taliban suicide bombers attacked their base near the gate where they lived. "They used a vehicle-borne improvised explosive device that exploded near us. The VBIED opened up the wall and allowed the suicide bombers to enter the base. I was hit in my legs and arm. We ended up falling back to our old aid station," said former Army Spc. Brian D'Allura. "I was on my back and Jesse came up and started patching up my arm but something hit us. Jesse was hit in the head. I was knocked unconscious by the blow. When I came to, Jesse was laying over me protecting me." (More: [www.army.mil/article/227979](http://www.army.mil/article/227979))



## RIA Chapter Inducts Newest SAMC Member

Sgt. 1st Class Kevin Davis of the U.S. Army Sustainment Command, Support Operations, Lead Materiel Integration Directorate, was inducted into the R.I.A. Sergeant Audie Murphy Club Sept. 25 in the foyer of Building 390 here. The club is named after Sgt. Audie Leon Murphy, America's most decorated World War II Soldier. Soldiers who achieve this prestigious award have proven to be true professionals of the noncommissioned officer corps. "I heard the SAMC was about NCOs that demonstrated exceptional NCO quality," Davis said. "I wanted to be a part of something that recognized NCO leadership." (More: [www.army.mil/article/228055](http://www.army.mil/article/228055))



## DLA Team Keeps Army Gears Turning

The Defense Logistics Agency Army National Account Manager team is more than a group of middle men connecting soldiers to America's combat logistics support agency. The team monitors material availability, Army pre-positioned stock and readiness of Army weapons systems. Often described as the glue between DLA and the Army, the NAM team works with Army Materiel Command's life-cycle management commands: U.S. Army Aviation and Missile Command, U.S. Army Tank-Automotive and Armaments Command, U.S. Army Communications-Electronics Command and U.S. Army Forces Command. Beyond the six-member DLA headquarters team at Fort Belvoir, Virginia, the Army NAM team has representatives with FORSCOM at Fort Bragg, North Carolina; Army Sustainment Command at Rock Island Arsenal, Illinois; and AMC at Redstone Arsenal, Alabama. (More: [www.army.mil/article/228196](http://www.army.mil/article/228196))



## Army Named Best In DOD for Contributions to Disabled

Individuals with disabilities are unemployed at twice the rate of the national average even though many of them have the training, skills and experience the U.S. needs, particularly in the science, technology, engineering and math disciplines, said the defense secretary. Mark T. Esper spoke at the 39th Annual Secretary of Defense Disability Awards Ceremony in the Pentagon Thursday. In the ceremony, Esper recognized the Army as the best military department in advancing employment opportunities for individuals with disabilities. "We must do our part across the [DOD] to harness those talents and help bridge the employment gap," he said. "That means



eliminating barriers to recruitment across the force. We must give everyone the opportunity to succeed and support them as they advance their careers." (More: [www.army.mil/article/228146](http://www.army.mil/article/228146))

### Annual Leave Donation

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Request to Donate Annual Leave to Leave Recipient (Form OPM 630a) and submit to the CPAC POC Jaime Slocum ([Jaime.l.slocum.civ@mail.mil](mailto:Jaime.l.slocum.civ@mail.mil)). To ensure a leave donation will be deducted from this calendar year, all donations must be received no later than **Dec. 21**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. The CPAC POC Jaime Slocum may be reached at CHRA-NCR-E, 309-782-2430.

### It's Ok, Not To Be Ok

You can spend a lifetime trying to forget the moments of your childhood. Cami Johnson, from the Department of Justice, has an empowering story to tell, but it begins with tragedy and hardship. Her aunt was killed in a domestic violence incident, and as a result, her mother suffered a severe mental health crisis and spent most of Johnson's childhood in mental health institutions. "Over the years she received mental health services from many local nonprofit organizations," said Johnson about her mother, and she continues to receive those services today at 82 years old. Despite the extreme duress and heartache the family faced, Johnson can see the progress and hope for her mother, herself, and families like theirs. Domestic violence and mental health are social issues with significant negative impacts on our communities with generational consequences. Cami wants to talk about these causes to help overcome the associated stigmas. "I celebrate my mother and many families like mine who have endured the devastation of tragedy and mental illness." Johnson knows she and her mother have made progress over the past few decades with the help of the nonprofits and their support network. Here's how you can make an impact:

- \$20 funds a suicide prevention hotline for one night.
- \$30 funds 30 minutes of crisis line counseling for troubled youth.
- \$86 funds a PTSD clinical trial for two individuals.

Go Green and make your pledge online - How?

1. <https://cfcgiving.opm.gov/welcome>

If you prefer to use a paper pledge form let me know and I will provide you with one. And thank you for considering CFC as your pathway for giving back to a cause that you care about. RIA CFC POC: Matthew Kopel, Outreach Coordinator Oversight Chairman, Midwestern Combined Federal Campaign, 309-782-7888, [matthew.j.kopel.civ@mail.mil](mailto:matthew.j.kopel.civ@mail.mil).



### Eligibility Differs Between FEHB and FEDVIP

While the Federal Employee Health Benefits program and the Federal Employees Dental and Vision Insurance Program are both forms of health insurance, their eligibility rules differ in substantial ways. Like the FEHB program, in FEDVIP:

- Eligible individuals can enroll during any open season or from their first opportunity to enroll,
- There are no pre-existing condition limitations;



- Enrollment changes are allowed at life events such as marriage or the birth or adoption of a child, and
- Employees – but not retirees – are able to pay their premiums on a pre-tax basis (in fact, they must).

Unlike the FEHB program, in FEDVIP:

- Enrollees pay the entire premium cost of the coverage,
- There isn't any "five-year" rule for eligibility as a retiree,
- Children are covered only to age 22 (not 26) and further must be unmarried and dependent on the enrollee, and
- Employees who retire on an immediate annuity can enroll after they retire and can move in and out of the program in retirement if they wish.

Note: Under both FEDVIP and FEHB, there is an exception to the age cutoff for children disabled before the ages that otherwise apply. (More: [www.fedweek.com/retirement-financial-planning/eligibility-differs-between-fehb-and-fedvip](http://www.fedweek.com/retirement-financial-planning/eligibility-differs-between-fehb-and-fedvip))

### Army Cybersecurity Awareness Month

October is National Cybersecurity Awareness Month, and marks the kickoff of the year-long Army Cybersecurity Awareness Campaign. The Army campaign is designed to increase readiness through improving awareness of cyber threats and incidents as well as their impact to Army missions. The Cybersecurity Awareness efforts also highlight how Soldiers and civilians need to respond in order to safeguard the Army. Army leadership is making cybersecurity an operational priority ensuring resources support training, technology and policies. The Army offers extensive cybersecurity training opportunities to ensure everyone knows how to best mitigate cyber risks. Cybersecurity Awareness Month will increase visibility and provide resources to Soldiers, Families, civilians, and industry. This campaign will expand awareness to help improve online safety and increase the resiliency of the nation in the event of a cyber incident. Cyber attacks are increasing and directly impacting the Army's ability to protect its information and operations. Improved cybersecurity awareness is mandatory. Cybersecurity is a part of the Army's mission -- protecting information must be part the Army's operational execution plan from start to finish. From the first planning session, cybersecurity should be a part of every checklist tied to the operation. Cybersecurity should be brought into all stages of the operational planning. (More: [www.arcyber.army.mil](http://www.arcyber.army.mil))



The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the CRD Room (in Bldg. 60), on **Oct. 11 and 18**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. JMTC B Shift Blood Drives will be held **Thursday nights, Oct. 24 and 31** in the JMTC Cafeteria. The drives begin at 1:45 am. Donors should see their Supervisors to sign up.



**Charlie Corpuscle says,** *"Donors will be able to order one of the Halloween t-shirts. All donors may call 563-359-5401 or email [shoegerl@myrbc.org](mailto:shoegerl@myrbc.org).*

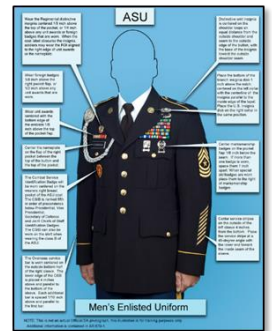
**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information: [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).**

## Emergency Leave Transfer Program to Assist Federal Employees Affected By November 2018 California Wildfires

If you are interested in donating annual leave, complete OPM Form 1638 and submit to the Civilian Personnel Advisory Center, Bldg. 104, no later than **Thursday, Oct. 17**. You must state on the 1638 which ELTP you are donating to. This initiative has been directed by the President. The POC is Jaime Slocum at 309-782-2430. (OPM Form 1638: [https://archive.opm.gov/FORMS/PDF\\_FILL/opm1638.pdf](https://archive.opm.gov/FORMS/PDF_FILL/opm1638.pdf))

## VIOS Schedule for October through December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 21-25**, **Nov. 18-22**, and **Dec. 9-13**. 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 <https://vios.army.mil> 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 <https://vios.army.mil>. Contact us for help: 309-782-2843.



## Federal Employees Health Benefit Fair

Mark your calendars for a Health Benefits Fair sponsored by AFGE Local 15 **Tuesday through Thursday, Oct. 22-24.** Coinsurance? Out-of-pocket max? Premium? Deductible? Most workers do not understand health insurance. Come to the health fair and learn more; this event is open to all.

- **Tuesday and Wednesday, Oct. 22 & 23**, Heritage Hall, Bldg. 60, 9 a.m. – 1 p.m.
- **Thursday, Oct. 24**, Bldg. 212, 9 a.m. - 1 p.m. (JMTC only)



Please attend during your break, lunch, or adjust your schedule with supervisory approval.  
Representatives to be in attendance include:

- Blue Cross/Blue Shield - Wellmark
- Aetna (former Mail Handlers)
- Government Employees Health Association (GEHA)
- HyVee
- American Federation of Government Employees (AFGE) Representative
- and more

The Office of Personnel Management's 2020 Federal Benefits Open Season runs from **Monday, Nov. 11 - Monday, Dec. 9**, which includes the Federal Employees Health Benefits program, the Federal Employees Dental and Vision Insurance program (FEDVIP) and the Federal Flexible Spending Accounts (FSAFEDS) program. Open season gives federal employees and retirees the opportunity to review the 2020 rates and benefits and enroll in or change their health care coverage. They also have the opportunity to select supplemental dental and vision coverage as well as elect to participate in a tax-deferred Flexible Spending Account for health care and dependent care. OPM encourages all employees to review their coverage during open season to decide what coverage and premiums best suit their needs for the upcoming year. Enrollment for FSAFEDS does not automatically continue from year to year. Employees need to reenroll every year to participate and can submit their enrollments directly through the FSAFEDS website. Open season is the only time to enroll, change enrollment, or cancel coverage unless an employee has a qualifying life event. Detailed information regarding open season, including a new plan comparison tool, can be found on the OPM website [www.opm.gov/healthcare-insurance](http://www.opm.gov/healthcare-insurance)

### Signature Series I: War Reflections

Commemorate the 100th Anniversary of Veteran's day **Saturday, Oct. 26**, 7:30-9:30 p.m., on Rock Island Arsenal in Heritage Hall, Building 60, with two works inspired by human experiences during the World Wars. Olivier Messiaen composed Quartet for the End of Time while a prisoner of War in German captivity. The piece was first performed at the camp outdoors in the rain by Messiaen's fellow prisoners. Brian Baxter's Ho sentito di una terra distante is a song cycle based on the diary of an Italian American soldier, Bernardino Bernardini, using lyrics from Marcella Mencotti's imaginary opera "His Military Life" to accompany the novel "Pro Patria." Tickets are \$25 for adults, and \$10 for students. The program will feature Naha Greenholtz, violin, Hannah Holman, cello, Daniel Won, clarinet, Marc Zyla, horn, Michael Cox, trombone, Julianna Han, piano, Jessica Usherwood, soprano, & Michael Hawes, baritone. This is presented in partnership with the Rock Island Arsenal and sponsored by WVIK, Quad Cities NPR. (More: [www.facebook.com/events/453490242149598](https://www.facebook.com/events/453490242149598))



## Honor Flight of the Quad Cities

Honor Flights are free to veterans who served during a time of conflict (such as WWII, Korea and Vietnam). While there, veterans will get to see the monuments erected in their honor. The public is urged to attend the welcome home at the Quad City International Airport at 10 p.m. The next flights will be:

- **Thursday, Oct. 31**

Honor Flight of the Quad Cities asks that you do not call, but wait for them to call you. Veterans are assigned slots in order of date that applications were received, with WWII and Korean veterans being given priority. For more information and photos, visit the web site at [www.honorflightqc.org](http://www.honorflightqc.org).

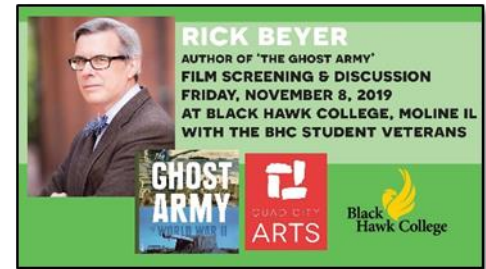
## On-Post Trick or Treating

Trick or treating in On-Post neighborhoods will be allowed on **Thursday, Oct. 31**, 5-8 p.m. On-Post Trick or Treating traditionally mirrors those set by the City of Moline as that is where the school-aged kids, who use Post CYSS facilities and activities, have traditionally gone to school. The City of Moline's Trick or Treat times for this year are set for Oct. 31, 5-8 p.m. Off-Post visitors will be allowed to trick or treat among Post housing, however, they will need to obtain a visitor's pass to access Arsenal Island. Have a Happy Halloween. Please drive safely and watch for the children.



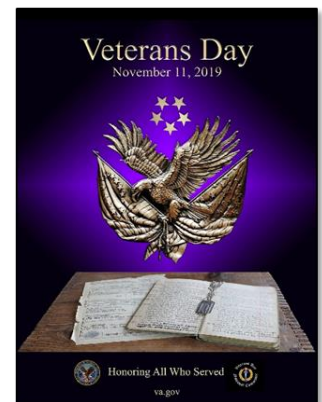
## Quad City Arts & Black Hawk College Student Veterans Presents: Rick Beyer

The Quad City Arts and Black Hawk College Student Veterans will presents [Rick Beyer](#) with a free film screening and discussion of the PBS film [The Ghost Army](#) on **Friday, Nov. 8**; 12:30 p.m. screening, 1:45 p.m. discussion, at Black Hawk College in Moline, in the auditorium, Building 1, Room 305. His full-length presentation will be held at the DeWitt Performing Arts Center on **Saturday, Nov. 9**, tickets are available for \$15 adult/\$5 student; there will be a military discount price of \$10 per ticket. Rick Beyer is a best-selling author, an award-winning documentary producer, and a long-time history enthusiast. With a take on history that is both humorous and illuminating, he has appeared on CBS News, MSNBC, CNN, The Discovery Channel, NPR and Fox News. Rick wrote and produced the PBS documentary The Ghost Army, which has been honored with a CINE Golden Eagle and audience awards at several film festivals. This performance brought to you as part of [Quad City Arts' Visiting Artist Series](#). Rick Beyer will be in residence Nov. 4-8. (More: [www.facebook.com/events/1871020819667093](http://www.facebook.com/events/1871020819667093))



## Rock Island National Cemetery Veterans Day Ceremony

The Rock Island National Cemetery will have a Veterans Day Ceremony on **Monday, Nov. 11**, at 1 p.m., at Rock Island National Cemetery, at the main flagpole. Veterans Day is intended to thank and honor all those who served honorably in the military - in wartime or peacetime. A Congressional Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday – a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day had primarily been a day set aside to honor Veterans of World War I. However, following World War II and the Korean War, Veterans service organizations urged Congress to amend the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of new legislation in





1954 (Public Law 380), Nov. 11 became a day to honor American Veterans of all wars.

### **Suicide Prevention**

St. Ambrose University and St. Ambrose Military & Veterans Organization presents Suicide Prevention with keynote speaker Caitilin Harbecke, LISW, on **Wednesday, Nov. 13**, at 2 p.m., at St. Ambrose University in the Bee Hive Main Ambrose Hall. Harbecke is a licensed independent social worker who's worked with a variety of different populations including children, individuals with disabilities, and older adults. She now works for the VA Suicide Prevention Program. This presentation will be applicable to everyone and will include some veteran specific data. This presentation is open to all SAU students, staff, faculty, and the community.



### **AAFES Sponsored Food Truck, Updated Locations**

A Los Primos Mexican Grill Mobile Food Truck has service available on Arsenal Island from 10:30 a.m. - 1:30 p.m. serving a variety of food items. The Los Primos food truck is rotating its location; here are the spots you can catch them.

- Monday: Building 60 back parking lot
- Tuesday: JMTC parking lot 212 on Beck Avenue
- Wednesday: Clock Tower Building Complex / Navy Operational Support Center Rock Island
- Thursday: JMTC parking lot 212 on Beck Avenue
- Friday: Building 60 back parking lot



In order to allow Los Primos Mexican Grill parking, cones are being placed in the selected parking spot for their truck. We request that you do not remove the cones for any reason. We hope everyone will enjoy the additional lunch option.

### **Avoiding Fraud and Scams**

**The U.S. Census Bureau is committed to making the 2020 Census quick, easy, and safe for all participants.**

The 2020 U.S. Census will begin **Wednesday, April 1**. It is mandated by the U.S. Constitution and conducted by the U.S. Census Bureau every 10 years. Census takers are currently doing preliminary work to validate addresses and/or new residential construction. You may encounter census takers in and around your neighborhoods to include Rock Island Arsenal Family Housing areas. Please be vigilant of criminal entities/persons. They may attempt to take advantage of the Census to obtain personal information from you, in an attempt to steal your identity or gain access to your bank and credit card accounts and information. This activity may be accomplished through face-to-face interviews or through online phishing attempts. Census takers will never ask for:

- Your Social Security number
- Your banks account or credit card numbers
- Money or donations

If a person visits your home regarding the 2020 Census, do the following to verify their identity:

- Verify their identity by ensuring they have a valid ID badge, with their photograph, a U.S. Department of Commerce water mark and an expiration date.





- If you still have questions about their identity or suspect fraud, call 1-800-923-8282 to speak with a local Census Bureau representative.

Remember, always protect your Personally Identifiable Information (PII). If something doesn't feel right call the above number or your local police department for assistance. The following link has more information about Census fraud and scams: <https://2020census.gov/en/avoiding-fraud.html>

## **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees — Contents of the 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.* — **Zeke's Island:** Zeke's Island Café in Davenport, 1509 Harrison St., and Zeke's Island Express in Bettendorf, 842 Middle Rd., is offering \$1 off all entrees for the month of October. Just show your Arsenal badge and enjoy some unique Jamaican and Caribbean food; check us out of Facebook. **Downtown Davenport's Bad Boy'z:** The downtown Davenport's Bad Boy'z, located in the River Music Experience building, 131 W 2nd Street, is offering a \$1 off lunch buffet (normal pricing \$7.25 with a water \$9.25 with a soda) \$6.25/\$9.25 for anyone working on the Arsenal. Lunch buffet runs from 11 a.m. to 2 p.m., Tuesday through Friday. All you can eat pizza, salad, soup, and tacos. Mention the “arsenal discount” to get the offer. **Urban Farmhouse Moline:** Stop in our Moline location and show your badge to receive 10% off your purchase – 1209 4th Ave. inside the Element hotel; open Tuesday – Saturday, 10 a.m. – 5 p.m. **Antonella's II:** Offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID). We are located at 421 river drive, in Davenport. We take reservations for large parties, please call at 563-324-9512. Our hours are Mondays – Closed; Tuesday-Wednesday 4-9 p.m.; Thursday – 11 a.m. – 2 p.m. and 4-9 p.m.; Friday-Saturday 11 a.m. – 10 p.m.; and Sundays – 11 a.m. – 8 p.m. **QC Wellness Group:** Come in for discounted chiropractic care for you, and your family. This offer is valid to all active duty, reserves, and veterans. We are located at 2220 E 53rd Street in Davenport. Call us today to book your appointment at 563-355-3100, restrictions can apply. **Sundown Mountain Resort:** Offering a military discount of 30 percent off lift tickets and rentals. Valid for active duty, Reserve, National Guard, retired service members, and their immediate families; located at 16991 Asbury Road, Dubuque, Iowa. **Bayside Bistro:** Offering a 10 percent discount to active, retired, reserve and National Guard members and government civilians on all menu items. We're located in the Village of East Davenport, 1105 Christie Street, Davenport; open Tuesday-Friday, 9 a.m. - 7 p.m.; Saturday, 7 a.m. - 7 p.m.; Sunday; 7 a.m. - 3 p.m., Mondays (off). **R.I.A. Federal Credit Union:** Arsenal employees, get \$25 when you open up a new member checking and savings account at our branch in Bldg. 61. Active duty members and veterans, thanks to our partnership with Military Cost Cutters, you can get \$100 when you open a new member checking and savings account with us. Download the Military Cost Cutters app, show proof of military status, and you can get \$100 deposited into your account. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

# Arsenal Traffic/Construction



## Closures to Mill and Repave Baumbeck Avenue

Effective Sept. 16, through **Friday, Oct. 11**, the Directorate of Public Works (DPW) closed Baumbeck Avenue and parking in Lots 2Q and 2X from the west end of Baumbeck Avenue to Building 220 Annex for contract personnel to mill and repave the roadway. DPW has temporarily relocated 10 reserved parking spaces to the SW side of Lot 2E for the duration of the project. Turnstiles (TS) #1 and #11 will remain open for personnel to use. The closures may be extended due to weather or other unforeseen issues.

## A Portion of Sylvan Drive to Close for Repaving

Effective Sept. 23, through **Friday, Oct. 18**, the Directorate of Public Works (DPW) closed Sylvan Drive from the Sylvan/Beck intersection to the SW side of Building 299 for contract personnel to mill and repave areas of the roadway. Signs and barricades are being used to warn and direct traffic. Personnel needing to access the west and south ends of Building 299 will use the north entrance. The closures may be extended due to weather or other unforeseen issues.

## Repair Sanitary Line across Sylvan Slough

Effective July 29, the Directorate of Public Works began a project to repair the Sanitary Sewer line running between the City of Rock Island and Building 204. The work includes demolition of the existing line and installation of the new line. The contractor is directionally boring from Rock Island to the area just west of Building 204. The existing line is suspended underneath the RIA viaduct bridge and will be removed once the new line is operational. We expect little or no impact to employees and traffic. Signage and barricades are installed to denote the work area. The project is scheduled to be completed by **Tuesday, Dec. 31**, weather dependent.

## Closure for Repair Whittemore Street and North Avenue Intersection

Effective July 29, the Directorate of Public Works began a project to repair Whittemore Street from North Avenue to Durnin Avenue. The area is closed to common traffic. Mission traffic will be accommodated as possible through scheduling with the POC. The work includes demolition, earthwork, grading, new pavement, curb and gutter, utility work and landscaping. Signage and barricades are installed to denote the closures and work areas and to warn and direct traffic. The project is scheduled to be completed by **Tuesday, Dec. 31**, weather dependent.

## Repair Building 170 Water Main

Effective July 29, the Directorate of Public Works began a project to repair the water main servicing Building 170 and other area buildings. The initial and primary work is directly around Building 170, but the overall work area will include South Avenue to Beck Avenue and Gillespie Street to East Street. The work includes excavating for new water main's, valves and hydrants. Traffic will be limited to one lane at times. Signage and barricades will be located to warn and direct traffic. Short-term water outages and boil orders are expected in the work area. Separate notifications will be provided prior to any additional water outages. The project is scheduled to be completed by **April 2020**, weather dependent.

## Building/Space Closures



### Courtyard, Parking, Sidewalk, and Building Entrance Closures in Support of Stone Cleaning and Treating Project

Effective May 16 through **Friday, Oct. 18**, the Directorate of Public Works (DPW) is intermittently closing courtyards, street parking, sidewalks and entrances to the buildings for contract personnel to continue cleaning the exterior stone of Buildings 60-62, 64, 66-68 and 106. As the contractor moves around the buildings, the areas of work will be closed off. As work proceeds above doorways, access will be curtailed, exterior access will be taped off and interior signage will be placed notifying occupants of Emergency Exit Only. Emergency Services will have access to doors at all times and in the case of an emergency, the contractor will cease operation to allow for safe egress of employees. Rain will dictate these schedules and dates may change.

### Building 56, Intermittent Closure of West Hallway and 2nd Floor Common Area

Effective Oct. 7, the Directorate of Public Works began intermittently closing the West hallway and common area on the 2nd floor of Building 56 to renovate the area. Signage and barricades will be installed to denote the work areas when they are closed to personnel. The project is scheduled to be completed by **Friday, Nov. 8**.

## Active Duty/Reserve Zone



### 'Best Warrior' Tests To Be Based On Real Combat Incidents

New events for this year's Best Warrior Competition will come from the experiences of operational advisors deployed around the world by the Asymmetric Warfare Group, the lead organizer said Sept. 25. The competition will take place Oct. 6-11 at Forts Lee and A.P. Hill, Virginia, with 22 competitors from the Army's major commands and components vying for Soldier of the Year and NCO of the Year. Winners will be announced at the Association of the U.S. Army's Annual Meeting and Exposition in Washington, D.C., Oct. 14. (More: [www.army.mil/article/228026](http://www.army.mil/article/228026))

### Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule – this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief date:

- **Oct. 10, Conf. Rm. 25, Building 90 (Cancelled)**
- **Feb. 13, Conf. Rm. 25, Building 90**
- **May 14, Conf. Rm. 25, Building 90**
- **June 11, Conf. Rm. 25, Building 90**
- **Aug. 13, Conf. Rm. 25, Building 90**



- **Nov. 12, 2020, Conf. Rm. 25, Building 90**

Time: 9:30 a.m. – 12 p.m.

To register call MPD at 309-782-1526 or sign up in [TEDs](#) using keyword “Levy Brief.”

### **Military Couple's Steak Dinner Cooking Class**

Join us **Monday, Dec. 9**, 6-9 p.m., at the Scott Community College West Campus, 2950 N Fairmount Street in Davenport for Military Couple's Steak Dinner Cooking Class. Work with your military spouse and learn to prepare the perfect steak and sides at Family Advocacy's Cooking Class. RSVP with Theresa O'Keefe at 309-782-3773 or [theresa.l.okeefe2.ctr@mail.mil](mailto:theresa.l.okeefe2.ctr@mail.mil); limited spots available.



## **Safety Spotlight**



**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>

### **2019 Fire Prevention Week**

National Fire Prevention Week, **Oct. 6-12**, is observed in the United States and Canada during the second 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 “Not Every Hero Wears a Cape - Plan and Practice Your Escape!” As in the past, the Fire Department will conduct building evacuation drills in conjunction with



other fire prevention educational activities geared towards 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 who are unable to leave their work area during drill times due to non-standard work, security issues and high level conferences and 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. – *Stephen C. Marr, COL, AR, Commanding*

# Equal Employment Opportunity Focus



**The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment free of unlawful discrimination and offensive behavior. Garrison EEO office hours: 8 a.m. – 4 p.m.; 309-782-1488; Website:**

**<https://home.army.mil/ria/index.php/about/Garrison/equal-employment-opportunity-program>**

## **Hispanic Heritage Month Observance**

Join us for Rock Island Arsenal's Hispanic Heritage Month Observance on **Thursday, Oct. 17**, food sampling from 12:30-12:55 p.m., with the ceremony taking place 1-2 p.m., in Heritage Hall, Building 60, hosted by the ASC Equal Opportunity Office. To sign up for the Hispanic Heritage Month Observance in TEDs use keyword "HHM2019." For additional information or accommodations please contact Sgt. First Class Babatunde Akala at 309-782-3021 or Sgt. First Class Lisa Robinson at 309-782-9269. The guest speaker will be Zenaída Landeros, executive director, Quad Cities Hispanic Chamber of Commerce. She is the first Latina to lead the Hispanic chamber, the only business advocacy organization in the Quad Cities dedicated specifically to the needs of the Hispanic business community. Landeros, of Moline, is a graduate of Augustana College in Rock Island and assisted with the assessment of a citizen-scientist program for the University of Illinois Extension Service. She also collaborated on a research study at the Palmer College of Chiropractic Center for Research. She helped form the Empowering Latina Leadership Alliance and, in 2017, graduated from the University of Notre Dame's Mendoza College of Business' Executive Master of Nonprofit Administration program. Landeros has been active in the Economic Development Initiative for Minority Enterprises in the Quad-Cities, League of United Latin American Citizens Council 5285, the Black Hawk College Foundation and the Quad Cities Young Professionals Think Tank. 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 2019 Hispanic Heritage Month is Essential to the Blueprint of Our Nation. The observance begins September 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 is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members. More than 136,000 Hispanic Soldiers currently serve, which is 13.8 percent of America's Army. Just as America's diversity has always been one of the nation's greatest strengths, the Army's diverse force makes it stronger and more capable. Today's Hispanic Soldiers continue a legacy of professionalism, selfless service and courage that inspires generations to come. This year President Donald J. Trump stated in his proclamation, "National Hispanic Heritage Month celebrates the accomplishments of Hispanic Americans, who have enriched our culture and society and helped make America into the incredible country it is today. Hispanic-American men and women embody the American values of devotion to faith and family, hard work, and patriotism



through their countless contributions as leaders, innovators, entrepreneurs, and members of our Armed Forces." (More: [www.whitehouse.gov/presidential-actions/presidential-proclamation-national-hispanic-heritage-month-2019](http://www.whitehouse.gov/presidential-actions/presidential-proclamation-national-hispanic-heritage-month-2019))

### **National Disability Employment Awareness Month**

National Disability Employment Awareness Month is an opportunity to recognize the talents, skills and dedication of Americans with disabilities who are a vital part of our nation and workforce. From our disabled veterans and civilians to our Soldiers returning home as wounded warriors, these men and women overcome physical and personal difficulties and demonstrate admirable courage and resiliency. Their strength in the face of adversity provides a model of resilience for our Army. Individuals with disabilities successfully serve in our profession as logisticians, engineers, accountants, personnelists, strategists and more- all are warriors proving that they are equal to the task and more than capable of accomplishing any mission. They valiantly and unselfishly play a critical role in protecting our freedoms. By raising our awareness of our colleagues with disabilities, we increase opportunities for them to excel, and we all benefit from their achievements. We express our sincere gratitude for the past and present contributions that individuals with disabilities have made to the success of our Army and our Nation. We encourage our entire Army family to publicly honor their service with appropriate commemorative activities in celebration of National Disability Employment Awareness Month. Last year President Donald J. Trump stated in his proclamation, "During National Disability Employment Awareness Month, we recognize the achievements of Americans with disabilities whose contributions in the workforce help ensure the strength of our Nation. We also renew our commitment to creating an environment of opportunity for all Americans and educating people about disability employment issues." (More: [www.whitehouse.gov/presidential-actions/presidential-proclamation-national-disability-employment-awareness-month-2018](http://www.whitehouse.gov/presidential-actions/presidential-proclamation-national-disability-employment-awareness-month-2018))



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## **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.





## Trunk or Treat

Get the kiddies dressed in their costumes and join us **Wednesday, Oct. 16, 4-5:30 p.m.**, at Memorial Park for this fun fall tradition. There will of course be lots of candy and goodies as well as prize drawings. If you would like to sign up as a trunk or for more info, please call CYS at 309-782-2165. Thanks to our sponsor, Rock Island Arsenal Federal Credit Union, no official U.S. Army Endorsement is implied. *This event is open to MWR authorized patrons, which includes all active duty military, reserves, National Guard, retirees, RIA workforce civilians & contractors, and their families.*



## Trunks Needed for Trunk or Treat

Calling all cars, we need you for Trunk or Treat **Wednesday, Oct. 16, 4-5:30 p.m.**, at Memorial Park. Call 309-782-2165 to sign up your vehicle today and then get as creative as you can to decorate your trunk in a festive, fun and spooky theme. Trunk or Treat provides a fun, family friendly way for our community children to trick or treat in the safe, controlled area of the Memorial Park parking lot so please help us make it great again this year by calling 309-782-6515 today to register your trunk. *This event is open to MWR authorized patrons, which includes all active duty military, reserves, National Guard, retirees, RIA workforce civilians & contractors, and their families.*

## Patronage Expansion Implementation

Starting Jan. 1, 2020, DOD and the Department of Homeland Security (DHS) are expanding in-store commissary, Military Service exchange, and MWR retail facility use to Purple Heart recipients, former prisoners of war, veterans with service-connected disabilities rated less than 100 percent by the Department of Veterans Affairs (VA), and caregivers or family caregivers enrolled as the primary caregiver for veterans in the VA Program of Comprehensive Assistance for Family Caregivers. This provision also lists Medal of Honor recipients and includes veterans with 100 percent service-connected disabilities, both of which are already authorized broader patronage benefits within DOD policy. Implementation of this patronage expansion applies only to the newly specified groups. As provided for in Section 621 of the John S. McCain National Defense Authorization Act for Fiscal Year 2019, and codified into law at Section 1065 of Title 10, United States Code, DOD is launching this Jan 1, 2020. The patronage expansion working group comprised of key stakeholders from DOD, Department of Homeland Security, and Department of Veterans Affairs has been working out the details of credentialing, access, ops, IT.

## Food Options Available On Rock Island Arsenal

### 1. Cafeteria located in Building 212

- Open Monday - Thursday, 5:30-9 a.m. and 10:30 a.m. - 12:30 p.m.
- Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a Salad bar, made to order deli sandwiches and grill items, pizza and a daily hot entree.

### 2. Cafeteria located in Building 350

- Open Monday - Friday, 6- 9 a.m. and 10:30 a.m. – 1 p.m.
- Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a salad bar, made to order deli sandwiches and grill items, pizza and a daily hot entree.

### 3. Food Court located in Building 60

- Open Monday - Friday, 6-9 a.m. and 10:30 a.m. – 1 p.m.

- Serve made to order breakfast items as well as breakfast grab and go items. Lunch offers a salad bar, made to order deli sandwiches and grill items, pizza, Mexican and a daily hot entree. Building 60 offers a Starbucks coffee bar also.

**4. Island Oasis located on the lawn of Building 67 (April - October) and inside Building 67 (October-March)**

- Open Monday - Friday, 11 a.m. – 1 p.m.
- Outside - serves a variety of grill items, cold sandwich choices, salads, chips and deserts.
- Inside - serves a variety of sandwiches, salads, soups, an occasional hot item, chips and deserts.

### **Vibrant Mobile Detailing at the Auto Service Center**

It's never been easier to get your vehicle detailed and looking great than it is right now at the Auto Service Center. Simply visit [www.vibrantmobiledetail.com/arsenal](http://www.vibrantmobiledetail.com/arsenal) to book your appointment and then drop your car off in the morning when you get to work and by quitting time it'll be shined up and looking great. Call the Auto Shop at 309-782-8631 for more info.

### **Arsenal Island Clubhouse Closure**

The [Arsenal Island Clubhouse](#) food, beverage, and entertainment services ended on June 28. This closure supports the upcoming transition to the Enhanced Use Lease, which will take affect later this year. Please continue to use the [Island Oasis Café & Grill](#) at Bldg. 67, open Monday-Friday, 11 a.m. – 1 p.m., and the [Lock & Dam Lounge](#) in Bldg. 60, open Wednesday and Thursday, 3-7 p.m., for your food, beverage, and entertainment needs.



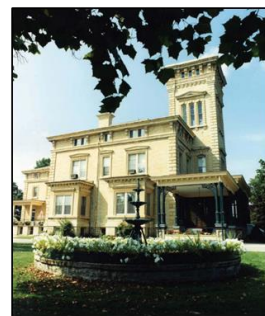
## **MWR Leisure Travel Office**



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, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: [anna.winters@us.army.mil](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

### **Quarters One Still Available For Private Events**

Autumn is here and the holiday season is fast approaching – what better location to host your office party or other private event than at the majestic and historic Italianate-style mansion of Quarters One. Historical Quarters One is a 1870s era beautiful mansion that is perfect for many different types of events. Please contact the FMWR Leisure Travel Office at 309-782-5890 for more [detailed information or to make your reservations](#). Quarters One (also known as Building 301) is the former residence of the highest-ranking officer on the Rock Island Arsenal. At 51 rooms and 21,965 square feet, when it was still used as military quarters, it was the second-largest federal residence in the United States, behind the White House. Work begun



on Quarters One under General Thomas S. Rodman in May 1870 and was completed in 1872 under Major Flagler. The home was built for the purpose of providing quarters for the highest-ranking officer as well as providing space for official gatherings and functions. The first major gathering held in the residence was in 1871 for the funeral of General Rodman. Over the years, many dignitaries and notable personalities stayed at the residence including Charles Lindbergh in 1927 and King Carl XVI Gustav and Queen Silvia of Sweden in 1996. In 2006, the Army decided to discontinue its use as a residence. The last occupants, Maj. Gen and Mrs. Robert M. Radin, left in 2008.

### **Discount Tickets Available at the Leisure Travel Office**

- Jerry Seinfeld at the Adler Theater: **Oct. 22**, 7 p.m., \$60 & \$80
- Baby Shark Live at the TaxSlayer Center: **Oct. 28**, 6 p.m., \$28-\$58
- Disney on Ice at the TaxSlayer Center: **Dec. 5-7**, times and prices vary, please call 309-782-5890 for more details.

### **Trip to Galena Country Fair**

Join MWR **Saturday, Oct. 12**, at 9 a.m., as we travel north to the charming town of Galena, Illinois, for one of their most popular events featuring more than 150 vendors selling a variety of high-quality, original handmade arts, crafts and fine arts. Delicious fair food, kids games and live music. Cost to enter the event is just \$2. Van will be departing from the Rock Island Arsenal, Building 333 parking lot at 9 a.m. and departing Galena at 4 p.m. Cost per person is \$30 for round trip transportation. There are only 10 seats available, so don't delay, call today. For more information or to reserve your seats, call the Leisure Travel Office at 309-782-5890.

### **Galena County Fair**

Join us at the Galena County Fair on **Saturday, Oct. 12** – one of Galena's most popular events featuring more than 150 vendors selling a variety of high-quality, original handmade arts, crafts and fine arts. Delicious fair food, kids games and live music. Cost to enter the event is \$2. A van will be departing from the Rock Island Arsenal, Bldg. 333 parking lot at 9 a.m. and departing Galena at 4 p.m. Cost per person is \$30 per person. 10 seats available. For more information or for reservation call the Leisure Travel Office at 309-782-5890.

### **Family Halloween Bunco**

Gather the whole family and join MWR in the Lock & Dam Lounge on **Wednesday, Oct. 23**, 5-7 p.m., for Family Halloween Bunco night. Cost is just \$5/family and all children receive a goodie bag. Come in costume and join us for this fun and fast paced dice game and even if you've never played before come on out, we'll teach you. Please RSVP by calling 309-782-5890.

### **Halloween Bunco**

Get into your Halloween costume and join us in the Lock & Dam Lounge on **Thursday, Oct. 24**, 6-8 p.m., for this fun game night. Even if you've never played, come out and learn, it's easy to pick up this fast paced dice game. Cost is \$5/player, please RSVP by calling 309-782-5890.

### **MWR Fall Fair**

Come check out all the cool and unique items for sale **Wednesday and Thursday, Oct. 30 and 31**, at the two-day MWR Fall Fair in Heritage Hall, Building 60. The fair will run from 9 a.m. - 1 p.m. each day. For more info or to sign up to be a vendor, please call 309-782-5890.



### **Quarters One Paranormal Investigation**

Join us for Quarters One Paranormal Investigation on **Saturday, Nov. 16**. Doors open at 6:30 p.m., event starts at 7 p.m. Your night will start with some back ground information and history of Quarters One provided by an ASC Historian. Following that the Illinois Paranormal Research Group will take over and talk about what they have found and answer some questions. Once everyone is ready the investigation will begin. Cost is \$25 per person. Some light refreshments and beverages provided. RSVP with payment 309-782-5890.

### **Des Moines Outlet Mall Shopping Trip**

Join MWR on **Saturday, Nov. 16**, on our next van trip to Des Moines to shop at the outlet malls. Cost is just \$30/person which includes round trip transportation only. We will depart from the Leisure Travel Office parking lot (Building 333) at 7 a.m. and will depart Des Moines at 3 p.m. Seating is extremely limited so don't wait, call 309-782-5890 today to book your seats.

### **Disney On Ice Presents Dream Big**

Join us for Disney On Ice Presents Dream Big at the TaxSlayer Center **Dec. 5-8**. Adventure awaits as Disney's most adventurous dreamers put their courage to the test in Disney On Ice Presents Dream Big. Join fearless Moana and the greatest demigod that ever lived, Maui, on an action-packed voyage to restore the stolen heart of Te Fiti. Journey with the Disney Princesses as they create their own happily ever after when Disney On Ice presents Dream Big skates into the TaxSlayer Center. MWR has discounted seats on sale now. Call 309-782-5890 for more information or to purchase seats.

### **Trip to Christmas in Kalona**

Another new addition to our growing list of trips to great destinations – join us **Saturday, Dec. 7**, 7 a.m. – 5 p.m., as we visit Kalona, Iowa, for Christmas in Kalona. Cost is \$30/person which includes round trip transportation. Call 309-782-5890 for more info and to reserve your seats. Seating is very limited so don't wait, call today.

### **Christkindlmarket Bus Trip**

Join MWR **Saturday, Dec. 14**, 7 a.m. – 8 p.m., on our annual bus trip to the Chicago Christkindlmarket and leave the stress of driving, traffic, and parking to us. Cost is \$41/person, which covers round trip transportation. Reservations can be made by calling 309-782-5890 or sign up online at

<https://webtrac.mwr.army.mil/webtrac103/wbwsc/rockislandrectrac.wsc/wbsearch.html?wbsi=&xxsearch=yes&xxmod=tp&xxrowid=&xxtripid=54T00027>

### **Universal Orlando Military Salute Promotion**

Universal Orlando is extending the special Military Salute Promotion offer valid for use through **Dec. 31**. Get four days for one low price:

- Ticket Option #1: 2-Park, 4-day Park-to-Park ticket (Universal Studios Florida and Islands of Adventure) Adult \$200, Child (3-9) \$196.
- Ticket Option #2: 3-Park, 4-Day Park-to-Park ticket (Universal Studios Florida, Islands of Adventure and Volcano Bay) Adult \$240, Child (3-9) \$235.75.

These tickets are available for use on any four days between now and **Dec. 31** (do not have to be used consecutive days) last day of use **Dec. 31**, when the ticket expires in full (includes all holidays)

unused days will be forfeited maximum of six tickets per qualifying: Active or Retired U.S. military, National Guard, Reservists, U.S. Coast Guard, who possess a valid military photo ID, spouses of eligible service members and DOD civilians with valid ID.

### Monster Jam

This. Is. Monster Jam! The most action-packed motorsports experience for families in the world today returns to Moline for another high-octane weekend featuring the ultimate mix of high-flying action and four-wheel excitement at the TaxSlayer Center on **Saturday and Sunday, May 16 and 17**. The Party in the Pits starts at 4:30pm and goes to 6 p.m. on Saturday and 10:30 a.m. to 12 p.m. on Sunday. The party in the pits gives fans the opportunity to get a view of the trucks up close and meet the drivers of the massive Monster Jam trucks. \*No pit party entry after 5:30 p.m. on Saturday and 11:30 a.m. on Sunday. MWR Leisure Travel has discounted seats on sale until **Monday, April 27**; \$23, \$28, \$33, \$38, \$15 pit passes.

### Quad City Storm Discount Tickets

MWR Leisure Travel Office has \$20 seating vouchers for \$18 to all home games to the Quad City Storm. For more information give the office a call at 309-782-5890. The Quad City Storm is a professional minor league hockey team that began play in the 2018–19 season as a member of the Southern Professional Hockey League. The team is based in the Quad Cities area of Illinois and Iowa, with home games at the TaxSlayer Center in Moline. The team replaced the ECHL's Quad City Mallards.



### Choice Hotels

Need lodging for the night or for vacation? Choice Hotels has more than 3,500 participating hotels worldwide. Stay with a Choice Hotel and save every time. Go to [www.choicehotels.com](http://www.choicehotels.com) and enter ID#0023054 to save 15% on your stays.

### Leisure Travel Has Discount Tickets on Theme Park Fun

Are you headed to Florida for Disney World or Universal Studios fun? Staying closer to home and looking for deals on Six Flags tickets? The Leisure Travel Office in Building 333 should be your first stop. With deep discounts on tickets to all these great parks, we can save you some money. Call Leisure Travel at 309-782-5890 for more info and to book your tickets.

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## 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 CYS programs/facilities will be closed all federal holidays, CYS 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/categories/cys-services>) (Facebook: [www.facebook.com/RIACYSS](http://www.facebook.com/RIACYSS))**

## **Youth Sponsorship Training**

Have you ever been the "new kid"? If so you know it can be tough at first. CYS is looking for youth leaders interested in helping other youth. Learn to help new youth transition into the area and earn service learning hours by attending the Youth Sponsorship Training on **Friday, Oct. 11**, 4:30-5:45 p.m., at the School Age Center, Building 150. Pizza and soda will be provided and if you attend the training you are welcome to join us on the Teen Haunted House Adventure right afterwards at no cost. To register or for more info, please call 309-782-6515 or 309-782-0814.

## **Asylum of Mad Dreams, Teen Haunted House Adventure**

Calling all RIA Teens, join us **Friday, Oct. 11**, 6-8 p.m., on our October outing to the Asylum of Mad Dreams Haunted House in Cordova, Illinois. We will meet at the School Age Center in Building 150 and then travel to and from the haunted house by CYS bus. Cost is \$8/teen and we have a limited number of spaces so don't delay, call 309-782-6515 or 309-782-0814 for more info and to reserve your spot.

## **Teen Homework Enrichment Program**

Attention teen parents – CYS has a new program for teens! Studies have shown that the time of day youth begin to engage in risky behaviors is between the hours 3-6 p.m. when they have an empty and parent-free home. It is the mission of Child & Youth Services reduce the conflict between mission requirements and parental responsibilities. Our goal is to provide programs and services for children and youth which enable learning, encourage positive choices, and foster the development of positive self-concept and the feeling of acceptance. CYS has a new homework enrichment program for 6th-12th grade youth. Teens enrolled in this program will be provided a snack, homework assistance, and the opportunity to engage in a variety of activities with friends after school in our "teens only" room. There is no cost for the program and free bussing from Bettendorf and Pleasant Valley High Schools, Bettendorf Middle School, and Pleasant Valley Junior High to the program will be provided each afternoon for those enrolled. There is no minimum participation requirement, and youth enrolled in the program will have access throughout the school year. Youth must register with CYS to participate. To register call Parent Central Services at 309-782-2165.

## **RIA Teen Council**

Teen Leaders – please join our RIA Teen Council! We are looking for youth leaders interested in planning our teen program and events, earning service learning / volunteer hours, making new friends, and learning new skills such as marketing, budgeting, and event planning. Participating on the Teen Council also looks great on scholarship, college, and job applications. Meetings will be held every 2nd Tuesday of the month from 5-6 at the School Age Center, Bldg. 150. The Teen Council is open to all Arsenal affiliated youth grades 6-12. Youth do not have to register to participate, just come join us on the 2nd Tuesday each month. For more information call 309-782-6515 or 309-782-0814.

## **Teen Chicago Trip**

The Teen Resilience Program & CYS would like to invite your teen to our September teen event – the Teen Chicago Trip from 8 a.m. – 8 p.m. on **Saturday, Sept. 21**. We will be indoor skydiving at iFly and experiencing The Wheel and other rides and activities at Navy Pier. All CYS registered youth grades 6-12 are eligible for the trip. The cost of the trip is \$20. Teens will need a water bottle and money for a fast food dinner. Lunch will be provided. Youth will meet at and return to the School Age Center and be transported to Chicago via CYS bus. There is a limit of 15 youth. Teens



must be paid and registered by Friday, Sept. 13, to attend. To register for the trip please call 309-782-6515 or 309-782-0814.

# 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

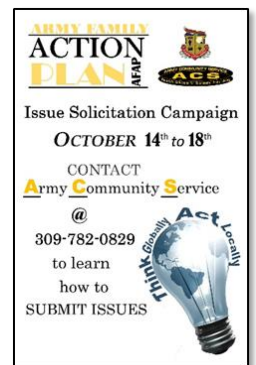
<https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS). 24/7 Domestic Violence Crisis Line: **309-912-6089**.

## Every Friday in October, Paint the Island Purple

This October support Domestic Violence Awareness Month and join in on the competition by decorating your offices in **purple** and by wearing **purple** on Fridays. For more info, call Army Community Service at 309-782-0829.

## Army Family Action Plan (AFAP) Issue Solicitation Campaign

If it's a program or service, AFAP can improve it; if it's a policy or regulation, AFAP can change it; if it's a law, AFAP can amend it. AFAP can improve quality of life one issue at a time. Army Community Service (ACS) is conducting an issue solicitation campaign from **Monday, Oct. 14, through Friday, Oct. 18**. This is an opportunity for the community to provide the AFAP Manager with quality of life issues they would like to see worked through the AFAP process via multiple media platforms. During the solicitation campaign submissions may be made via the ACS Facebook page [www.facebook.com/RIAACS](http://www.facebook.com/RIAACS), email at [usarmy.ria.imco-central.mbx.usag-ac@mail.mil](mailto:usarmy.ria.imco-central.mbx.usag-ac@mail.mil), online at [www.myarmyonesource.com](http://www.myarmyonesource.com), or by simply calling ACS at 309-782-0829. For additional information please contact ACS.



## Domestic Violence Awareness Month

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.

### Join the Fight March

You are invited to participate in the annual Join the Fight March against domestic violence on

**Wednesday, Oct. 23**, at 11 a.m. The march will start at the Exchange parking lot and



proceed on Rodman Avenue, ending at Building 110. Join us as we pass by your office building to show your support in fighting domestic violence. We will end outside of Building 110 for a moment of silence and proclaim our solidarity with survivors.

### **Paint the Island Purple**

Get your team together and decorate your work space in purple and wear purple on Fridays. Submit your photo to the ACS Facebook page ([www.facebook.com/RIAACS](http://www.facebook.com/RIAACS)) and we will vote each week on the winner. Pick up a purple light for your desk on Thursdays during lunch.

### **I Wish You Knew Campaign**

Keep an eye out for information about what domestic violence survivors wish you knew. Victim Advocacy will be sharing the signs off dangerous relationships, how you can help support survivors and much more throughout the month. Check out our information table during lunch and pick up your purple DVAM giveaways.

The U.S. Army supports the Domestic Violence Awareness Month (DVAM) observance to bring attention to an issue that undermines the Army Values. Domestic violence has the potential to end careers -- and even lives. The National Coalition Against Domestic Violence defines domestic violence as the "willful intimidation, physical assault, battery, sexual assault, and/or other abusive behavior as part of a systematic pattern of power and control perpetrated by one intimate partner against another." Anyone can be a victim, and every individual plays a role in upholding the community values and standards that support safe, healthy relationships. The first DVAM was held in October 1987, and the first Commemorative Legislation passed by the U.S. Congress in 1989. The Army will emphasize that domestic violence is never "ok" and will highlight resources that help Army Families develop life skills, maintain positive relationships and encourage help-seeking behavior. The Army will continue to stand against domestic violence and emphasize that domestic violence is never "ok." 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 well-being.

### **Upcoming Volunteer Opportunities**

Rock Island Arsenal has a variety of volunteer opportunities to fit just about any schedule. We have short term opportunities, opportunities that will keep you busy for a few months, and long term opportunities. Some of the short term opportunities coming up include:

- October: Trunk or Treat
- December: Tree Lighting
- April: Easter Egg Hunt, Volunteer Recognition, and Youth Summer Time Activities Expo

If you are looking for something to dive deep into, we are looking for people to sit on the planning committees for these events. Maybe a long term opportunity is for you. ACS, the RIA Museum, MWR and the on Island Private Organizations are looking for people who desire something with more time commitment. For more information on open positions contact ACS at 309-782-0829 or check the RIA ACS Facebook page Volunteer album for more position marketing. Army OneSource also houses all the open position for RIA, just navigate to the opportunity locator.

## Discovery Time Playgroup

Summer is here and it is time to get the kids out of the house. Join Discovery Time Playgroup on Thursday mornings from 9:30-11:30 a.m. for crafts, stories, field trips, and fun. The group is open to military dependents aged 0-5 and their caregivers and meets in Moline just off the installation at Community Christian Fellowship. There is no pre-registration required and all activities are free to attend. For more information, please contact the Army Community Service Family Advocacy Program at 309-782-3049 or email [Jennifer.a.kerr10.civ@mail.mil](mailto:Jennifer.a.kerr10.civ@mail.mil).

## Volunteer Pot Luck Social Night

Calling all volunteers and volunteer supervisors. Come and take part in a night to socialize with other volunteers across Rock Island Arsenal. The event is an informal potluck open to anyone who volunteers in a Rock Island Arsenal activity and the volunteer supervisors. Bring a dish to share and take advantage of a chance to meet new people and hear about what other volunteers are doing across the Installation. If you are interested in becoming a volunteer on Rock Island Arsenal, please contact Army Community Service at 309-782-0829.

- **Oct. 10** (new volunteer display unveiling)
- **March 12**
- **Sept. 10**

Location: Caisson Room, Building 60

Time: 5:30-8 p.m.

## Join the Fight March Against Domestic Violence

October is Domestic Violence Awareness Month. Show up and let your voice be heard **Wednesday, Oct. 23**, kicking off at 11 a.m., as we march down Rodman Avenue to raise awareness of this important social issue. The march will start at the Exchange and head East on Rodman Avenue, concluding at Building 110 where there will be some closing remarks. For more info, please call Army Community Service at 309-782-3773.



## Newcomers Orientation

Offered the 4th Thursday of every month January to October. This is an all-day event that provides an opportunity to learn about the services available on RIA and learn about the Quad City Region we will call home. This is great way to get familiar with your resources and the area.

- **Oct. 24**
- **Jan. 23**
- **Feb. 27**
- **March 26**
- **April 23**
- **May 28**
- **June 25**
- **July 23**
- **Aug. 27**
- **Sept. 24, 2020**
- **Oct. 22, 2020**

The day consists of briefings from 8-11 a.m., Lunch 11 a.m. - Noon, Island Tour Noon-1:30 p.m., Quad City Tour 1:30-4 p.m. Light breakfast items (on site) and lunch at Building 60 cafeteria are provided courtesy of our sponsors RIA Federal Credit Union and USAA. R.S.V.P. required to sign

up contact ACS at 309-782-0829. This event has a maximum and minimum participation requirement.

### **RIA Volunteer Advisory Council Meeting**

This meeting is designed to provide a platform for the Installation to collaborate efforts, share information, and ideas, and discuss issues revolving around Volunteering. The meeting is held quarterly. If you would to attend an upcoming council meeting please contact ACS. Upcoming Council Meetings:

- **Jan. 7**
- **April 7**
- **July 6**
- **Oct. 6, 2020**

The meetings will be held from 9-10 a.m. in the ACS Training Room, 1<sup>st</sup> Floor, in Building 110. R.S.V.P. Required: to sign up contact ACS at 309-782-0829.

### **Relocation Assistance Coordinating Committee**

This meeting is designed to provide a platform for the Installation to collaborate efforts, share information, and ideas, and discuss issues revolving around Relocation to and from Rock Island Arsenal. The meeting is held Bi-Annually. Upcoming Council Meetings:

- **April 9**
- **Oct. 8, 2020**

Time: 10-11 a.m.

Location: Building 110; 1<sup>st</sup> floor, ACS Training Room

R.S.V.P. required; to sign up contact ACS at 309-782-0829

### **Overseas Orientation**

Are you taking an assignment in an overseas location? Let Army Community Service Relocation Assistance programs provide you with a country specific brief that includes information on the PCS process, travel requirements, entitlements, and things you need to know before you go and much more. The orientation is offered monthly on the first Tuesday of the month starting at 9:30 a.m. Spouses are highly encouraged to join. R.S.V.P. is required. To sign up contact ACs at 309-782-0829.

### **Face to Face Sponsorship Training**

Sponsorship is the key to a smooth transition and proper unit integration. Sponsorship is available to both military and civilian entities. A well informed and well equipped sponsor has the ability to support unit readiness during a time of turnover and transition. Good sponsors have the ability to set a positive tone for unit moral and support. Army Community Service offers face to face sponsorship training that provides sponsors with the tools necessary to perform their sponsorship duties efficiently and effectively. The training is offered monthly on the first Friday of the month in the ACS Training Room. R.S.V.P. is required. To sign up contact ACS at 309-782-0829. Unit training is available upon request.



# 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., Bldg. 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>**

## **RV Storage Lot Spaces Available**

Outside vehicle storage is offered in a secured access controlled lot. Patrons can store campers, boats, and personally owned vehicles and more. Fees for outdoor storage spaces are \$30/month and with no contract you can store with us for as little or as long as you need. For more info and to reserve your spaces, call Outdoor Recreation at 309-782-8630.

## **Yard Sale Table Special**

Let Outdoor Recreation Help with your yard sale. Rent five tables for the price of four and use them for 13 days; \$20. Pick them up on a Thursday or Friday and return them two Tuesdays later. This will allow you to get your sale set up and help ensure its' success. This special runs from **July 3 to Nov. 5**. For more information please call 309-782-8630.

## **Cargo Trailers**

Are you moving your kids back from college or changing residence? To help make this move easier Outdoor Recreation has cargo trailers available for your use. Please call 309-782-8630 for more information or to make your reservation.

## **Special Event Equipment**

Do you have a special event coming up? Outdoor Recreation has party canopies, tables, chairs, charcoal grills, backyard games and bounce houses to help ensure the success and fun of your event. Please call 309-782-8630 for more information or stop by Outdoor Recreation any time Monday through Friday from 8:15 a.m. to 4 p.m. and our staff will gladly show you all of the items available.

## **Storage Units Available for Rent**

Did you know that Outdoor Recreation has storage units that are available to rent right here on the Island? If you're in need of short or long term storage, we have the solution for you. Units measure 10' x 15' and are available for \$80/month, use it for as little or as long as you have a need to store items. For your convenience we also offer automated online billing. Call 309-782-8630 for more info and to reserve your space(s) today, these available units won't last long.

# 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).

## Mental Health Awareness

Mental Health Awareness Week, sponsored by the National Alliance on Mental Illness (NAMI), takes place the first week in October. During this time, individuals have an opportunity to learn more about mental health challenges; such as depression, anxiety, and bipolar disorder that affect thousands of individuals and their family members. A mental illness is a medical condition that disrupts a person's thinking, mood, ability to relate to others, and/or daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life. Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are treatable, and most people diagnosed with a serious mental health challenge can experience relief from their symptoms by actively participating in counseling from a qualified professional. A great first step toward addressing mental health concerns is to schedule an appointment with a Rock Island Arsenal Employee Assistance Program (EAP) counselor. Free and confidential counseling provided by Master-level counselors is available to Rock Island Arsenal employees, their immediate family members, and military family members. EAP counselors provide short-term counseling, referral assistance, and follow-up services. The Rock Island Arsenal EAP is located in Building 56, Room 104. You can contact the office at 309-782-4357. Counselors are available to meet Monday – Friday from 7 a.m. until 4:30 p.m.

## NAMI Greater Mississippi Valley

NAMI Greater Mississippi Valley is a local voice for mental illness, empowering individuals and their families toward recovery. As an affiliate of NAMI, the local group is part of the largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness, while providing education and support to their families. NAMI provides support, educational programs, advocacy, and funding to those individuals and their families struggling with mental illness. Contact the local NAMI office at 563-386-7477 ext. 266 or go to [www.namigmv.org](http://www.namigmv.org) for more information.

## National Depression Awareness Month

October is National Depression Awareness Month. In observance, the U.S. Army will join several organizations across America, **Oct. 10**, in recognition of National Depression Screening Day to inform the public about the signs and symptoms of depression. The public will also learn the importance of seeking treatment and will be provided information about the availability of free online anonymous behavioral health screenings. According to the Centers for Disease Control, one in ten U.S. adults report depression. Symptoms of depression may include persistent sadness, difficulty concentrating, hopelessness, fatigue, changes in appetite, insomnia, irritability, and in some instances, thoughts of suicide. While most people experience sadness at time in their lives, it is time to seek help when these feelings persist and begin to interfere with everyday life which may be a sign of clinical depression, a serious medical condition that if left untreated, may lead to other medical conditions. Oftentimes, the first step towards getting well is becoming aware of key warning signs through depression screening. Unfortunately, two-thirds of people who suffer from depression fail to seek care. The good news is that clinical depression can be treated and anonymous screening resources are available. Treatments may include therapy, medications or a combination of both.



## National Drug-Free Work Week

We are proud to announce the 13th annual anniversary observance of [National Drug-Free Work Week](#), **Oct. 14-19**. This yearly public awareness campaign highlights the importance of a drug-free workplace and encourages workers with alcohol and drug problems to seek help. National Drug-Free Work Week was initiated by the U.S. Department of Labor as a cooperative agreement focused on improving safety and health in the construction industry through drug-free workplace programs. The first Drug-Free Work Week was observed in 2006, and in subsequent years, more and more organizations—representing a range of industries—also rallied behind the effort, helping firmly establish it as an annual opportunity to reinforce to employers and employees alike that “working drug free works.” Today, the National Drug-Free Workplace Alliance, a division of Drug Free America Foundation, in collaboration with stakeholders for a safe and healthy workplace, promote this annual observance. Together, we spread the message to encourage individual workplaces to take this opportunity to educate and strengthen their safe and healthy work environments—reflecting the true spirit of National Drug-Free Work Week.



## Employee Assistance Abuse Program Groups

The Employee Assistance Abuse Program 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. Upcoming dates for groups offered by the Employee Assistance Program, employees can register in TEDs or call 309-782-0965:

- **Oct. 16:** Working With You Is Killing Me, Bldg. 104, Baylor Training Rm. 1, 10 a.m. – 12 p.m.
- **Nov. 14:** Real Colors, Real Colors, Bldg. 104, 3rd Floor, North Central Training Room, 8 a.m. – 12 p.m.
- **Dec. 4:** Real Colors, Real Colors, Bldg. 104, 3rd Floor, North Central Training Room, 8 a.m. – 12 p.m.

- Dec. 11: Emotional Intelligence, Bldg. 104, Baylor Training Rm. 1, 10 a.m. – 12 p.m.

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.

## 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: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more:

<https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

### **SFL-TAP, Career, Entrepreneurship, Higher Education Tracks, Pre-Retirement**

If Soldiers in your organization are within 24 months of retirement or 18 months of separation, or even just thinking about life after military service, please encourage them to sign-up and attend this vital training. Space is still available, it is open to all branches of service, Retirees (space available), veterans (180 days after separation). Soldiers can bring along their family members as well. Please spread the word, this is not a one-time check the block, transitioning members should start early as this will give more time to attend training as often as it is needed.

- Pre-Retirement Briefing, **Oct. 25**
- SFL-TAP Workshop, **Oct. 28-Nov. 1**
- Entrepreneurship (Boots to Business), **Nov. 4-5**
- Career Exploration Planning, **Nov. 6-7**

All classes will be held Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m. start time, classrooms (same hallway as the Education Center). For more information contact 309-782-7780 or email [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil).

### **Scholarships and Special Projects Awards Available for Emergency Responders**

The Yvorra Leadership Development Foundation (YLD) is currently accepting applications for its 2019 Scholarships and Special Projects related to leadership development. The awards are in memory of Deputy Fire Chief James G. Yvorra, Emergency Medical Technician Donald E. Sellers, and Chief John M. Eversole. Any active career or volunteer fire, rescue, EMS, or emergency management member or active duty or reserve U.S. military member who serves in an emergency response position is eligible. Annual awards are approximately \$2,500 each and three awards will be issued totaling \$7,500. In addition to one award for firefighters, there is an award set aside for hazardous materials responders and one for emergency medical service responders. Special awards of greater value may be issued for leadership development related special projects proposed by individuals or groups. Since 1989, YLD has awarded \$195,000 to 102 award recipients. To request an application go to [www.yld.org](http://www.yld.org) and click "Applications." The deadline for applications is **Wednesday, Oct. 30**, and awards are usually announced in late December.



# Defense Commissary Agency / Exchange



The Rock Island Commissary, [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal), and the Exchange, [www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912](http://www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912), 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: [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) (Facebook: [www.facebook.com/YourCommissary](http://www.facebook.com/YourCommissary))

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: [rockisland@deca.mil](mailto:rockisland@deca.mil) and type 'Subscribe' in the subject line.

## Exchange Seeks Best Pet Costumes in Halloween Photo Contest

Is Fluffy okay with a snap-on lion's mane? Is Rover ready to don Superman's cape? Does your parakeet think it's a pterodactyl? If so, the Army & Air Force Exchange Service is inviting shoppers to share photos of their pets in a Halloween Pet Costume Photo Contest for a chance to win \$5,000 in Exchange gift cards. Through Oct. 31, authorized Exchange shoppers can submit a photograph of their pet dressed in their Halloween best at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes). One grand-prize winner will receive a \$1,000 Exchange gift card, while eight runners-up will each receive a \$500 Exchange gift card. "Pets have always been a beloved addition to any family, especially military families that often face unique circumstances," said Air Force Chief Master Sgt. Luis Reyes, Exchange senior enlisted advisor. "This contest is a great opportunity for families to show off their pets." (More: [www.dvidshub.net/news/345786/exchange-seeks-best-pet-costumes-halloween-photo-contest](http://www.dvidshub.net/news/345786/exchange-seeks-best-pet-costumes-halloween-photo-contest))

## Military Dads Can Win a Year's Supply of Diapers with Exchange Sweepstakes

Calling all military fathers! Dads can enter for a chance to win one of three prizes from the Army & Air Force Exchange Service, each including Pampers diapers and an Exchange Gift Card. From Oct. 4 through Oct. 31, eligible Exchange shoppers can enter the Dad's Craziest Diaper Change photo sweepstakes by submitting a photo showing the most creative place they have ever changed a diaper to [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes). Entries must include first and last name, city, state, and contestant's local Exchange. The grand prize is a 12-month supply of Pampers and a \$500 Exchange gift card. A second place winner will receive a 6-month supply of Pampers and a \$250 Exchange gift card while third place will win a 3-month supply of Pampers and a \$100 Exchange gift card. (More: [www.dvidshub.net/news/346070/military-dads-can-win-years-supply-diapers-with-exchange-sweepstakes](http://www.dvidshub.net/news/346070/military-dads-can-win-years-supply-diapers-with-exchange-sweepstakes))

## **Fall Savings: October Promotions Offer Discounts for Halloween, Oktoberfest, Turkeys and More**

Falling leaves, falling temperatures, and falling prices at the commissary. It must be fall. “Get ready for the fall celebrations,” said Army Command Sgt. Maj. Tomeka N. O’Neal, the Defense Commissary Agency’s senior enlisted advisor to the DeCA director. “They’ll be here before you know it! The commissary can help you save while you treat the ghosts and ghouls of Halloween and prepare for Thanksgiving without missing a beat.” Throughout October, commissaries will offer discounts beyond everyday savings. Patrons are also advised to check their stores’ “end of the aisle” for themed items with extra low pricing. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store for details or visit their store page to verify what’s available. (More: [www.commissaries.com/our-agency/newsroom/news-releases/fall-savings-october-promotions-offer-discounts-halloween](http://www.commissaries.com/our-agency/newsroom/news-releases/fall-savings-october-promotions-offer-discounts-halloween))

## **MILITARY STAR Shoppers Can Win \$25,000 in Exchange Home for the Holidays Sweepstakes**

MILITARY STAR® is giving five shoppers an extra dose of good cheer with the Home for the Holidays sweepstakes—in the form of \$5,000 cash. Now through Oct. 24, military shoppers who use their MILITARY STAR card twice at any exchange and twice at commissaries will automatically be entered for a chance to win. “As wonderful as the holidays are, they can be a strain on the budget, especially for those traveling home” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted advisor. “MILITARY STAR wants to help make this time of the year stress-free for five deserving military families by giving away cash to help with extra holiday expenses, like travel.” (More: [www.dvidshub.net/news/344624](http://www.dvidshub.net/news/344624))

## **Patronage Expansion Implementation**

Starting **Jan. 1, 2020**, DOD and the Department of Homeland Security (DHS) are expanding in-store commissary, Military Service exchange, and MWR retail facility use to Purple Heart recipients, former prisoners of war, veterans with service-connected disabilities rated less than 100 percent by the Department of Veterans Affairs (VA), and caregivers or family caregivers enrolled as the primary caregiver for veterans in the VA Program of Comprehensive Assistance for Family Caregivers. This provision also lists Medal of Honor recipients and includes veterans with 100 percent service-connected disabilities, both of which are already authorized broader patronage benefits within DOD policy. Implementation of this patronage expansion applies only to the newly specified groups. As provided for in Section 621 of the John S. McCain National Defense Authorization Act for Fiscal Year 2019, and codified into law at Section 1065 of Title 10, United States Code, DOD is launching this **Jan. 1, 2020**. The patronage expansion working group comprised of key stakeholders from DOD, Department of Homeland Security, and Department of Veterans Affairs has been working out the details of credentialing, access, ops, IT.

## **Shop, Win, Cheer: Exchange Giving Away Tickets to Army-Navy Game**

Military shoppers have a chance to cheer on the Army Black Knights and Navy Midshipmen in person at the 2019 Army-Navy Game just by shopping their military exchange or commissary with their MILITARY STAR® card. Shoppers will automatically be entered to win two tickets to the game when they use their MILITARY STAR card from **Aug. 31 to Oct. 17**. Qualifying purchases can be made anywhere MILITARY STAR is accepted, including ShopMyExchange.com, meaning honorably discharged Veterans can win, too. The Army & Air Force Exchange Service, which administers the MILITARY STAR program, is a participating partner of the 2019 Army-Navy Game. “The Army-Navy Game is where heroes win,” said Air Force Chief Master Sgt. Luis Reyes,

Exchange senior enlisted advisor. "The Exchange and MILITARY STAR want the best customers in world to have a chance to experience this game live." (More: [www.dvidshub.net/news/337743](http://www.dvidshub.net/news/337743))

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## Arsenal Archive

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**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: [www.arsenalhistoricalsociety.org/museum](http://www.arsenalhistoricalsociety.org/museum)) (Facebook: [www.facebook.com/RIAMuseum](http://www.facebook.com/RIAMuseum))

### **Brown Bag Lunch & Learn: History of First Army**

Join us on **Monday, Nov. 4**, 12-1 p.m., at the Rock Island Arsenal Museum to learn about the First Army's storied history. CPT Kevin Braafladt, First Army Historian, will provide a short summary of First Army's history, beginning with its creation in 1918 by General John J. Pershing and its subsequent wartime service commanding all U.S. Forces in World War I. The discussion will progress through First Army's participation in rebuilding the U.S. Army throughout the 1930's and early 1940's. It then will examine the unit's incredible contributions in World War II, where First Army led all U.S. ground and airborne forces during the assault on Normandy before battling on through Aachen and the Bulge. Finally, the discussion will tie First Army's combat and training legacy to its current-day mission of validating all U.S. Army Reserve and National Guard troops while being headquartered here at Rock Island Arsenal.

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## Healthbeat



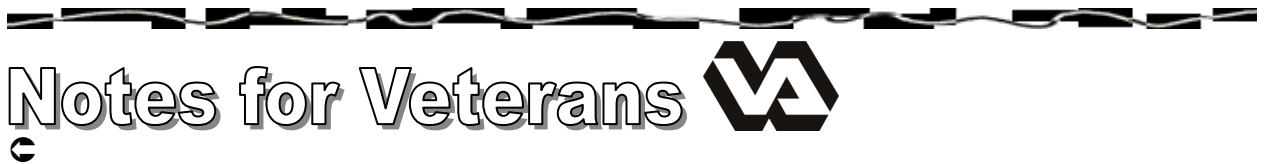
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### **Autumn Ushers In Season of Falling Under The Weather with Flu**

With autumn comes seasonal influenza, a contagious viral infection that may cause fever, cough, headache, sore throat, muscle and body aches, and fatigue. The flu virus is common; approximately 49 million Americans came down with it during the 2017-18 season, according to the Centers for Disease Control and Prevention. Flu infections usually happen during the fall and winter, according to the CDC, with peak activity occurring between December and February. Most flu sufferers can count on feeling bad anywhere from a few days to up to two weeks, but they will recover. Some people, however, develop complications that can become life-threatening. The CDC estimates that for the 2017-18 flu season, 960,000 hospitalizations and 79,000 deaths were linked to influenza. "Certain groups are at high risk of flu-related complications," said Dr. Jay Montgomery, medical director of the Defense Health Agency's North Atlantic Region Vaccine Safety Hub, Immunization Healthcare Division. At-risk individuals include children ages 6 months to almost 5 years, adults 50 and older, people with chronic medical conditions, and pregnant women, Montgomery said, citing statistics from the CDC. (More: <https://health.mil/News/Articles/2019/09/26/Autumn-ushers-in-season-of-falling-under-the-weather-with-flu>)

## **Women's Health Month: Take Ownership of Health, Wellness Issues**

October marks Women's Health Month, an opportunity for the Military Health System to increase awareness among female beneficiaries about important health and wellness issues that span a lifetime. As an experienced family physician, I know, in the MHS, we have a receptive audience. Women are significantly more likely than men to make and keep appointments with their health care providers, according to the Centers for Disease Control and Prevention's National Health Interview Survey. Many of these appointments are for routine screenings: mammograms to check for breast cancer, Pap tests to detect cervical cancer. These are important, of course. Thanks to improvements in detection and treatment, more and more breast cancer patients are becoming breast cancer survivors. And U.S. cervical cancer survival rates are among the highest in the world. But women's health encompasses more than these preventive cancer screenings. Did you know the No. 1 killer of women is heart disease? The American Heart Association's Life's Simple 7 identifies seven risk factors that women as well as men can improve through lifestyle changes to achieve ideal cardiovascular health. (More: [www.health.mil/News/Articles/2019/10/01/Womens-Health-Month-Take-ownership-of-health-wellness-issues](http://www.health.mil/News/Articles/2019/10/01/Womens-Health-Month-Take-ownership-of-health-wellness-issues))



## **Veterans Can Now Enroll In VA's Million Veteran Program Online**

Veterans can now join the Million Veteran Program online (MVP) as part of the U.S Department of Veterans Affairs' (VA) effort to improve the lives of Veterans through health care research and innovation. More than 775,000 Veteran partners have already joined MVP, a national, voluntary, research initiative that helps VA study how genes affect the health of Veterans. "MVP has already resulted in a number of important scientific publications that increase our knowledge of conditions that affect Veterans' health, and we expect this resource to continue to prove its value over the coming years," said VA Secretary Robert Wilkie. "VA is excited to announce the launch of MVP Online, which will make it even easier for Veterans nationwide to take part in this landmark research effort." (More: [www.va.gov/opa/pressrel/pressrelease.cfm?id=5326](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5326))

## **VA Shares Electronic Health Records**

### **Veterans will not have to fill out paperwork to share health information**

It will soon be easier for you to get VA health care in your community without paperwork. As of Jan. 2020, you won't have to provide a signed, written authorization for VA to release your electronic VA health information to a participating community care provider. VA will automatically begin sharing your health information with participating community care providers using the Veterans Health Information Exchange. The electronic system is secure and safe. This change will make it easier for your health care team to make better decisions about your health care. It can also help you be safer, especially during emergencies. (More: [www.blogs.va.gov/VAntage/66706/va-shares-electronic-health-records](http://www.blogs.va.gov/VAntage/66706/va-shares-electronic-health-records))



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# Around the Q.C.



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**Oct. 13:** Apple Fest (downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Oct. 22:** St. Ambrose Military And Veterans Organization and Quad Cities Veterans Art Initiative Art Therapy, 6 p.m. (Jersey Grille Sports Restaurant, 5255 Jersey Ridge Rd., Davenport) More: [www.facebook.com/events/481084402475822](http://www.facebook.com/events/481084402475822)

**Oct. 24:** Fright Night (Schwiebert Park in downtown Rock Island) More: [www.downtownrockisland.org](http://www.downtownrockisland.org)

**Oct. 26:** Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: [www.lagomarcinos.com](http://www.lagomarcinos.com)

**Oct. 26-27:** Boo at the Zoo (Niabi Zoo) More: [www.niabizoo.com](http://www.niabizoo.com)

**Oct. 26:** Witches Walk & Costume Parade (downtown LeClaire, Iowa) More: [www.visitleclaire.com](http://www.visitleclaire.com)

**Oct. 26:** Halloween Parades (Bettendorf and Davenport)

**Nov. 16-24:** Quad City Arts Festival of Trees (RiverCenter in Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 16:** Festival of Trees Parade (downtown Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 16:** Lighting on the John Deere Commons (downtown Moline) More: [www.lightingonthecommons.com](http://www.lightingonthecommons.com)

**Nov. 24:** Christmas Walk (Walnut Grove Pioneer Village) More: [www.scottcountyiowa.com](http://www.scottcountyiowa.com)

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# Island Insight

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**Col. Stephen C. Marr, Garrison Commander; Eric Cramer, Public Affairs Officer;**

**Mark Kane, Editor** *The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal 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)

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