



Oct. 23, 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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Artificial Intelligence - The Future of Munitions Readiness

In a time of limited resources, maintaining readiness can be a challenge. When the mission is providing ready, reliable, and lethal munitions to the Joint Warfighter, rising above such challenges can be a matter of life and death. One way to make the best use of available resources is to streamline and upgrade systems that are already in place. With the goal of improving munitions readiness and enterprise synchronization, U.S. Army Joint Munitions Command (JMC) is leading the way by experimenting with the expanded application of Artificial Intelligence (AI) technology to its data systems. At the direction of Brig. Gen. Michelle Letcher, JMC identified systems that could benefit from the application of such technology and launched two Proof of Concept (POC) tests. These have already revealed the ability to improve the quality of data and save several years' worth of man hours, achieving better accuracy and providing for a more effective use of manpower. "JMC's early efforts are promising and could provide valuable lessons for other organizations looking to streamline and improve



Upcoming Dates

- Sept. 9 – Jan. 12:** Combined Federal Campaign, www.midwesterncfc.org
- Oct. 21-25:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m. - 3:40 p.m.
- Oct. 22-23:** Federal Employees Health Benefit Fair, Heritage Hall, Bldg. 60, 9 a.m. – 1 p.m.
- Oct. 23:** Join the Fight March, Exchange to Bldg. 110 - Rodman Ave., 11 a.m.
- Oct. 23:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Oct. 23:** Family Halloween Bunco, Lock & Dam Lounge, 5-7 p.m.
- Oct. 24:** Federal Employees Health Benefit Fair, Bldg. 212, 9 a.m. - 1 p.m. (JMTC only)
- Oct. 24:** MVRBC Blood Drive, JMTC Cafeteria, 1:45 a.m.
- Oct. 24:** Newcomer's Orientation and Bus Tour, Rock Island Arsenal Museum, 8 a.m. - 5 p.m.
- Oct. 24:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.
- Oct. 24:** Halloween Bunco, Lock & Dam Lounge, 6-8 p.m.
- Oct. 25:** **Paint the Island Purple, Arsenal Island**
- Oct. 25:** Pre-Retirement Briefing, Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m.
- Oct. 25:** First Army Ball, Waterfront Convention Center, 10 a.m.
- Oct. 25:** Honor Flight of the Quad Cities, Quad Cities Intl. Airport, 9:30 p.m.

their systems through the use of AI technology," said Letcher. (More: www.army.mil/article/228705)

Advancing the Use of Additive Manufacturing Equipment in the Army

The Army supports the readiness of its equipment and units with a maintenance and supply system that ensures Soldiers have the supplies, equipment, and spare parts they need, when they need them, to accomplish their mission. However, even the best system cannot always respond fast enough to meet readiness requirements, so Army sustainment professionals are always looking for innovative solutions to reduce or eliminate excessive lead-times, improve readiness, and meet Soldier needs. One of these innovative solutions is Additive Manufacturing (AM). At the highest echelon of the Army's operationalized AM capabilities, the depots, arsenals, and ammunition plants of the Army's Organic Industrial Base have developed strong AM capabilities, having used AM for many years to support their internal production lines to overhaul, rebuild, and reset Army equipment. Building on this history, the Advanced Manufacturing Center of Excellence (AM COE) at Rock Island Arsenal's Joint Manufacturing and Technology Center (JMTC) furthers these capabilities by serving as a focal point for operationalizing AM across the Army. It provides AM-produced polymer or metal parts directly to the customer in support of the readiness needs of the Army. The AM COE also provides a technical assistance help desk to assist units with any aspect of AM. Contact the AM COE Help Desk by email at usarmy.amsupport@mail.mil for assistance. (More: www.army.mil/article/228666)



Installation Readiness Keeps the Army Trained, Ready and Deployable

As the Army modernizes its equipment and processes for future conflicts, so must the service modernize its installations. The Army's shift from counterinsurgency to multi-domain operations has pushed the importance of Army installations to the forefront. In the multi-domain concept, installations are part of the Strategic Support Area, where military might is generated, projected and sustained during the fight. "Our enemies have been watching us in the fight for many years and they know if they go toe-to-toe with the greatest Army the world has ever seen, they are not going to win.

To prevent that, their strategy could potentially be to not let our forces leave the U.S. and stop us from entering the fight," Army Materiel Command's Commander Gen. Gus Perna said at the Association of the U.S. Army annual meeting and exposition Oct. 15. (More: www.army.mil/article/228748)



People Are Centerpiece of the Army, Not 'Interchangeable Parts,' Says CSA

The Army plans to test a new approach to talent management this fiscal year on how to select battalion commanders before possibly extending it to other ranks, said the Army's top officer. "To ensure we recruit and retain the right people for the Army, we are implementing a 21st century talent management system," said Chief of Staff of the Army Gen. James C. McConville during his first address in the role at the Association of the U.S. Army Annual Meeting and Exposition Tuesday. Officers being considered will be screened by a command board. After that, top qualifiers will compete in person during a five-day assessment -- the Battalion Commander Assessment Program -- at Fort Knox, Kentucky,



in January, prior to selection. After having a chance to learn lessons from the upcoming battalion commander program, McConville hopes to expand it to sergeants major and brigade-level commanders in the future. (More: www.army.mil/article/228546)

October is Energy Awareness Month

To celebrate Energy Awareness month, the Rock Island Arsenal energy manager has the following items planned for October. "Rocky," the RIA Energy Dog, will be on display in various buildings looking for energy waste. The energy manager will be working with the building energy monitors alerting occupants of energy issues that are identified where Rocky is displayed. The energy manager will walk through various buildings with building energy monitors inspecting their building for energy waste. During the month, the building energy monitors and building occupants should be reviewing the Energy Monitor Handbook. On **Wednesday, Oct. 23**, there will be training for the building energy monitors in the Bldg. 102 basement PW conference room from 9:30 – 11 a.m. If there are questions, please contact the energy manager, Doug Van Werden, located at Public Works in Building 102 at 309-782-2372 or email douglas.d.vanwerden.civ@mail.mil.



On **Wednesday, Oct. 23**, there will be training for the building energy monitors in the Bldg. 102 basement PW conference room from 9:30 – 11 a.m. If there are questions, please contact the energy manager, Doug Van Werden, located at Public Works in Building 102 at 309-782-2372 or email douglas.d.vanwerden.civ@mail.mil.

Energy Conservation in the Workplace

The U.S. Department of Energy continues to campaign the importance of saving energy. From offering consumers tax rebates for reducing energy consumption to creating an energy saving curriculum for school aged children, people are learning how to reduce their carbon footprint while saving money. As budgets around the Arsenal tighten, energy conservation has become vital in the workplace. Do your part and take responsibility for reducing workplace energy consumption with these tips.



General Energy Saving Tips

Many of you are familiar with ways to save energy. Let this list serve as a reminder that it is possible to save energy in nearly every workplace activity. Every effort to conserve energy, no matter how small, saves resources and money!

- Conserve ink and paper
 - Only print when absolutely necessary
 - Print double sided
 - Recycle waste paper
 - Print on 'draft' or 'economy' mode
 - Recycle empty print cartridges

Remember: Paper production weighs in as the fifth highest use of industrial energy consumption. Paper production requires the equivalent amount of energy to manufacture one ton of paper as it does to produce one ton of steel.

- Power down electronic devices not in use
 - Set your PC to standby when not in use
 - Turn off the computer if you will be away for over 2 hours
 - Unplug electronics when not in use including: microwaves, coffee makers, battery chargers, and electric staplers

Remember: Computer screen savers do not save energy. Computers in standby can still use up to 70% of normal power. Appliances still use power when plugged in, even when they are not in use.

- Turn off lights when not in use
 - Watch for outside lights left on during the daytime
 - Take advantage of natural light through windows

Winter Energy Saving Tips

The winter season has hit with full force, bringing plenty of snow and freezing temperatures. Here are a few tips to further conserve energy during the season.

- Turn down the thermostat
 - It is possible to stay comfortable without cranking the heat
- Take advantage of windows
 - Open the blinds during the daytime and take advantage of the sun's natural heat
 - Close the blinds in the evening to limit heat escaping
- Eliminate drafts
 - Pay attention to excess cold air seeping through windows or doors
 - Try covering mild drafts
 - Report heavy drafts

Remember: Reducing the room temperature by 1°F could cut heating costs by 10%.

Health Is Our Greatest Measure of Wealth

"Healthy citizens are the greatest asset any country can have." – Winston Churchill
 Good health can be fleeting, and negative health diagnoses can come without warning. Worldwide, diseases lower the quality of life for patients, their families, and entire communities. Perhaps you know one of the estimated 12.8% of women who have been diagnosed with breast cancer.

Maybe you read about one of the more than 130 people who overdose and die each day from opioid addiction. Malaria causes an estimated 216 million clinical episodes in Africa, 90% of which result in the death of the patient. More than 9 million people lack access to HIV testing services. Although scientific advancements have greatly improved medical treatments and protocols, there is more to do. CFC charities are working hard to find cures for cancer or aging illnesses, prevent the spread of diseases, deliver quality health care in rural areas, and so much more. Here's how you can support their work and make an impact:

- \$17 funds one day of a clinical trial for a cancer patient.
- \$25 funds more than half a day of pediatric cancer research.
- \$25 covers one life-changing cataract surgery to prevent blindness.
- \$100 supplies 50 bed nets to protect people from malaria.
- \$150 trains a community health worker in education and basic health services in a developing country.

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. Visit our Local CFC Website at <https://midwesterncfc.org>



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). 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.

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)

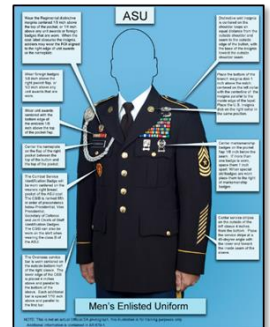
Garrison Security Office Closure

The Garrison Security office closed effective Oct. 15, at 12:30 p.m. through the end of day **Friday, Oct. 18**. Normal duty hours will resume on Monday, Oct. 21.

VIOS Schedule for October through December

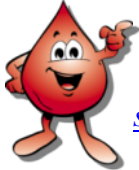
Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Oct. 21-25, Nov. 18-22, and Dec. 9-13**.

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.



Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the CRD Room (in Bldg. 60), on **Nov. 8 and 15**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email 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 t-shirts. All donors may call 563-359-5401 or email shoegerl@mvrbc.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.

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

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)



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.

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.



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)

Invitation to NOSC Change of Command Nov. 2

You are cordially invited to attend the Naval Operational Support Center Rock Island Change of Command Ceremony on Saturday, Nov. 2. To view your electronic invitation and RSVP, please click the link below:

- <https://einvitations.afit.edu/inv/anim.cfm?i=469016&k=06674B097A51>

If you are unable to click on the link please copy and paste the address into your web browser. In 2007, Navy Operational Support Center Dubuque and Navy Operational Support Center Cedar Rapids, Iowa closed due to the 2005 Base Realignment and Closure report. Sailors from both reserve centers began drilling in Rock Island by the end of 2007. In October 2010, the building was renamed the "Lane Evans Navy and Marine Corps Reserve Center," after retired Congressman Lane Evans. Today, Navy Operational Support Center Rock Island is host to more than 200 drilling Navy reservists that are part of six different units.



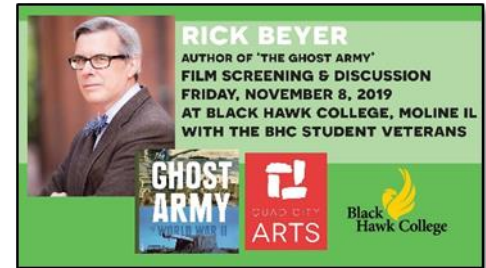
Remembering Our Fallen

Join us for Remembering Our Fallen at the Rhythm City Casino, 7077 Elmore Ave, in Davenport, **Nov. 8-24**, [times vary depending on the day](#). Remembering Our Fallen is a memorial to honor and remember those who made the ultimate sacrifice for our freedom. Its legacy will be that these men and women will not be forgotten; that their names will be remembered and spoken often to their families and friends. In doing so, it is hoped that the family members and friends will receive comfort and healing, and at the same time, remind others of the tremendous cost paid for our freedom. This national photographic memorial has been completed for the states of Nebraska, Iowa, Missouri, Colorado, Arizona, Wisconsin, Kansas, Oklahoma, Texas, Georgia, Florida, California, Alabama, Indiana, Tennessee, and New York. Remembering Our Fallen from Iowa, which will be at the Rhythm City Casino, includes photos of our nation's military fallen from The War on Terror since Sept. 11, 2001, and who called Iowa home. (More: www.facebook.com/events/764465153940696)



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)



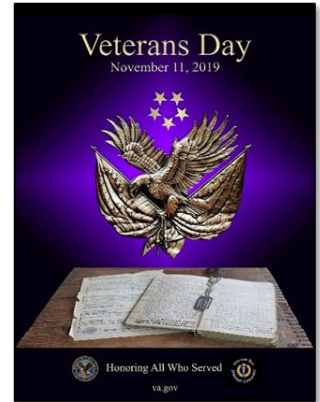
Salute To Military: Quad City Storm vs. Evansville Thunderbolts

Join us at the TaxSlayer Center on **Saturday, Nov. 9**, puck drop at 7:10 p.m., for Salute To Military as our very own Quad City Storm take on the Evansville Thunderbolts. We will be honoring the brave service men, women, and veterans that keep our country safe. The National Anthem and a special painting will be performed by Joe Everson. There will also be a military enlistment service at the intermission. Storm players will be wearing special Salute to Military jerseys; after the game the jerseys will be auctioned off live with the proceeds going to Guide Dogs of America that will also be receiving the Chuck-A-Puck funds sold at the game. Fans can honor their loved one who serve, or have served, by painting their names on the ice the Tuesday before the game. This is free to the public and with this year's painting event taking place on **Tuesday, Nov. 5**, 10 a.m. – 7 p.m. The Arsenal Island workforce and their families are invited to paint a name to honor someone who served. The Arsenal Island workforce and MWR authorized patrons (all active duty military, reserves, National Guard, retirees, RIA workforce civilians and contractors, and their families) can purchase tickets to the game through the MWR Leisure Travel Office with \$20 seating vouchers for \$18. For more information give the LTO office a call at 309-782-5890. Watch this space for possible other reduced ticket pricing for this specific game. The USO of Illinois – Rock Island Arsenal office will have free tickets available for this game for those who are eligible for USO services (active duty, National Guard, reserve, retired military, and their dependents). Watch the www.tixfortroops.org website where the details will soon be posted for registered eligible patrons who will then be able to use the site to claim their free tickets. Note: the website can also be accessed directly at www.events.org/creg.aspx?e=13940&m=10 if seeking to look at the site through a DoD network.



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.



Trivia Night

A Trivia Night, hosted by Mr. Trivia, will be held at the Rock Island Legion on **Saturday, Nov. 16**, at the Rock Island Moose Lodge at 4410 9th Street in Rock Island. Cost is \$10 per person/max eight per team; single players welcome. Doors open at 5:30 p.m. - games start promptly at 6:30 p.m. Mulligans and doublers available for purchase. Cash prizes for 1st, 2nd, and 3rd place. Please no outside beverages allowed. Cash bar will be available food/snacks welcomed. All proceeds donated to Legion Veterans Program. To reserve your table today, call Rich at 309-236-4642.

AAFES Sponsored Food Truck

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% 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% 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% discount off its services located at 2500 18th Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction

Join the Fight March, Impact to RIA Traffic

On **Wednesday, Oct. 23**, at 11 a.m., the US Army Garrison Rock Island Arsenal's Family Advocacy Program will hold its fifth annual Join the Fight March. Portions of Rodman Avenue will be closed from 11 a.m. to 11:30 a.m. to ensure the safety of those participating in the march. The RIA PD will support this action. As in past years, it will be a rolling blockade so that the entire road will not be blocked off at the same time. All portions of Rodman are expected to be open by 11:40 a.m.

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



Closure to Re-Pave Building 337 West Loading Dock Ramp

Effective Oct. 14, the Directorate of Public Works closed the Building 337 east end loading dock ramp to repave the loading area. Signage and barricades are installed to denote the work area closures. The project is scheduled to be completed by **Friday, Nov. 1**, weather dependent.

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**.

Closure of Building 210, 2nd Floor Break Room to Install a Sink and Countertop

Effective Oct. 14, the Directorate of Public Works closed the break room in Building 210, 2nd floor, Room 205, to install a new sink and countertop. Signage and barricades will be placed to denote the work area. The project is scheduled to be completed by **Friday, Nov. 15**.

Active Duty/Reserve Zone



New Efforts Aim To Improve 'Quality of Service' For Soldiers, Families

The Army is pumping more funds into military housing, while finding ways to ease challenges when Soldiers and families head to a new duty station. In front of a standing-room-only crowd, senior leaders spoke on those efforts as they took questions from the audience and social media on military family issues during a town hall at the Association of the U.S. Army Annual Meeting and Exposition. "The Army is people. It's our most important weapon system," said Gen. James McConville, chief of staff of the Army. "That's what makes us the world's greatest Army. So we have to take care of them." This year, the service established five quality of life priorities: housing, healthcare, childcare, spouse employment and permanent change-of-station moves. (More:

www.army.mil/article/228560)

Dislocation Allowance Now Available Before PCS Moves

Soldiers and their Families can now receive dislocation allowance ahead of a permanent change of station move after the Army updated its policy in an effort to reduce the burden of moving. The new policy is effective Oct. 10, when Gen. James C. McConville, chief of staff of the Army, and Secretary of the Army Ryan D. McCarthy signed the policy. Soldiers who possess an individually-billed government charge card are eligible for the advance payment. Dislocation allowance, or DLA, partially reimburses Soldiers for the expenses incurred while relocating to a new duty station on PCS orders. Payment rates can range from about \$978 to nearly \$5,000, based on rank or if a Soldier has dependents. The allowance does not have to be paid back. (More: www.army.mil/article/228756)

Army Developing Ways to Improve Household Goods Process

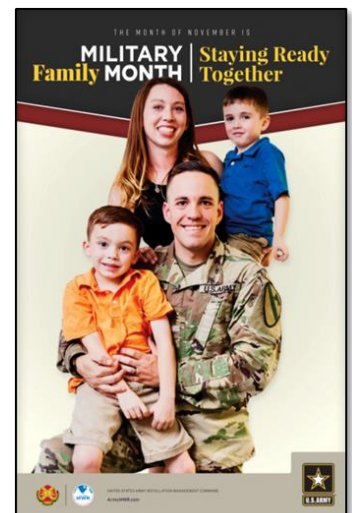
The Army is making improvements to the household goods, or HHG, process to help alleviate some of the stress attributed to a permanent change of station move. One initiative being considered is getting Soldiers their orders 120 days before their PCS date, said Maj. Gen. Michel M. Russell, G-4 assistant deputy chief of staff. "What that would do is allow [Soldiers and Families] to better mediate their timelines versus getting orders late and then having to work through issues with a truncated schedule," he said Tuesday during the Association of the U.S. Army Annual Meeting and Exposition. (More: www.army.mil/article/228673)

New Options Available For Spouse Employment, Relicensing

The Department of Labor recently launched a website to help military spouses that possess an occupational license and need to transfer their credentials to another state. Through the Veterans.gov website, military spouses can review each state's law concerning specific licensed occupations, said Kristopher Rick, assigned to the DOL's veterans' employment and training services. Spouses can then arm themselves with information about a state's licensure portability laws, Rick said Tuesday during a family forum at the Association of the U.S. Army Annual Meeting and Exposition. In 2019 alone, 13 states have implemented changes to legislation to support military spouses who have credentials. Through the website, spouses can easily navigate an interactive map of the country and receive a short synopsis of each legislation. (More: www.army.mil/article/228551)

Military Family Month

Military Family Month was established by the Armed Services YMCA and is observed every November. This observance provides an opportunity for the U.S. Army to honor the extraordinary commitment, contributions and daily sacrifices of Army Families. The Army's number one priority is the readiness of Soldiers, civilians, and their Families. Decades of research demonstrate that Army Family readiness impacts strategic Army outcomes, including resilience, retention, and readiness. Military Families continually demonstrate their dedication, service, and willingness to make great sacrifices to Soldiers. Army Families endure unique challenges related to military life -- the long separations from loved ones, the uncertainty and demands of multiple deployments, school and job transfers, and frequent moves. The Army is thankful for the selfless sacrifices of Army Families who serve alongside their Soldiers, enduring hardships, and providing unconditional love and support. The Army commemorates and honors the roles and contributions of Army Families as they too serve a vital role in the defense



of the country. The Army recognizes and honors military Families for their numerous contributions, steadfast commitment and daily sacrifices to the Army mission and to the nation. Army Families are an integral link between Soldiers and the Army's ability to maintain ready and responsive forces. Army Families are vitally important, as the strength of the Soldiers comes from the strength of their Families. Approximately 78 percent of Soldiers are from Families who have served in the military and 60 percent of all Soldiers have a spouse or dependents, in addition to parents, siblings, and others.

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; limited spots available.

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:

- **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.”

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



©

The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website:

<https://home.army.mil/ria/index.php/about/Garrison/safety-office>

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>

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)



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.

Black Light Zumba

Join us **Thursday, Oct. 24**, 5:30-6:30 p.m., in the Fitness Center, for a free Black Light Zumba Class. A fun new twist on one of your favorite fitness classes. No dance experience is needed, you just need to know how to move. Come join us in the Fitness Center for a fun filled hour of fitness with lots of good music to go along with all the cool dance moves. Don't worry about doing the wrong steps, just have fun and enjoy ditching the workout as you join the party. This class is free. Please call 309-782-6789 for more info.

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 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. Please continue to use the [Island Oasis Café & Grill](#) at Building 67, open Monday-Friday, 11 a.m. – 1 p.m., and the [Lock & Dam Lounge](#) in Building 60, open Wednesday and Thursday, 3-7 p.m., for your food, beverage, and entertainment needs. The Rock Island Arsenal Golf Club was founded in 1897 by Captain (later Colonel) Stanhope Blunt, who then served as Arsenal commander. The current clubhouse was built in 1906 after the original was destroyed by fire. The golf course was granted its license by Secretary of War William Howard Taft in 1905.



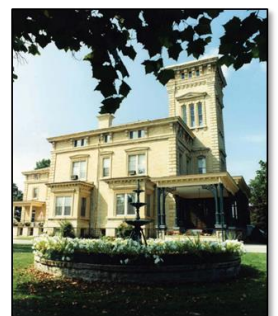
MWR Leisure Travel Office



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) (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.

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 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.

Child & Youth Services



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

Teen Homework Enrichment Program

Attention teen parents – CYC 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. CYC 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 CYC 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.

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, 1st 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. 24/7 Domestic Violence Crisis Line: **309-912-6089**.

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.



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.

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) 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:

- 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.

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, 1st Floor, in Building 110. R.S.V.P. Required: to sign up contact ACS at 309-782-0829.

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.

- **March 12**
- **Sept. 10**

Location: Caisson Room, Building 60

Time: 5:30-8 p.m.

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; 1st 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), 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, 1st 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.

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:

- 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, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Please visit our website to learn more: <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.

Quad Cities Fall Success Fair

Join us for the Quad Cities Fall Success Fair on **Thursday, Nov. 7**, 12:30-3:30 p.m., at the Holiday Inn Hotel & Conference Center Ballroom, 226 17th Street in Rock Island. This is where the Quad-Cities finds connections for employment, education and services for its veterans, citizens, and transitioning soldiers. (More: www.facebook.com/events/713198402492903)

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 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, and the Exchange, 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. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: 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 and type 'Subscribe' in the subject line.

More Questions Answered As Installations Get Ready For the Potential 3 Million Extra Shoppers

A little more than two months before a new shopping benefit takes effect for about 3 million newly eligible shoppers, defense officials have tested and rolled out the system that will allow these shoppers through the gates. The technology is in place at the installations' gate scanning systems at all Air Force, Navy and Marine Corps installations, and at about 40 Army installations, according to Defense Department spokeswoman Jessica Maxwell. Starting Jan. 1, all Department of Veterans Affairs service-connected disabled veterans, Purple Heart recipients, former prisoners of war and primary veteran caregivers will be eligible to shop at commissaries and exchanges on base, and to use certain morale, welfare and recreation facilities. All veterans with VA service-connected disability ratings of 0 to 90 percent are newly eligible. Service-connected disabled and other veterans who are newly eligible will use their veterans health ID card, or VHIC to gain access to the installation, and to shop. (More: www.militarytimes.com/pay-benefits/2019/10/21/more-questions-answered-as-installations-get-ready-for-the-potential-3-million-extra-shoppers)

Military Shoppers Can Prepare for the Unexpected with Exchange Protection Plans

Buying big-ticket items like electronics, jewelry or appliances is an investment. Military shoppers at the Army & Air Force Exchange Service can protect their investments with Exchange Protection Plans, powered by Asurion. (More: www.dvidshub.net/news/347901/military-shoppers-can-prepare-unexpected-with-exchange-protection-plans)

National Guard and Reserve Members Can Purchase Uniforms at ShopMyExchange.com

Army and Air Force National Guard, U.S. Army Reserve and Air Force Reserve Component service members, regardless of active status or rank, can buy uniforms and uniform items online through the Army & Air Force Exchange Service at www.ShopMyExchange.com. (More: www.dvidshub.net/news/348224/national-guard-and-reserve-members-can-purchase-uniforms-shopmyexchange.com)

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. (More: 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. Entries must include first and last name, city, state, and contestant's local Exchange. (More: www.dvidshub.net/news/346070/military-dads-can-win-years-supply-diapers-with-exchange-sweepstakes)

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.

Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website: www.arsenalhistoricalsociety.org/museum) (Facebook: 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.

Healthbeat

For A Good Grade on Bone Health, Aim For D – Vitamin D

Vitamin D is essential to building and maintaining strong bones, health experts say. Yet so many Americans – women, in particular -- aren't getting enough of it that in a report to the secretaries of the departments of Agriculture and Health and Human Services, the Dietary Guidelines Advisory Committee called vitamin D a "shortfall nutrient ... of public health concern." "Vitamin D is required for calcium absorption, and calcium is one of the major minerals in the bone," said Erin Gaffney-Stomberg, a research physiologist and principal investigator formerly at the U.S. Army Research Institute of Environmental Medicine, or USARIEM, in Natick, Massachusetts. "So if you don't have adequate vitamin D status, your calcium absorption will be impaired," said Gaffney-Stomberg, now at the U.S. Army Combat Capabilities Development Command Soldier Center's Combat Feeding Directorate, in Natick. (More:

<https://health.mil/News/Articles/2019/10/15/Headline-For-a-good-grade-on-bone-health-aim-for-D-vitamin-D>)

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)

Notes for Veterans



VA Announces New Process for Responding To Privacy Act Requests

The U.S. Department of Veterans Affairs (VA) implemented a new process Oct. 1 for responding to Privacy Act requests from claimants received by the Veterans Benefits Administration (VBA) for access to their claims files. VA has amended its process for those requesting their own information while respecting the privacy rights of third-parties by redacting third-party personally identifiable information (PII) from the claims files. “VA is committed to providing Veterans prompt access to their claim records increasing transparency and improving customer service,” said VA Secretary Robert Wilkie. “It’s imperative that we protect files containing sensitive and personal information. VBA is required by the Privacy Act to allow Veterans -- or their representatives -- the opportunity to review or make copies of claims files. Under this new process, VA does not anticipate delays in forwarding copies of claims files to Veterans or their designated representatives. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5338)

VA Completes Home Loan Funding Fee Refund Initiative

The U.S. Department of Veterans Affairs (VA) recently completed an aggressive initiative to process home loan funding fee refunds to Veteran borrowers, issuing more than \$400 million in refunds. The refunds are the culmination of a multi-year internal review of millions of VA-backed home loans spanning almost two decades. “VA staff worked diligently throughout the summer reviewing 130,000 cases, which is an average of 16,000 loans reviewed per week,” said VA Secretary Robert Wilkie. “This effort included loans dating back nearly 20 years. Our administration prioritized fixing the problems and paid Veterans what they were owed.” The VA’s Loan Guaranty Service (LGY) program identified more than 130,000 loans where a refund was potentially due. While some funding fees charged were found to be attributable to clerical errors, most fees were charged correctly. The exception was for those Veterans whose exemption status changed following the issuance of a disability rating after the closing of their loan. Letters were mailed notifying Veterans who were eligible for a refund. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5331)

Around the Q.C.



Oct. 24: Fright Night (Schwiebert Park in downtown Rock Island) More: www.downtownrockisland.org

Oct. 26: Lagomarcino’s Cocoa Beano 5K Race (Village of East Davenport) More: www.lagomarcinos.com

Oct. 26-27: Boo at the Zoo (Niabi Zoo) More: www.niabizoo.com

Oct. 26: Witches Walk & Costume Parade (downtown LeClaire, Iowa) More: 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

Nov. 23-Dec. 1: Festival of Trees Parade (downtown Davenport) More: www.qcfestivaloftrees.com

Nov. 23: Lighting on the John Deere Commons (downtown Moline) More: www.lightingonthecommons.com

Nov. 24: Christmas Walk (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com

Island Insight



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 by the Rock Island Arsenal-Garrison Public Affairs Office. **Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office.** Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the Island Insight, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil or phone 309-782-1121.*

