



**Nov. 6, 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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## JMC Rebranding Project Depicts Warfighter Support, Past and Present

U.S. Army Joint Munitions Command, following up on its recent Shape the Fight reorganization, is transforming its headquarters facilities at Rock Island Arsenal's Building 350. The ongoing project includes new murals and displays, transforming building entrances, the command suite, and areas throughout each JMC-occupied floor. When completed, the new look will accurately reflect JMC's current organizational structure and illustrate the ammunition community's historical commitment to supporting the Warfighter. In consultation with Brig. Gen. Michelle Letcher, Col. Ron Brown, and Command Sgt. Maj. Brian Morrison, the Office of Public and Congressional Affairs formed a rebranding team to complete the project, with the goal of telling the JMC story of ammunition management. The team's primary tasks included researching appropriate materials and developing display options for transforming building entrances, rebranding four JMC-occupied floors and updating the command suite. Several portions of the work are now complete, but the project is ongoing. Leading this effort are JMC Historian, Keri



## Upcoming Dates

- Sept. 9 – Jan. 12:** Combined Federal Campaign, [www.midwesterncfc.org](http://www.midwesterncfc.org)
- Nov. 6-7:** Career Exploration Planning, Bldg. 56, 1st floor, classroom 2 (Room 122), 8 a.m.
- Nov. 6:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Nov. 6:** Putting an End to Arguing, Back talk, and Begging, ACS, Bldg. 110, 4-5 p.m.
- Nov. 7:** Garrison Thanksgiving & Town Hall, Heritage Hall and Lock & Dam Lounge, 10 a.m. - 1:30 p.m.
- Nov. 7:** First Thursday Social, Lock & Dam Lounge, 3-10 p.m.
- Nov. 8:** MVRBC Blood Drive, Bldg. 333, next door to Outdoor Rec., 10 a.m. - 1:30 p.m.
- Nov. 8-9:** USACE Program on Rock Island District's Headquarters History, Mississippi River Visitor Center, 2 p.m.
- Nov. 11:** Veterans Day (*Federal Holiday*)
- Nov. 11:** Rock Island National Cemetery Veterans Day Ceremony, 1 p.m.
- Nov. 13:** Great American Smokeout Class, Bldg. 104, Baylor Conf. Rm., 10-11 a.m.
- Nov. 13:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Nov. 13:** Arsenal-QC Connect, Lock & Dam Lounge, 3 p.m.
- Nov. 13:** MWR Holiday Craft Class, Lock & Dam Lounge, 5-7 p.m.
- Nov. 14:** Real Colors, Real Colors, Bldg. 104, 3rd Floor, North Central Training Room, 8 a.m. – 12 p.m.

Pleasant; Multimedia Specialist, Dori Whipple; and Building Manager, Rudy Toth. (More: [www.army.mil/article/229367](http://www.army.mil/article/229367))

### **Chief of Engineers Visits Rock Island District**

It's not every day that a three star general stops by and asks "how are things going with you today?" But in early October that's just what happened when Lt. Gen. Todd T. Semonite, 54th Chief of Engineers and Commanding General of the U.S. Army Corps of Engineers, made a visit to the Rock Island District. Semonite's primary reason for visiting the District was to take part in a milestone groundbreaking ceremony for the Cedar Rapids Flood Risk Management Project however during his time in the area he took additional time to learn about District-specific priorities, interact with employees, and see what maintenance projects look like on the Mississippi River. His first day in the District was filled with community involvement as he and other senior leaders helped break ground on the \$117 million flood risk management project in Cedar Rapids, Iowa. He later met with community leaders in Cedar Rapids and the Quad Cities to get a feel for how Rock Island District's support to these areas has helped in these communities. (More: [www.dvidshub.net/news/350560](http://www.dvidshub.net/news/350560))



### **18 Students Graduate from Support Operations Course Phase II**

The U.S. Army Sustainment Command hosted a Support Operations course through a mobile training team Oct. 21 - Nov. 1, offering class participants a cost-effective option for training. Soldiers and civilians from across the U.S. Army Materiel Command completed the course. The two-week course provided students with concepts of logistic support elements across all echelons of military operations. Maj. David Kelly, SPO course instructor, Mobile Training Team, U.S. Army Logistics University, Fort Lee, Virginia, led the class in training. "This class is beneficial to gaining an understanding of operational and tactical logistics," said Capt. Kelvin Riddle, Lead Materiel Integrator Directorate, ASC. (More: [www.dvidshub.net/news/350544](http://www.dvidshub.net/news/350544))



### **"Who Works the Rivers" Works for Local Students**

Multiple Rock Island District employees supported the first Who Works the Rivers career event in Rock Island, Illinois. The event, which took place on Sept 12, was hosted by the nonprofit organization RiverWorks Discovery and 140 students attended. According to RiverWorks Discovery the goal of the Who Works the Rivers event was to offer eleventh and twelfth grade students in the Quad City area an opportunity to learn about river-related careers. The U. S. Army Corps of Engineers participated in the event as an opportunity to highlight federal career opportunities alongside other career fields connected to the river. Natural Resource Specialists Mike McKean and Bailey Anderegg provided recreation career information and tours of Locks and Dam 15. Mississippi River Maintenance Supervisor Matt Thurman gave a presentation on maintenance careers and Biologist Breann Popkin provided information on environmental careers with the Corps. "This a great opportunity to learn about jobs in environmental careers and is a long-term investment for both the community and the U. S. Army Corps of Engineers," said Popkin. (More: [www.dvidshub.net/news/350586](http://www.dvidshub.net/news/350586))



## 50 New Jobs Are Coming To the Rock Island Arsenal

U.S. Senators Dick Durbin and Tammy Duckworth along with U.S. Representatives Cheri Bustos and Dave Loebsack announced the addition of 50 new human resources professional positions at Rock Island Arsenal through the U.S. Army's Civilian Human Resources Agency in order to support the Defense Health Agency. These positions are in addition to the approximately 160 positions added to resource agency's activity in Rock Island in 2018, and the stand-up of the U.S. Army's additive manufacturing center at RIA. The Rock Island Arsenal plays a necessary role in our armed forces by adapting to the needs of the military and quickly manufacturing critical items to protect our troops. In August, RIA secured \$52 million in federal funding for renovations and information technology upgrades for the Army Sustainment Command Headquarters. In October, the Army announced \$25 million for new, industrial-strength 3D printers to be located at RIA. Last year, the members announced new guidance from the Army that will help manufacturing at RIA remain competitive with the private sector and maintain a reliable workload. (More: [www.kwqc.com/content/news/50-new-jobs-are-coming-to-the-Rock-Island-Arsenal-564513251.html](http://www.kwqc.com/content/news/50-new-jobs-are-coming-to-the-Rock-Island-Arsenal-564513251.html))



## QC Storm Paints Ice to Honor Military

The Quad City Storm are honoring veterans in a unique way. On Tuesday, the team invited people to come to the TaxSlayer Center in Moline and write the names on the ice of friends and family who have served in the military. Donna Sturms from Bettendorf says she visited the rink to honor the long list of veterans in her family. "I have a father-in-law, three grandchildren, four nephews, two cousins, and a friend [who have all served in the military.]" Joe Rebholz, who served 20 years in the military including two stints at the Rock Island Arsenal, says he isn't a big hockey fan, but thought it was a nice tribute. "It's really amazing, how much they're doing for military today. And as far as this, this is unusual... and it's the first time I've ever been on the ice." On Saturday, the Quad City Storm will host the Evansville Thunderbolts on "Military Night" with all of the names covering the ice. The Storm will also wear camouflage jerseys that will be auctioned after the game to raise funds for Guide Dogs of America. (More: [www.wvik.org/post/qc-storm-paints-ice-honor-military](http://www.wvik.org/post/qc-storm-paints-ice-honor-military))



## OPM, HHS Urge Federal Employees to Get Flu Shots

A joint memo from OPM and HHS urges federal employees to get flu shots, noting that "flu vaccines are available through your health insurance and most workplaces." "You can take advantage of your Federal Employees Health Benefits plan and get a flu vaccine at low or no cost. Most FEHB plans cover flu vaccines at pharmacies and retail stores, in addition to doctor's offices and clinics, with no co-pays when in-network. Your workplace may also offer flu vaccines onsite," it says. While the memo does not directly address the topic, many federal managers have interpreted similar annual memos as providing a justification for excusing employees from work to get inoculated at agency health clinics and other in-house settings. Those who get a flu vaccine are less likely to get sick from a flu virus and some studies have shown that the illness may be less severe for those who get sick regardless, it says. A yearly seasonal flu vaccine is recommended for everyone aged six months and older, and getting one lowers the risk of passing a flu to others, particularly persons at higher risk of serious illnesses from the flu such as babies and children,



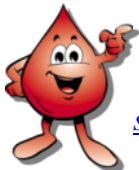
pregnant women and persons age 65 and up. (More: [www.fedweek.com/federal-managers-daily-report/opm-hhs-urge-federal-employees-flu-season](http://www.fedweek.com/federal-managers-daily-report/opm-hhs-urge-federal-employees-flu-season))

### Mississippi River Visitor Center Programs

In honor of Veteran's Day, the Mississippi River Visitor Center at Locks and Dam 15 is hosting two special programs at 2 p.m. on **Friday and Saturday, Nov. 8 and 9**, featuring Corps of Engineers history and information on how Arsenal Island came to be home to the Rock Island District's Headquarters. Because the Visitor Center is operating under winter hours, Tuesday-Saturday 9 a.m.-5 p.m., the facility will not be open on Veteran's Day.

### Blood Drives, New Location in Building 333

The Mississippi Valley Regional Blood Center is hosting a blood drive in in Building 333, next door to Outdoor Recreation, 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](mailto:shoegerl@mvrbc.org) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119; you may also log on to [www.bloodcenterimpact.org](http://www.bloodcenterimpact.org) and use code 029 to locate the blood drives. **ASC Blood Drive:** ASC will host their annual fall blood drive on **Thursday, Nov. 14**, 10:15 a.m. - 2 p.m. The drive is held in the MVRBC donor bus, parked in front of Building 390. To sign up go to [www.bloodcenterimpact.org/donor/schedules/drive\\_schedule/70320](http://www.bloodcenterimpact.org/donor/schedules/drive_schedule/70320) or call Staff Sgt. Garrie McTaggart at 309-782-5364.



***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](mailto: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](http://www.militaryblood.dod.mil).**

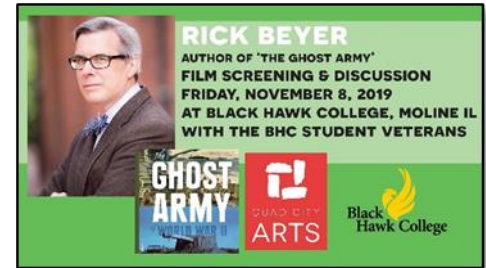
### Remembering Our Fallen

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](https://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](http://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](http://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](http://www.events.org/creg.aspx?e=13940&m=10) if seeking to look at the site through a DoD network.

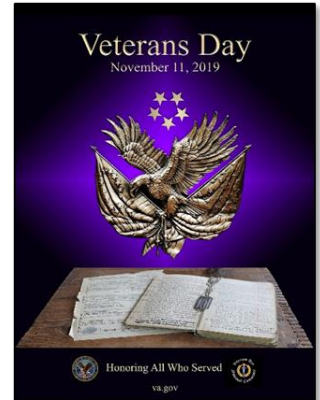


## Hero Street's William Sandoval and the Hero Street Eight

You are invited to a special film premiere event honoring Hero Street's William Sandoval and the Hero Street Eight of Silvis, Illinois, on **Sunday, Nov. 10**, at 3 p.m., on the Putnam Giant Screen at 1717 W. 12th Street, in Davenport. Advance tickets available at [putnam.org](http://putnam.org).

## 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. The keynote speaker will be Maj. Gen. Steven A. Shapiro, commanding general, U.S. Army Sustainment Command. 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.



## Great American Smokeout Class

Join us on **Wednesday, Nov. 13**, 10-11 a.m., in Building 104, Baylor Conference Room, to learn about tools and resources to help you or a loved one quit smoking. Addiction to nicotine in cigarettes is one of the strongest and most deadly addictions one can have. For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November to not only challenges people to stop smoking, but also provide the tools and resources for smoking cessation. Jason Otten is a prevention specialist with the Robert Young Center - Center for Alcohol and Drug Services, Unity Point Trinity Hospital. Attendance at this event will count as annual "Substance Abuse" mandatory training credit for ASC participants; all other organizations act independently. For questions email: [usarmy.ria.asc.mbx.wellness@mail.mil](mailto:usarmy.ria.asc.mbx.wellness@mail.mil). Sign-up in TEDs keyword: "Smokeout" – sign-up sheets will also be available in the classroom. This event is endorsed by the CR2C Health Promotion & Fitness Working Group.

## Suicide Prevention

St. Ambrose University and St. Ambrose Military & Veterans Organization presents Suicide Prevention with keynote speaker Caitlin 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.



## 3rd Annual Mississippi Valley Honor-Q

Join us for the 3rd Annual Mississippi Valley Honor-Q on **Saturday, Nov. 16**, at The Rock - Coal Valley, Illinois. Complimentary BBQ dinner for our service members and their families past, present, and belated. Please feel free to honor your belated family member by bringing a military photograph for our 'silent hero' table. Pulled pork, pulled beef, coleslaw, beans will be served – dinner is open to the public by donation. Opening ceremony will take place at 1 p.m.; dinner served 1:30-5 p.m. Raffle prizes, 50/50 drawing, great food, and all proceeds benefit local veteran charities – sponsors and raffle items needed. For more information contact Ken at 309-314-4391 or [bonecollectorbbq@hotmail.com](mailto:bonecollectorbbq@hotmail.com) or contact Andy at 563-579-5994 or [spencerridgebbq@gmail.com](mailto:spencerridgebbq@gmail.com).

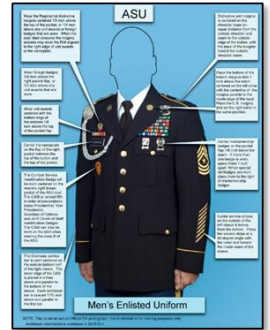


## Trivia Night

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.

## VIOS Schedule for November through February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Nov. 18-22, Dec. 9-13, Jan. 13-17, and Feb. 10-14**. 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.



## Island-wide Survivors of Suicide Loss Candlelight Vigil

Join us **Tuesday, Nov. 26**, 10-11 a.m., in Building 104, 3rd Floor, Baylor Conf. Rm., in observance of International Survivors of Suicide Loss Day, a suicide program overview will be provided by the ASC event coordinator with an invocation by ASC Chaplain (Lt. Col.) Kelly O'Leary. This will be followed by lighting of candles in remembrance and a moment of silence. Additional Behavioral Healthcare Professionals in attendance. The holidays are often a difficult time for these survivors. This event will provide loss survivors with tools, resources, and a support network to help manage their grief and healing journeys. This event is endorsed by the CR2C Health Promotion & Fitness Working Group. Attendance at this event will count as annual mandatory training credit for ASC participants; all other organizations act independently. For questions email [usarmy.ria.asc.mbx.wellness@mail.mil](mailto:usarmy.ria.asc.mbx.wellness@mail.mil). Sign-up in TED keywords: "Candlelight Vigil."

## Supporting the Force behind the Forces

*"I have long believed that sacrifice is the pinnacle of patriotism." – Bob Riley*

Unwavering sacrifices made by heroes who serve in our nation's defense can result in hardships for them and their families. Long separations, frequent moves, holidays and celebrations spent apart, and uncertain futures put incalculable strain on active duty members, their spouses, and their children. Additionally, many service members return from deployments bearing physical, mental, and emotional scars that they and their loved ones must deal with the rest of their lives. It is ironic that those who defend our way of life are sometimes prevented from achieving the American dream themselves. Military service should not prevent American families from thriving. Your gift through a CFC charity can empower active duty service members and their families to live



productive, successful lives, giving back to them as they give back to our country. Here's how you can make an impact:

- \$13 arranges a morale boosting event for deployed service members, such as a game night.
- \$25 welcomes home a hero with flags and decorations.
- \$29 connects service members abroad to their families with phone calls Caution-home.
- \$200 pays the electric bill of a military family for one month.

Go Green and make your pledge online - How?

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

If you prefer to use a paper pledge form let me know and I will provide you with one. And thank you for considering CFC as your pathway for giving back to a cause that you care about. RIA CFC POC: Matthew Kopel, Outreach Coordinator Oversight Chairman, Midwestern Combined Federal Campaign, 309-782-7888, [matthew.j.kopel.civ@mail.mil](mailto:matthew.j.kopel.civ@mail.mil). 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](mailto:Jaime.l.slocum.civ@mail.mil)). To ensure a leave donation will be deducted from this calendar year, all donations must be received no later than **Dec. 21**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. The CPAC POC Jaime Slocum may be reached at CHRA-NCR-E, 309-782-2430.

### **Arsenal Attic Thrift Shop**

Did you know the Arsenal has a Thrift Shop? Come visit us in Building 60, NW corner, in the Basement. The Shop is open on Tuesdays and Thursdays, and the third Saturday of each month from 9 a.m. – 3 p.m. We are open to the public. As an employees on Arsenal Island, you can also consign merchandise. We make it easy... volunteers will tag and price your items for you. And, of course, your donations are always appreciated. We have a 24-hour donation box outside the door to the Thrift Shop for your convenience. All our monies go toward community grants in the Quad Cities and provide scholarships for family members associated with the Rock Island Arsenal. Like us on Facebook: Arsenal Attic Thrift Shop; visit our website <https://riawc.com/arsenal-attic>. Note: *The Arsenal Thrift Shop is sponsored by the volunteers from the Rock Island Arsenal Welcome Club (RIAWC). The RIAWC is a private, not for profit, non-federal entity. It has no governmental status and is not part of the Department of Defense or any of its components.*



## 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>



## Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Dorian

If you are interested in donating annual leave, complete [OPM Form 1638](#) and submit to the Civilian Personnel Advisory Center, Building 104, no later than **Tuesday, April 21**. You must state on the 1638 which Emergency Leave Transfer Program you are donating to. If you have any questions contact the CPAC at 309-782-2430. This initiative has been directed by the President. The POC is Jaime Slocum at 309-782-2430. OPM Form 1638: [https://www.opm.gov/forms/pdf\\_fill/opm1638.pdf](https://www.opm.gov/forms/pdf_fill/opm1638.pdf)

## 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.* — **Boozie's Bar and Grill:**

Boozie's Bar and Grill in downtown Davenport is offering a 15% discount on your food with a valid ID to all active military, reserves, retirees, and veterans of the United States Armed Forces. Just ask the server for your discount. **Zeke's Island:** Zeke's Island Café in Davenport, 1509 Harrison St., and Zeke's Island Express in Bettendorf, 842 Middle Rd., is offering 10% off your entire check. Just show your Arsenal badge and enjoy some unique Jamaican and Caribbean food; check us out on Facebook. You may order online at [zekeislandcafe.com](http://zekeislandcafe.com) using promo code 421311. **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 18<sup>th</sup> Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

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## Arsenal Traffic/Construction

### Water Main Project

Effective Nov. 4, the Directorate of Public Works closed Beck Avenue between East Street and 2nd Street. The closure is required to support the installation of a new water main between Gillespie and East Street. The contractor will cross Beck Avenue multiple times with the new main and will work along the entire route. The road closure is expected to be completed by **Friday, Nov. 15**, depending on weather. Signage and barricades have been installed. Please use caution when traveling near the area. Additional, closures will be required as work progresses.

### 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.

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## **Building/Space Closures**



### **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, 2<sup>nd</sup> 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**.

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## **Active Duty/Reserve Zone**



### **Fall 2019 U.S. Army Resident Satisfaction Survey**

People are our number one priority. Our most important obligation as Army leaders is to take care of our Soldiers, Families, Army Civilians and Soldiers for Life, and our people deserve the best quality housing possible. Army leaders are committed to improving housing, but we need your



candid feedback! In just a few weeks, you will be asked to participate in a resident satisfaction survey. This survey will provide Army leaders your perspective on what we are doing well and where we need to improve. The Army will use the survey results to help shape our actions as we work to improve both our privatized and Army-owned housing facilities and services to ensure we provide the best quality of life for our residents. Around the middle of November, you will receive an email with the survey link from the following email address - [ArmyHousingSurvey@celassociates.com](mailto:ArmyHousingSurvey@celassociates.com). CEL & Associates, Inc., (CEL) will administer the survey, which will be made available to over 100,000 residents living in privatized or Army-managed family housing. The survey respondent information will be kept completely confidential and will not be linked in any way to the survey results shared with the Army or private companies. We welcome and value your candid opinions and thoughts. Please take a moment now to add CEL's email address to your allowed senders in any anti-spam software that might filter your email. Only one member of each household will receive the email. If no member of your household receives the email by 18 November 2019, please contact your garrison housing staff or property-management office, who have an alternate means of providing you access to the survey. Army Soldiers, Civilians, Retirees and their Families deserve the highest quality housing and services possible, and your feedback will drive future resources to this end state. Thank you in advance for your participation in our Army survey - it is greatly appreciated! Army Strong! – *Gustave F. Perna, General, USA, Commanding*

### **Army Announces New Battalion Commander Selection Program**

The Army announced a new program for officers on the lieutenant colonel centralized selection list to attend a five-day assessment program at Fort Knox in January. In January and February 2020, those selected by the board process will attend the Battalion Commander Assessment Program (BCAP) where they will undergo a series of assessments aimed at determining their fitness for command and potential. In recent years, battalion commanders and officers identified to fill critical billets on division-level staffs, were selected by a board that met to review all eligible officers' personnel files, determine if they make the cut for battalion command, and produce an order of merit list of those selected. Gen. James McConville, Chief of Staff of the Army, announced the new initiative to pick battalion commanders at the annual meeting of the Association of the United States Army. (More: [www.army.mil/article/229500](http://www.army.mil/article/229500))

### **Army Releases Results of First Officer Merit Promotion Board**

The Army is making significant changes in the way it does officer promotions. U.S. Army Human Resources Command conducted its first officer promotion board incorporating a new initiative from the 2019 National Defense Authorization Act (NDAA) allowing promotion selection boards to recommend that officers of particular merit be placed higher on the promotion list. When the Fiscal Year 2019 Army Competitive Category (ACC) Major Promotion Board convened, board members recommended select active duty officers serving in each of the Operations, Operations Support, Force Sustainment and Information Dominance categories for promotions to be sequenced by their board established order of merit rather than by their prior dates of rank. (More: [www.army.mil/article/229169](http://www.army.mil/article/229169))

### **Army Prototypes Radio Network Management Software Tool Suite**

To address Soldier feedback requesting easier and faster ways to plan and manage the Army's advanced software defined radios, such as the 2-Channel Leader Radio, the service is piloting a new software tool suite that reduces the time it takes to initialize, plan and load a brigade's worth of radios, from four weeks to minutes. These new user-friendly software prototypes also lay the

foundation for rapid unit task reorganization and enable tasks once performed by advanced Signal Soldiers to be performed by general purpose users for increased operational flexibility. (More: [www.army.mil/article/229252](http://www.army.mil/article/229252))

### **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](http://www.army.mil/article/228756))

### **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](mailto: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.”

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## Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



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

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

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## 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 American Indian Heritage Month Observance

The Army Sustainment Equal Opportunity office invites you to the RIA National American Indian Heritage Month Observance on **Thursday, Nov. 21**, at the Heritage Hall, Building 60. Food Sampling is from 12.30 p.m. to 12.55 p.m. The Observance ceremony will be from 1 p.m. to 2 p.m. The Guest Speaker is Kim Sigafus McIver. She is an award-winning Ojibwa author. The creator of both Native fiction and non-fiction, she writes for children as well as adults. As a speaker on the Illinois Humanities Road Scholar roster, Kim travels the Midwest presenting Native American programs while drumming and singing. She designs dream catchers and Talking Feathers for arts and craft shows, and is very happy when asked to share her culture with others. To sign up for the National American Indian Heritage Month observance in TEDs use keyword "NAIHM2019." The event is open to the public, if cannot sign up in TEDs, you will be able to sign-in at the event. For additional





information or accommodation, please contact Sgt. First Class Babatunde Akala at 309-782-3021, Sgt. First Class Lisa Robinson at 309-782-9269 or Travis Southerland at 309-782-1513.

### **Native American Heritage Month**

November is National Native American Heritage Month, honoring American Indians and Alaska Natives. This year's theme is Honoring Our Nations: Building Strength Through Understanding. Native Americans have profoundly shaped the character and cultural heritage of the nation. During this month the Army will recognize the contributions of Native American Soldiers who have served in the U.S. Army with great honor, dedication and distinction, building a legacy of courage, professionalism and selfless service that will inspire future generations. During Native American Heritage Month, Army leadership encourages the entire Army family to recognize and express appreciation for the past and present contributions of Native American Soldiers, veterans, civilians and Family members. In celebrating National Native American Indian Heritage Month the Army recognizes there is great strength in diversity. In celebrating Native American Heritage Month, Army recognizes not only the significance of individual contributions, but also the value of diversity and an inclusive environment. The Army is dedicated to leveraging the strength of its diverse force and ensuring equality for all its members. Army leaders will continue to work to ensure that all Soldiers and civilians are given the opportunity to maximize their unique talents and potential. Throughout history, Native Americans have served in this nation's military with great courage and distinction. Historically, American Indians have the highest record of military service per capita when compared to other ethnic groups. Today more than 9,000 Native Americans serve in the total force, and are all critical members of the Army team. Embracing and celebrating diversity makes the Army stronger, and the Army is dedicated to ensuring equality for all the Soldiers, civilians and Family members.



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## **Morale, Welfare & Recreation**



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

### **First Thursday Social**

Join us for our First Thursday Social on **Thursday, Nov. 7**, 3-10 p.m. If it's the first Thursday of the month then the place to be is the Lock & Dam Lounge in Building 60. If it's been a while since you've been in the Lounge you should come and check out all the bright new renovations that we've been working on. This month we'll be featuring a tap takeover by Muscatine's Contrary Brewing

Co. and live music by Jordan Danielsen. First Thursdays and the Lock & Dam Lounge are always open to the public so invite all your friends to come and hang out at the coolest bar on the Arsenal. Call 309-782-1133 for more info.

### **Basketball Tournament**

Do you have what it takes to dominate the hardwood? Get a couple friends **Saturday, Nov. 23**, 9 a.m., at the Fitness Center, and get signed up for the 3-on-3 double elimination basketball tournament. Cost is \$45/team, tournament starts at 9 a.m. and will run until we crown a champion. Call the Fitness Center at 309-782-3034 for more info or to sign up.

### **Quarters One Holiday Historic Tour**

Join us for our Quarters One Holiday Historic Tour on **Sunday, Dec. 1**, at Quarters One, at 12 p.m., or at 2 p.m. Did you know that when it was still used as Army housing, Quarters One on Rock Island Arsenal was the second largest residence in the federal government, second only to the White House? Don't miss your chance to see this beautiful and historic building decorated for the holidays. Tours start at 12 p.m. and 2 p.m. and the cost is just \$10/person. Please RSVP and pre-pay at the Leisure Travel Office in Building 333 or call 309-782-5890 for more info.

### **Tree Lighting Ceremony**

Join MWR **Thursday, Dec. 5**, at 4 p.m., in Heritage Hall and the Lock & Dam Lounge as we light the Garrison tree and ring in the 2019 holiday season. There will be pictures with Santa Claus, selfie stations, kids activities, prize drawings, food and drink and much more. The Tree Lighting Ceremony will also once again be a collection point for Toy for Tots so please consider bringing some new, unwrapped toys for the collection to make some local child's holiday a little bit brighter. The Tree Lighting Ceremony will also once again take place concurrently with the Annual MWR Holiday Bazaar where you'll be able to do some holiday gift shopping so bring your pocketbook. Thanks to our great sponsors who help make this awesome community event possible: The Rock Island Arsenal Chapter of the Association of the United States Army (AUSA), The Gateway Chapter #776 of the Vietnam Veterans of America, and AMI Vending. For more info, please call 309-782-5890.

### **Army vs. Navy Flag Football Game**

Come join us at Memorial Field on **Friday, Dec. 13**, 11:45 a.m. – 1:45 p.m., to see local Soldiers and Sailors square off on the gridiron for Rock Island Arsenal bragging rights. Pre-game is at 11:45 a.m. and the game kicks off at 12 noon. The winning side will be recognized at an award ceremony the following day prior to kickoff of the real Army Navy Game Party at the Lock & Dam Lounge.

### **Army Navy Game Party**

Join us **Saturday, Dec. 14**, 11 a.m. – 6 p.m., at the Lock & Dam Lounge for the Army Navy Game Party. Whether you're cheering for the Army Black Knights or the Navy Midshipmen, get to the Lock & Dam Lounge to cheer your side to victory in this annual grudge match. Doors will open at 11 a.m. and kickoff is at 2 p.m. This event is open to the public. Call 309-782-1133 for more info.

### **2020 MWR Health Fair: Wellness Rocks**

Join us **Wednesday, Feb. 12**, at the Fitness Center for our 2020 MWR Health Fair: Wellness Rocks, 10 a.m. – 2 p.m. Rock Island Arsenal's annual MWR Health Fair is a great place to gather all kinds of health related information and resources. More than 70 local businesses and organizations

will fill the Fitness Center and be ready to provide you with a myriad of good information regarding your health plus lots of freebies and giveaways. Call 309-782-6789 for more information.

### **Indoor Island Oasis Available at Fitness Center**

This time of year we get lots of questions from customers concerned about their favorite island lunch spot, the Island Oasis Grill, and I'm happy to report that no, the Island Oasis Grill hasn't closed up shop, we've just moved to our winter home inside the Fitness Center Lobby. We're still here serving a delicious quick serve lunch menu Monday through Friday from 11 a.m. to 1 p.m. so stop in to the Fitness Center lobby in Building 67 and Chef James will be happy to make you a tasty and quick bite to eat like our Wednesday special, Gyros for just \$3.50 each! Placing a large order for the entire office? Call ahead at 309-782-2805 and we'll have it ready to go when you get here.

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

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

### **RV Storage Lot Spaces Available**

Outside vehicle storage is offered in a secured, access controlled lot. Patrons can store campers, boats, 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.

### **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 inside Building 67 (October-March) and on the lawn of Building 67 (April - October)**
- Open Monday - Friday, 11 a.m. – 1 p.m.
  - Inside - serves a variety of sandwiches, salads, soups, an occasional hot item, chips and deserts.
  - Outside - serves a variety of grill items, cold sandwich choices, salads, chips and deserts.

### 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](mailto:anna.winters@us.army.mil)) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)**

### Quarters One Still Available For Private Events

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



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

### **MWR Holiday Craft Class**

Join us for our MWR Holiday Craft Class on **Wednesday, Nov. 13**, 5-7 p.m., Lock & Dam Lounge, in Building 60. Join MWR in the Lock and Dam Lounge for a fun, family friendly craft class. We'll be making festive holiday decorations that say "Jingle All the Way" and "I'll be Home for Christmas." Make one sign for \$35 or both for \$60 which includes all the supplies you'll need plus instructions. The Lock and Dam Lounge kitchen and bar will be open and serving food and drinks so bring the whole family and make an evening out of it. Please RSVP by calling the Leisure Travel Office at 309-782-5890.

### **Quarters One Paranormal Investigation**

Join us for Quarters One Paranormal Investigation on **Saturday, Nov. 16**. Come learn about the haunted history of this majestic Italianate style mansion on the banks of the Mississippi River. Doors will open at 5:30 p.m., the Army Sustainment Command (ASC) Historian will give a talk beginning at 6 p.m. and the Illinois Paranormal Research Team will conduct an investigation starting at 7 p.m. Cost is \$25/person and you can reserve your spots and pre-pay by visiting the Leisure Travel Office in Building 333 or call 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.

### **November Bunco Night**

Calling all Bunco players, get your friends and get to the Lock and Dam Lounge **Thursday, Nov. 21**, 6-8 p.m., for November Bunco Night. This fast paced, fun and social dice game is easy to learn so even if you've never played before, come out and meet some new friends, we'll be happy to teach you. Cost is \$5/player and come hungry with some extra cash as the Lock & Dam Lounge kitchen and bar will be open and serving food and drinks. Please RSVP to 309-782-5890.

### **MWR Holiday Bazaar**

MWR's Holiday Bazaar is a great place to check some items off your holiday shopping lists. With unique and exciting products from crafters and vendors, there's sure to be something for lots of lucky people on your shopping list. The bazaar will run from 9 a.m. - 1 p.m. on **Wednesday, Dec. 4**, and from 10:30 a.m. - 5 p.m. on **Thursday, Dec. 5**, which coincides with the annual Tree Lighting Ceremony on Dec. 5. Call the Leisure Travel Office at 309-782-5890 for more info.

## 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. - 4 p.m., as we visit Kalona, Iowa, for Christmas in Kalona. Cost is \$30/person which includes round trip transportation. Call the Leisure Travel Office at 309-782-5890 for more info and to reserve your seats. Seating is very limited so don't wait, call today.

## Bus Trip to Christkindlmarket

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 roundtrip transportation. Reservations can be made by calling the Leisure Travel Office at 309-782-5890 or sign up online at [www.rockisland.armymwr.com](http://www.rockisland.armymwr.com)

## Universal Orlando Military Salute Promotion

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

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

These tickets are available for use on any four days between now and **Dec. 31** (do not have to be used consecutive days) last day of use **Dec. 31**, when the ticket expires in full (includes all holidays) unused days will be forfeited maximum of six tickets per qualifying: Active or Retired U.S. military, National Guard, Reservists, U.S. Coast Guard, who possess a valid military photo ID, spouses of eligible service members and DOD civilians with valid ID.

## Monster Jam

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

### Quad City Storm Discount Tickets

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



### Choice Hotels

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

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

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



## Child & Youth Services



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

### Teen Obstacle Course, the Amazing Race

CYS and the Teen Resilience Program invite your 6th-12th grade teen to our Amazing Race Gladiator-Style on **Friday, Nov. 15**, 6-9 p.m., at the School Age Center, in Building 150. Teams will complete an obstacle course as the other team shoots Nerf darts at them. All Arsenal affiliated youth are welcome to participate and bring a friend. There is no cost for the event and walking tacos and pop will be provided. Youth must sign up for the event by calling 309-782-6515 or 309-782-0814. Youth are encouraged, but not required to register with CYS. We look forward to seeing your teen there.

### Teen Elf Enterprise

CYS and the Youth Sponsorship Program invite your 6th-12th grade teen to our Elf Enterprise on **Wednesday, Dec. 4**, 5:30-8:30 p.m., at the School Age Center, Building 150. Youth will make both non-allergenic and other Christmas cookies, package them in bags, and then deliver them to Arsenal Residents by "elfing" the Residents. (Ringling the doorbell and running after leaving their surprise



gift.) This is a health and fitness as well as a service learning project. All Arsenal affiliated youth are welcome to participate and bring a friend. There is no cost for the event. Youth must sign up for the event by calling 309-782-6515 or 309-782-0814. Youth are encouraged, but not required to register with CYS. We look forward to spreading Christmas joy with your teen.

### **Teen Service Learning Event**

Hey RIA teens, got love to spare? Then volunteer! Come join your friends **Saturday, Dec. 21**, 9:30 a.m.-12:30 p.m., for a trip to the QC Animal Welfare Center as we volunteer to help the animals and staff at this great facility. If possible bring old XL t-shirts, men's athletic socks, empty water bottles, toilet paper rolls, and boxes. We will meet at the School Age Center and be transported by CYS bus. To register, please call Child and Youth Services at 309-782-6515 or 309-782-0814.

### **Teen Homework Enrichment Program**

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

### **RIA Teen Council**

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



## **Army Community Service**



**Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is**

located in Bldg. 110, 1<sup>st</sup> floor SE; visit our ACS website

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

### Thank You for Your Participation

The Domestic Violence/Family Advocacy Program would like to thank everyone who participated in October's Paint the Island Purple competition. We received some outstanding submissions from the CCDC-AC as well as the CCDC-CBC. After winning three out of four weeks, the CCDC-AC kept their trophy and title of reigning champions. Although we and many others enjoy seeing the creativity that emerges from campaigns like Paint the Island Purple, the underlying message is much more important. Domestic Violence thrives in silence and isolation. It is only by shining a light on the impacts of harmful relationships that we can empower survivors and prevent future violence. Those who participated in Paint the Island Purple demonstrate their commitment to helping those experiencing violence and sends a message to abusers that they will not stay silent and it is not acceptable. We encourage anyone who is experiencing domestic violence to reach out for help. Our crisis line phone number is 309-912-6089 and is staffed 24/7. Let's all do our part to raise awareness every month and look forward to next year's Domestic Violence Awareness Month.



### Military Fatherhood Program

Calling all Military Dads, get the kids together and join us **Thursday, Nov. 14, 5:30-7:30 p.m.**, at Elevate Trampoline Park in Milan, Illinois, for a night of wall to wall trampoline fun! Try your hand at the ninja course, dodgeball or zip line. Pizza will be served. Don't miss out on this fun evening. For more info and to RSVP, call Army Community Service at 309-782-3049.

### Military Fatherhood Program

Calling all military dads, get the kids rounded up and join us **Thursday, Dec. 12, 5:30-7:30 p.m.**, at Skate City QCA & Laser Tag for roller skating, laser tag, and a play place for the younger kids. There really will be something for all ages and the best part, it's all free to you. Make sure to come hungry as pizza will be provided. For more info and to RSVP please call Army Community Service at 309-782-3049.

### 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.

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

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

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

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

### **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.

- **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.

### **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; 1<sup>st</sup> floor, ACS Training Room

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

## **Overseas Orientation**

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

## **Face to Face Sponsorship Training**

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



## **MWR Outdoor Recreation Office**



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

**<https://rockisland.armymwr.com/programs/outdoor-recreation>**



## **RV Storage Lot Spaces Available**

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



## 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.

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# Employee Assistance Program



The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: [www.facebook.com/RIAEmployeeAssistanceProgram](http://www.facebook.com/RIAEmployeeAssistanceProgram).

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

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

### 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](http://www.facebook.com/events/713198402492903))

### 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.

- Career Exploration Planning, **Nov. 6-7**

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

## Defense Commissary Agency / Exchange



The **Rock Island Commissary**, [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal), and the **Exchange**, [www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912](http://www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912), are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the

**Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information here: [www.commissaries.com/shopping/store-locations/rock-island-arsenal](http://www.commissaries.com/shopping/store-locations/rock-island-arsenal). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) (Facebook: [www.facebook.com/YourCommissary](http://www.facebook.com/YourCommissary))**

**If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: [rockisland@deca.mil](mailto:rockisland@deca.mil) and type 'Subscribe' in the subject line.**

### **Feds Feed Families: Commissary Patrons, Employees Give Nearly 800K Pounds**

Defense Commissary Agency (DeCA) patrons and employees once again led this year's Department of Defense (DOD) contributions to the Feds Feed Families campaign by collecting nearly 800,000 pounds of food and personal hygiene items. Through Feds Feed Families, federal employees can help food banks and pantries stay stocked during summer months when the need for donations is at its greatest. This year's campaign ran from June 26 to Aug. 23, with DeCA's participation representing almost 73 percent of DOD's total donation of more than 1 million pounds. (More: [www.commissaries.com/our-agency/newsroom/news-releases/feds-feed-families-commissary-patrons-employees-give-nearly-800k](http://www.commissaries.com/our-agency/newsroom/news-releases/feds-feed-families-commissary-patrons-employees-give-nearly-800k))

### **Extra Holiday Savings: New Private Label Items Extend Value For Nov., Dec.**

New commissary store brands are appearing just in time for holiday savings, said the Defense Commissary Agency's top enlisted service member. "The agency's private label program is one of several we have to help our patrons save even more, especially during the holidays," said Army Command Sgt. Maj. Tomeka N. O'Neal, the agency's senior enlisted advisor to the DeCA director. "We're adding new commissary store brand items that will make a good deal even better." Shoppers can check out commissary store brands for items such as cheeses, broths, vegetables, chicken and shrimp to help in their holiday meal planning. Stores are also increasing healthy snack options with the recent launch of GoPack fruit, cheese and nut packs, said Jennifer Ferrell, DeCA's private label program manager. (More: [www.commissaries.com/our-agency/newsroom/news-releases/extra-holiday-savings-new-private-label-items-extend-value-nov](http://www.commissaries.com/our-agency/newsroom/news-releases/extra-holiday-savings-new-private-label-items-extend-value-nov))

### **Army & Air Force Exchange Service Marks Veterans Day with Special Sales**

In honor of Veterans Day, military shoppers can enjoy special savings at Army & Air Force Exchange Service locations starting Nov. 8. From Nov. 8 through 14, deals can be found in stores and online at ShopMyExchange.com, including:

- Up to 35% off selected 4K TVs.
- Up to \$300 off selected laptops.
  - Up to \$500 off selected washer-dryer pairs.
- Up to 50% off selected name-brand cookware.
- Up to 60% off selected men's and women's watches.
- Up to \$400 off selected diamond jewelry.
- Up to 55% off manufacturer suggested retail price on selected women's handbags.
- Savings on selected gaming bundles, electronics, kids' toys, kitchen appliances, home goods, mattress sets, outdoor apparel, footwear, cosmetics, grills and more.

“It’s an honor for the Exchange to be able to show our appreciation to the military community with these savings,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted advisor. “The Exchange is where heroes shop, and we’re privileged to serve those who serve.” (More: [www.dvidshub.net/news/350386](http://www.dvidshub.net/news/350386))

### **‘Your Holiday Bill Is on Us’ Sweepstakes Is Back for Military Shoppers**

The only thing that could make the holidays merrier is having someone else pick up the tab. For the sixth year in a row, that’s just what the Exchange Credit Program is doing. Five lucky grand-prize winners will have their entire MILITARY STAR® card balance paid in full as part of the Your Holiday Bill Is on Us sweepstakes. (Winners whose balances do not meet the minimum prize of \$2,500 will receive a statement credit for the difference.) Ten more shoppers will receive \$1,000 statement credits, and 25 winners will receive \$500 statement credits. From Nov. 1 through Dec. 31, military shoppers will automatically be entered into the sweepstakes every time they use their MILITARY STAR card at any military exchange, commissary, ShopMyExchange.com, myNavyExchange.com, ShopCGX.com, Armed Forces Recreation Centers or Exchange mall vendor. The more shoppers use their MILITARY STAR card, the more chances they have to win. (More: [www.dvidshub.net/news/350056](http://www.dvidshub.net/news/350056))

### **Exchange Giving Away More Than \$25,000 in Prizes in Three Holiday Sweepstakes**

The Army & Air Force Exchange Service, with vendor partners, is giving military shoppers the chance to win more than \$25,000 in prizes this holiday season in three military-exclusive sweepstakes. “Our military shoppers can clean up with these great prizes, or use an Exchange gift card to help with their holiday expenses,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted advisor. “Airmen, Soldiers, their families, retirees and honorably discharged Veterans all get a chance to win.” Shoppers age 18 and older may enter. No purchase is necessary to enter or win. (More: [www.dvidshub.net/news/349920](http://www.dvidshub.net/news/349920))

### **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.



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

## Rock Island Arsenal - Building Blocks for Armored Warfare

Join us for Rock Island Arsenal - Building Blocks for Armored Warfare on **Monday, Dec. 2**, 12-1 p.m., at the Rock Island Arsenal Museum. The United States Army entered into World War I in 1917 with no "tanks." During the war, the US Army relied on tanks provided by our British and French Allies. In coordination with the British, the first ever "international" tank was designed, and manufacturing was started in 1918. The war ended before any of the Mark VIII tanks saw combat. In 1919, Rock Island Arsenal assembled 100 Mark VIII tanks to be used by the US Tank Corps. The Arsenal remained involved in the development and the low scale manufacturing of tanks from the 1920s to 1940s. Rock Island Arsenal Army Museum Volunteer, Robert Foster will review the Arsenal's engagement in the early development of tanks. All visitors to the Arsenal will need to obtain a visitor's pass at the Visitor Control Center adjacent to the Moline Gate (23 Prospect Drive, 61265)

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# Healthbeat



## Eating Right Will Improve ACFT Score, Says Army Dietitian

In addition to physical exercise, proper nutrition plays a major role in overall health, fitness, and training for the Army Combat Fitness Test, says Maj. Brenda Bustillos, the U.S. Army Training and Doctrine Command dietitian. "It's important for Soldiers to recognize the impact proper nutrition has on them," said Maj. Bustillos. "From how they get up and feel in the morning, how they recover from an exercise, how they utilize energy, and whether or not they have energy at the end of the day -- proper nutrition is powerful, and stretches far beyond what we were taught as kids." Dietary decisions affect every Soldier's individual physical performance differently, too, she said, and has the power to impact careers "whether that be good or bad." Bustillos, a clinician who's seen patients for the last 15 years of her career, believes the ground rules for healthy eating are only that -- ground rules. "Every patient I've met with is different, and their needs are all different, too." (More: [www.army.mil/article/228421](http://www.army.mil/article/228421))

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# Notes for Veterans



## VA Celebrates National Family Caregivers Month

The U.S. Department of Veterans Affairs (VA) recognizes National Family Caregivers Month this November honoring the 5.5 million family members, friends and neighbors who care for Veterans suffering from chronic conditions, disabilities, disease or daily difficulties. This year's theme, #BeCareCurious, encourages family caregivers across the country to ask questions, explore options and share in the care decisions that affect the health and well-being of their loved ones. "VA is not only listening to our Veterans, but to the voices of their families, caregivers and survivors," said VA Secretary Robert Wilkie. "We are taking action to address their concerns and needs, as we improve the delivery of care, benefits and services." (More:

[www.va.gov/opa/pressrel/pressrelease.cfm?id=5347](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5347))

## VA, Health and Human Services Partner to Improve Health Care Protections For Veterans

The U.S. Department of Veterans Affairs (VA) and Department of Health and Human Services' Centers for Medicare and Medicaid Services (CMS) recently announced the two agencies will compare information on questionable Veteran health care providers both in VA treatment facilities and through purchased care programs in their communities. VA and CMS expect the first Medicare Sanction data exchange to occur by the end of the year and continue at recurring intervals. "CMS is an industry leader when it comes to identifying questionable providers and nefarious medical practices," said VA Secretary Robert Wilkie. "Their willingness to partner with VA puts Veterans first by allowing us to identify providers who do not meet our quality standards." "CMS is proud to work with VA and share our innovative data analytics and best practices for detecting and preventing potential fraud, waste and abuse across other federal healthcare programs to improve care to our nation's Veterans," said CMS Administrator Seema Verma. (More:

[www.va.gov/opa/pressrel/pressrelease.cfm?id=5344](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=5344))

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# Around the Q.C.



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

**Nov. 19:** Heart to Heart - Community Education Series (UnityPoint Health-Trinity, Jardine Auditorium, 2701 17th Street, Rock Island, IL) Register today at [Heart2Heart@unitypoint.org](mailto:Heart2Heart@unitypoint.org) or call 309-779-5399.

**Nov. 23-Dec. 1:** Festival of Trees Parade (downtown Davenport) More: [www.qcfestivaloftrees.com](http://www.qcfestivaloftrees.com)

**Nov. 23:** Lighting on the John Deere Commons (downtown Moline) More: [www.lightingonthecommons.com](http://www.lightingonthecommons.com)

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

An interactive version of Around the Q.C. is now available at:

[www.facebook.com/groups/275103093432020](https://www.facebook.com/groups/275103093432020)

Once you have joined you can see a listing at the Facebook events people have posted to the group at:

<https://www.facebook.com/groups/275103093432020/events>

# Island Insight



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