



Jan. 22, 2020

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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Ready and Resilient Campaign -- Making a Difference and Improving Readiness

During 2016, the Army published the Enduring Personal Readiness and Resilience Operations Order. The OPOD enabled and empowered commanders to know and care for those they lead and to strengthen Soldiers and Civilians by increasing personal readiness and resilience.



In early 2019, the Joint Munitions Command's Commander's Ready and Resilient Council started engaging Ready and Resilient Integrators to synchronize, implement and assess all functions aimed at improving Soldier, Family, Civilian and unit readiness across all JMC installations. Now, after nearly a year of developing and implementing the program, Headquarters Joint Munitions Command's CR2C members report a valuable and positive impact that is making a difference and improving Army readiness. "The CR2C program has facilitated and improved communication between Headquarters JMC and subordinate installations, as well as communication between installation leadership and employees," said JMC Command Surgeon, Dr. Brian Shiozawa. (More: www.army.mil/article/231812)

Upcoming Dates

- Dec. 14-Feb. 15:** EVAC Project - Experiencing Veterans & Artists Collaboration, RIA Museum
- Jan. 22:** Teaching Responsibility w/o Losing their Love, ACS, Bldg. 110, 4-5 p.m.
- Jan. 22:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Jan. 23:** Newcomer's Orientation, Rock Island Arsenal Museum, 8 a.m. - 1 p.m.
- Jan. 23:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.
- Jan. 23:** Teen Resiliency Family Dinner
- Jan. 25:** Quarters One Paranormal Investigation, Quarters One, 6 p.m.
- Jan. 29:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Jan. 30:** RIA SHARP Training, Heritage Hall, Bldg. 60, 10-11:30 a.m.
- Jan. 30:** Thirst-day Thursday, Lock & Dam Lounge, 3-7 p.m.
- Jan. 31:** Advanced Résumé, ACS, Bldg. 110, 1:30-3:30 p.m.
- Feb. 3:** Brown Bag Lunch & Learn - 75th Anniversary, the Battle of Manila, Rock Island Arsenal Museum, 12-1 p.m.
- Feb. 4:** Active Duty Spouse Fun Night
- Feb. 5:** Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
- Feb. 6:** First Thursday Social, Lock & Dam Lounge, 3-10 p.m.
- Feb. 6:** Teen Carnival Party
- Feb. 10-14:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m. - 3:40 p.m.

Artificial Intelligence - The Future of Munitions Readiness

In a time of limited resources, maintaining readiness can be a challenge. When the mission is providing ready, reliable, and lethal munitions to the Joint Warfighter, rising above such challenges can be a matter of life and death. One way to make the best use of available resources is to streamline and upgrade systems that are already in place. With the goal of improving munitions readiness and enterprise synchronization, U.S. Army Joint Munitions Command (JMC) is leading the way by experimenting with the expanded application of Artificial Intelligence (AI) technology to its data systems. At the direction of Brig. Gen. Michelle Letcher, JMC identified systems that could benefit from the application of such technology and launched two Proof of Concept (POC) tests. These have already revealed the ability to improve the quality of data and save several years' worth of man hours, achieving better accuracy and providing for a more effective use of manpower. "JMC's early efforts are promising and could provide valuable lessons for other organizations looking to streamline and improve their systems through the use of AI technology," said Letcher. (More: www.army.mil/article/228705)



Army Focuses On Making Installations Number One Choice for Military Families

During an Army Housing Summit Jan. 14-16, senior Army leaders and privatized company executives met at Army Materiel Command headquarters to review the status of the Army housing portfolio and develop a strategy for long-term improvements across the installation enterprise. The Army's seven private housing companies, which have 50-year lease agreements through the Residential Communities Initiative, manage and maintain 87,000 -- or 98% -- of Army Housing at 44 U.S. installations. The Army manages another 13,000 homes and 6,700 Soldier barracks at both U.S. and overseas installations. "We need to be able to see ourselves, to have oversight of the conditions of our current housing inventory and of our projected inventory," said Army Materiel Command's Gen. Gus Perna, who is the top Army officer charged by the Chief of Staff of the Army with responsibility for Army Housing. (More: www.army.mil/article/231820)



Nominee For Army Under Secretary Vows To Boost Quality Of Life Across Force

The nominee to be Army's next under secretary testified before Congress Thursday, pledging to confront four challenges now seen across the service. If confirmed, James E. McPherson, who has served as the Army's general counsel since last January, said he would focus on ways to stem suicide, sexual assault/harassment and domestic violence among the ranks as well as improve Family housing. Touching on the Army's People Strategy, McPherson, a retired Navy lawyer and former Army military policeman, said the service is a "people business" and its greatest strength are its Soldiers, Families, civilians and retirees. "This philosophy has been a critical driver to numerous initiatives directed at improving the quality of life for our people," he testified before the Senate Armed Services Committee on Capitol Hill. (More: www.army.mil/article/231777)



CSA: 'Transformational Change' Necessary To Fight, Win Future Conflicts

The Army must engage in "transformational change" -- not incremental improvements -- to achieve overmatch, deter great-power competition, and win the future fight, the Army's top officer said Tuesday. "People first, winning matters," is more than just a slogan," said Army Chief of Staff Gen. James McConville. "People first is a philosophy ... winning matters is an attitude." "[Secretary of the Army Ryan McCarthy] and I aren't trying to fight the last fight better. We're focused on winning the next fight. To do that, we recognize the need for transformational change," he added. McConville spoke during an Association of the U.S. Army breakfast at the National Museum of the U.S. Army, slated to open on June 4. To illustrate the difference between incremental and transformational change, McConville held up an old corded telephone and discussed various marginal upgrades made to the technology. (More: www.army.mil/article/231878)



DISA Defending, Improving DOD Network, Director Says

The Defense Information Systems Agency's mission is to provide, operate and defend global command and control and information-sharing capabilities for the entire Defense Department, national-level leaders and coalition partners, the agency's director said. Navy Vice Adm. Nancy A. Norton, who also serves as commander of the Joint Force Headquarters Department of Defense Information Network, spoke at an AFCEA-sponsored network luncheon in Washington today. DISA is eliminating obsolete technology, improving interoperability and transforming DOD full-spectrum operations in space and cyberspace and on land, in the air and at sea, she said, to help the department prepare for the next conflict. (More: www.defense.gov/explore/story/Article/2059477)



Speed Must Be Put Back Into DOD, Hyten Says

As long as he is vice chairman of the Joint Chiefs of Staff, Air Force Gen. John E. Hyten said he will make sure speed is put back into every element of the Pentagon. Inserting speed into everything the Defense Department does is a priority, the vice chairman told the Center for Strategic and International Studies today in a discussion on "the growing security challenges posed by U.S. strategic competitors." "When you look at our competitors, large and small, one of the things you find they have in common is they're moving very, very fast. And we are not," Hyten said. (More: www.defense.gov/explore/story/Article/2060538)



Unmanned Aircraft (Drones) Banned On the Arsenal

The use of drones in Army airspace is banned both at Rock Island Arsenal and on other military installations. The key information about the use of unofficial drones at RIA is below.

- For the safety of our Soldiers, workforce and families, the airspace over the installation is a Federal Aviation Administration designated no-drone-zone and all unauthorized unmanned aircraft (or drones) are prohibited.

- Army installations are the foundation of Army readiness; to protect our people, mission and assets, commanders have been authorized the ability to damage, destroy, seize or disable unauthorized unmanned aircraft.
- We work closely with local law enforcement to ensure the safety of our workforce and assets. If you see something, say something - report all sightings of unmanned aircraft systems (or drones) immediately to local authorities.
- Unmanned aircraft operators who violate Federal Aviation Administration flight restrictions may be subject to enforcement action, including potential civil penalties and criminal charges.

Weingarten Notice

It is time once again for the annual reminder of Weingarten Rights provided by 5 USC 7114. The information below applies to all bargaining unit employees: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee, and the employee requests representation. If you have any questions or concerns, please contact your labor relations specialist or ombudsman.

Eagle Watching on the Mississippi River

Every year tens of thousands of people flock to the Mississippi River to take part in Bald Eagle Watches. They have come to catch a glimpse, perhaps for the first time, of our national symbol. Up to 2,500 bald eagles winter along the Mississippi near the lock and dams. Turbulence created below the dams provide open water and a smorgasbord of stunned fish for eagles to feast upon. In addition, the wooded bluffs that overlook the Mississippi are excellent habitat for roosting and an increasing number of cases nesting. Bald Eagle Watches occur throughout January and February, but eagles can be seen from mid-December through early March. It all depends on the weather. As warm weather arrives, most eagles will begin their journey back north to northern Minnesota, Wisconsin, and Canada to prepare for the nesting season. (2020 USACE Eagle Watching Events:



www.mvr.usace.army.mil/Missions/Recreation/Mississippi-River-Project/Education/Eagle-Watching)

RIA SHARP Training – Human Trafficking

The Rock Island Arsenal community (military and civilian) is invited to join the RIA/ASC SHARP team as we host Kaelly Danielson, a survivor advocate for Braking Traffik, as she brings awareness to the human trafficking issue in the United States (including the Quad Cities) on **Thursday, Jan. 30, 10-11:30 a.m.**, in Heritage Hall, Building 60. This presentation and discussion is considered SHARP training and all participants will receive credit for their annual SHARP training. To sign up in TEDs use keyword "SHARP." Do you know – human trafficking is the business of stealing freedom for profit. In some cases, traffickers trick, defraud, or physically force victims into selling sex. In others, victims are lied to, assaulted, threatened, or manipulated into working under inhumane, illegal, or otherwise unacceptable conditions. It is a multi-billion dollar criminal



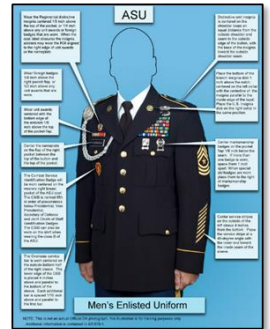
industry that denies freedom to 24.9 million people around the world. In 2018, there were 287 contacts (phone calls, texts, online chats, emails, and web forms) received by National Human Trafficking Hotline, and there were 102 human trafficking cases reported that year which referenced Iowa. Those numbers have steadily increased since 2012. In 2018, there were 884 contacts (phone calls, texts, online chats, emails, and web forms) received by National Human Trafficking Hotline, and there were 296 human trafficking cases reported that year which referenced Illinois. Those numbers have steadily increased since 2012. Please contact is Linda Robertson (RIA Garrison victim advocate) at 309-782-1455 for any questions or concerns.

HR Training for Supervisors

The Human Resources Training for Supervisors Course affords Military and Civilian supervisors/managers of Army civilians the administration skills necessary for management and basic supervision. The Rock Island Civilian Personnel Advisory Center offers a face-to-face training environment. The course contains lessons that are mandated by the National Defense Authorization Act of 2010 that include: civilian human resources life cycle, classification, staffing/recruitment, discipline and adverse actions, employee relations, performance management, leave administration, and labor relations. Dates for FY 20 are: **Feb. 3-6; May 4-7; and Aug. 10-13.** Registration is available through CHRTAS. Please note, this course does not take the place of the mandated on-line Supervisory Development Course. Point of contact is Gretchen Leigh, 309-782-2090 or Gretchen.a.leigh.ciiv@mail.mil.

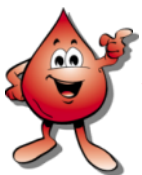
VIOS Schedule for February-April

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Feb. 10-14, March 16-20, and April 27-May 1.** Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the Visual Information Ordering Site for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site <https://vios.army.mil> for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the RIA VIOS website <https://vios.army.mil>. Contact us for help: 309-782-2843.



Blood Drives, 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 **Feb. 14 and 21**, 10 a.m. - 1:30 p.m. If you would like to donate at this blood drive, feel free to email bhancock@mvrbc.org with the time you'd like to schedule, or call their Donor Center at 563-359-5401; you may also log on to www.bloodcenterimpact.org and use code 029 to locate the blood drives.



Charlie Corpuscle says, "For the Jan. 17 through Feb. 21 drives donors will be able to get a voucher for a free tshirt as a Thank You for giving blood!"

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.

3rd Annual Patriot Derby Challenge

Join us for the 3rd Annual Patriot Derby Challenge on **Saturday, Feb. 15**, 10 a.m. – 3 p.m., at the WQPT - WIU Moline Campus, 3300 River Drive, in Moline. The event is free, weigh-in starts at 10 a.m., entry closes at 10:30 a.m. – racing begins at 11 a.m. Who can race – any Scout (yes, any scout) and veterans of the United States military. There will be food and refreshments available. For more information, please call Shane at 309-755-3260 or shane.kern@va.gov.

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

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:** Visit Zeke's Island Cafe at 842 Middle Road, in Bettendorf and receive \$2 off your order. Just show your Arsenal badge. You may also order online at zekesislandcafe.com enter 21375 for your discount. **Downtown Davenport's Bad Boy'z:** The downtown Davenport's Bad Boy'z, located in the River Music Experience building, 131 W 2nd Street, is offering a \$1 off lunch buffet (normal pricing \$7.25 with a water \$9.25 with a soda) \$6.25/\$9.25 for anyone working on the Arsenal. Lunch buffet runs from 11 a.m. to 2 p.m., Tuesday through Friday. All you can eat pizza, salad, soup, and tacos. Mention the “arsenal discount” to get the offer. **Urban Farmhouse Moline:** Stop in our Moline location and show your badge to receive 10% off your purchase – 1209 4th Ave. inside the Element hotel; open Tuesday – Saturday, 10 a.m. – 5 p.m. **Antonella's II:** Offering a 20% discount to all military services active or reserves, seniors and their immediate families on all menu items (must have ID). We are located at 421 river drive, in Davenport. We take reservations for large parties, please call at 563-324-9512. Our hours are Mondays – Closed; Tuesday-Wednesday 4-9 p.m.; Thursday – 11 a.m. – 2 p.m. and 4-9 p.m.; Friday-Saturday 11 a.m. – 10 p.m.; and Sundays – 11 a.m. – 8 p.m. **QC Wellness Group:** Come in for discounted chiropractic care for you, and your family. This offer is valid to all active duty, reserves, and veterans. We are located at 2220 E 53rd Street in Davenport. Call us today to book your appointment at 563-355-3100, restrictions can apply. **Sundown Mountain Resort:** Offering a military discount of 30% off lift tickets and rentals. Valid for active duty, Reserve, National Guard, retired service members, and their immediate families; located at 16991 Asbury Road, Dubuque, Iowa. **Bayside Bistro:** Offering a 10% discount to active, retired, reserve and National Guard

members and government civilians on all menu items. We're located in the Village of East Davenport, 1105 Christie Street, Davenport; open Tuesday-Friday, 9 a.m. - 7 p.m.; Saturday, 7 a.m. - 7 p.m.; Sunday; 7 a.m. - 3 p.m., Mondays (off). **R.I.A. Federal Credit Union:** Arsenal employees, get \$25 when you open up a new member checking and savings account at our branch in Bldg. 61. Active duty members and veterans, thanks to our partnership with Military Cost Cutters, you can get \$100 when you open a new member checking and savings account with us. Download the Military Cost Cutters app, show proof of military status, and you can get \$100 deposited into your account. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10% discount off its services located at 2500 18th Street in Bettendorf. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Notice of Work on East Street

Townsend Engineering will perform a topographic survey on East Street from the intersection of Rodman Avenue and ending at Blunt Road. This work will begin approximately on **Tuesday, Jan. 28**. The work could take up to a couple of weeks to complete pending on weather conditions. This work should not affect any Rock Island Arsenal Business operations or employees.

Repair Building 170 Water Main

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

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



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Pentagon Advises Troops to Not Use Consumer DNA Kits, Citing Security Risks

The Pentagon is advising troops that there are security risks, to include mass surveillance and potential tracking, associated with using consumer DNA kits. The products have become popular in recent years with people looking to discover potential medical issues or uncover information about ancestry and even find unknown relatives. [Yahoo News](#) first reported the Pentagon's warning, which was based on a [DoD memo](#) obtained by the news outlet. Yahoo News uploaded a copy of the [DoD memo](#), dated Dec. 20, which was signed by Joseph Kernan, the undersecretary of defense for intelligence. "These DTC [direct-to-consumer] genetic tests are largely unregulated and could expose personal and genetic information, and potentially create unintended security consequences and increased risk to the joint force and mission," the memo reads. "Moreover, there is increased concern in the scientific community that outside parties are exploiting the use of genetic data for questionable purposes, including mass surveillance and the ability to track individuals without their authorization or awareness," the memo states. (More: www.militarytimes.com/2019/12/24/pentagon-advises-troops-to-not-use-consumer-dna-kits-citing-security-risks)

SMA Shares Perspective on New Talent Management Program

Sgt. Maj. of the Army Michael A. Grinston visited the Battalion Commander Assessment Program at Fort Knox, Jan. 17, to see the first evolution of the Army's program that assesses nearly 800 majors and lieutenant colonels for command and key billets. "I am truly impressed by the attention to detail that the Talent Management Task Force has applied to ensure we're putting our very best leaders in these critical positions," Grinston said. The Battalion Commander Assessment Program is designed to determine whether officers are ready for command. Officers being considered undergo a series of cognitive, non-cognitive, written, verbal, psychological, and physical assessments. Information gathered from these assessments and from surveys of their peers and subordinates is provided to senior Army officers to conduct panel interviews. (More: www.army.mil/article/231835)

MilTax: Military OneSource Offers Free Tax Prep

Tax season can be a dreaded time of year for many people, but the Defense Department's Military OneSource offers the MilTax program to ease filing stress for service members and their families. There is no need to worry about costs in tax preparation because the services are free. MilTax kicks off on Military OneSource on Jan. 22, offering electronic filing via do-it-yourself software and personalized support from a tax consultant. Those who qualify to use the free MilTax program are active-duty service members and their families, National Guard members and reservists, survivors and veterans who have left the service in the last 365 days, said Kelly Smith, a program analyst with DOD's Military Community and Family Policy. Smith emphasized that whether filing on one's own or seeking out assistance from a tax consultant, MilTax services are available year-round for extensions and circumstances unique to the military community. "It is important for service members and families to know that they have options when it comes to support during tax-filing season," she said. (More: www.defense.gov/explore/story/Article/2059309)

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, ACS Training Room, Building 110**
- **May 14, ACS Training Room, Building 110**
- **June 11, ACS Training Room, Building 110**
- **Aug. 13, ACS Training Room, Building 110**
- **Nov. 12, 2020, ACS Training Room, Building 110**

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.”



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>

Slip, Trip, and Fall at Rock Island Arsenal

Based on data gathered from the Preliminary Incident Notification Report (PINR), a centralized incident notification system at Rock Island Arsenal (RIA), slip, trip, and fall on the same or different level, is the most reported incident at RIA year-round. Unsafe conditions like weather, slippery surfaces, uneven terrain, debris in the path of travel, poor lighting, and at-risk behavior such as overconfidence, lack of situational awareness, and unsafe act were among the contributing factors identified in many of the slip, trip, and fall cases. Reports from incident and accident investigation also revealed hidden hazards and other factors that may have contributed to the incident. For example, potholes or depressed area in the parking lot, sidewalk and walkways are not easily seen underneath the snow. Pedestrians walking by may lose their balance, or worst, slip and fall, as these spotty areas can hold water, which can freeze under right conditions. Slip, trip, and fall incidents at RIA clusters during the cold months, with most occurring in the month of January, inside and outside the building, particularly in the parking lots, sidewalks or walkways, stairwells, lobbies, and hallways. Injuries from slip, trip, and fall varies, as do their severities. In most cases, individuals who have slipped, tripped, and fallen pops back-up with minor injuries. In other cases, treatment beyond first aid is needed and the individual may lose time away from work because of their injuries. What you can do to reduce your risks and those of others from slipping, tripping, and falling:

- Employ risk management.
- Inform others of the hazards and control measures they can take.
- Timely report identified hazards, unsafe conditions, and incidents to your supervisor.
- Notify your safety team of the incident via PINR.
- Contact your safety team for assistance and or accident prevention tools and resources.

Equal Employment Opportunity Focus



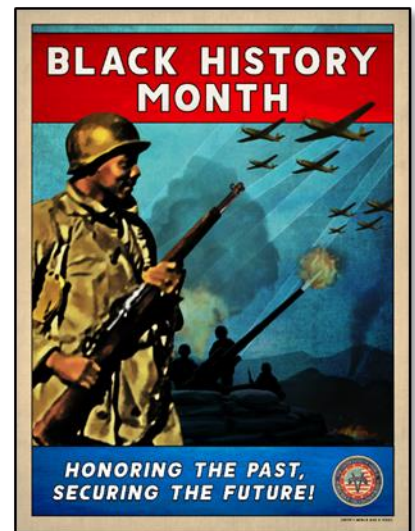
The Equal Employment Opportunity (EEO) program formulates, directs, and sustains a comprehensive effort to maximize human potential to ensure fair treatment for military personnel, family members, and civilians without regard to race, color, gender, religion, or national origin, and provide an environment 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>

African American History Month

February is African American History Month, and the Army reflects upon and celebrates the tremendous contributions of African-Americans to the nation. The theme of 2020 African American Month is Honoring the Past, Securing the Future! During this observance the Army reflects on the contributions of African American Soldiers. African Americans have defended the nation since the Revolutionary War. They continue to serve the Army with great honor and distinction and built a legacy of courage and professionalism. This legacy inspired current and past generations and will continue to do so in the future. The Army stands on the tradition of sacrifice by African-American Soldiers:

- The slaves who joined the Continental Army in exchange for the promise of freedom
- The Louisiana Free Men of Color who fought in the Battle of New Orleans in the War of 1812
- The 54th Massachusetts Infantry Regiment of the Union Army
- The Buffalo Soldiers
- The Harlem Hell Fighters of New York's 369th Infantry Regiment in WWI
- The Tuskegee Airmen; the "Triple Nickels"
- The all-black airborne unit in WWII
- The brave drivers of the "Red Ball Express," who brought supplies to Allied Forces after D-Day
- The "Black Panthers" of the 761st Tank Battalion in WWII



The Army is dedicated to leveraging the strength of our diverse force and ensuring equality for all its members. To sustain a high-quality Army that is trained and ready, the Army will continue to ensure that all Soldiers and Civilians are given the opportunity to maximize their talents and potential. African Americans make up more than 19 percent of the Total Army and the Department of the Army Civilian Workforce. African Americans play vital roles in today's Army as Soldiers, Army Civilians and family members, and are critical members of the Army team. The Army strongly embraces diversity as a way to maximize individual talent, increase morale and greatly enhance military effectiveness. The Army finds its strength not only in its diversity, but in its ability to bring together people of different faiths, cultures, and races who share common values like duty, honor, selfless service, loyalty, and respect. The Army is confident that the myriad of talent, skills,

and abilities in the diverse force will help to meet future defense challenges and win the nation's wars.

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

If it's the first Thursday of the month then the place to be is the Lock and Dam Lounge in Building 60 on **Thursday, Feb. 6**, 3-10 p.m., where this month we'll be featuring a tap takeover by Boulevard Brewing and live music by local acoustic duo, Greg & Rich. Bring all your friends, co-workers, family... whoever, First Thursdays and the Lock and Dam Lounge are always open to the public. Call 309-782-6319 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.

Get your Vehicle Ready for Winter Driving

With the relatively mild start to the winter season you may have not given much thought to your vehicle's winter road worthiness, with several inches of snow and possibly ice on the way, this weekend's weather forecast should change all that. Make sure your ride is ready for tough winter driving conditions by scheduling an inspection with the trustworthy and skilled technicians at the Auto Service Center. Our multi-point inspections will help you identify potential problems before they leave you stranded on the side of the road. From batteries whose performance is impacted by extreme cold temps to ensuring adequate and even tire pressures and safe tread depths, we'll make sure to check all the potential problem areas to help keep you safe on the road this winter. Winter in the Midwest also means lots of salt on the roads so make sure to grab a reloadable car wash card so you can protect your car from these corrosive materials. And when you're ready for a deep clean, schedule a detailing appointment at www.vibrantmobiledetail.com/arsenal and we'll detail your car while you're at work. Call 309-782-8631 for more info and to schedule an appointment.

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.

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.

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.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

A Day in Galena

Join us for A Day in Galena on **Saturday, Jan. 25**; we depart from the Moline Visitor Control Center at 8 a.m. with our return trip taking place in departing Galena at 2:30 p.m. There are only 10 seats for this trip, \$30 per person. Contact the MWR Leisure Travel Office at 309-782-5890.

Quarters One Paranormal Investigation

Join us for our Quarters One Paranormal Investigation at Quarters One on **Saturday, Jan. 25**. Doors open at 5 p.m., and historian will provide interesting information on Quarters One at 6 p.m. The Illinois Paranormal Research team will follow after and the hunt is on. Beverages and light refreshments will be provided. Only 30 spaces available per event. Must be 18 years of age or older. No alcohol permitted. Cost is \$25 per person. To reserve your spot call MWR Leisure Travel Office at 309-782-5890.

MWR Valentine's Day Bazaar

Join us for our MWR Valentine's Day Bazaar on **Thursday, Feb. 13**, in Heritage Hall, Building 60, 9 a.m. - 1 p.m. If you're looking for last minute gifts for that special someone stop on by and see what our returning vendors will have available.

MWR Van Trip: 2020 Chicago Auto Show

Join us for our MWR Van Trip to the 2020 Chicago Auto Show at McCormick Place Convention Center on **Saturday, Feb. 15**, 7 a.m. - 5 p.m.; \$40 - 10 seats - transportation only. Call 309-782-5890 to reserve seat with payment.

Chicago's Comic & Entertainment Expo 2020

Join us for Chicago's Comic & Entertainment Expo 2020 on **Saturday, Feb. 29**; we depart from the Moline Visitor Control Center at 7 a.m. with our return trip taking place in departing Chicago at 4:30 p.m. There are only 10 seats for this trip, \$40 per person. Contact the MWR Leisure Travel Office at 309-782-5890.

Circa 21 Dinner & Playhouse: Kinky Boots

Join us **Saturday, Feb. 29**, at the Circa 21 Dinner & Playhouse for Kinky Boots. Doors open at 5:45 p.m. Charlie Price has reluctantly inherited his father's failing shoe factory. Trying to live up to his father's legacy and save his family business, Charlie finds inspiration in the form of Lola, a fabulous drag queen in need of some sturdy stilettos. This joyous musical celebration is about the friendships we discover and the belief that you can change the world when you change your mind. With elaborate costumes, exhilarating choreography and a truly moving and powerful story, Kinky

Boots will have you dancing in your seat and discovering why, sometimes, the best way to fit in ... is to stand out. MWR Leisure Travel has discounted seats on sale until Feb. 15. \$49.75 per person.

MWR Van Trip: Chicago St Patty Pub Crawl

Join us for our MWR Van Trip to the Chicago St. Patty Pub Crawl on **Saturday, March 14**, 7 a.m. - 5 p.m.; \$40 - 10 seats - transportation only. Stops to include Emmitt's Irish Pub, Kerryman Irish Bar, and Two Brothers brewery for dinner. Call 309-782-5890 to reserve seat with payment.

Harlem Globetrotters

On sale now... the world-famous Harlem Globetrotters will bring their new "Pushing the Limits" World Tour to Moline at the TaxSlayer Center on **March 22** at 2 p.m. Globetrotters' fans will experience even bigger moments and memories, including a live world record attempt at each game. This show features a blend of hilarious hijinks and incredible basketball skills including ball handling, high flying dunks, and a new record-breaking attempt. The Harlem Globetrotters are a one-of-a kind experience putting a new spin on family time. You won't want to miss these memories worth repeating, so get your ticket today. Discounted tickets available through the MWR Leisure Travel Office until **March 9** at \$36.50, \$44, and \$44.50 and magic bands for \$15.

WWE Live

The WWE Live returns to the Quad Cities for the first time in 2020 to the TaxSlayer Center on **Sunday, March 29**, at 7 p.m. See your favorite WWE superstars live... the Miz vs universal champion "The Fiend" Bray Wyatt in a universal championship match. Plus Roman Reigns, Braun Strowman and The New Day; and many more. Card is subject to change. MWR Leisure Travel has discounted tickets for Section 115, rows 89 and 10, at \$43.50 per person. On sale until **March 9**.

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.



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.

Choice Hotels

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

Leisure Travel Has Discount Tickets on Theme Park Fun

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



Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All 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)

Teen Council

The RIA Teen Council invites all 6th-12th grade youth to our teen carnival. Youth will have the opportunity to play carnival games, win prizes, and eat carnival food. This no cost event is on **Friday, Feb. 7**, 6-9 p.m., at the School Age Center, Building 150. Youth must sign up for the event to participate, but they do not need to be registered with CYS. Youth are welcome to bring a friend. To sign up for the event call 309-782-6515 or 309-782-0814.

Teen Bowling Night

On **Thursday, Feb. 20**, CYS is having a teen bowling outing to High Five Lanes and Games at the TBK Sports Complex in Bettendorf from 4:30-7:30 p.m. There is no cost for bowling, but teens need to bring money for food. Teens will meet at and return to the School Age Center and be transported via CYS bus to the sport complex. Youth need to be signed up for the event, be registered with CYS, and parents must sign a permission slip for youth to participate. To sign up for the outing call 309-782-6515 or 309-782-0814.

Summer 2020 Information for Kid and Teen Programs

We have two programs that will run this summer; the Summer Day Camp Program for K-5th graders and the Teen Summer Program for 6th-8th graders.

Summer Day Camp

For all participants who are in grades K-5: To get on the list for Summer Day Camp you will need to go on MilitaryChildCare.com and request the weeks you are looking for care there. If you do not have an account yet, please create your account before the sign-up date. The date and time that the Summer Day Camp program opened in Militarychildcare.com was: Jan. 13.

Teen Summer Program

For all participants who are in grades 6-8; you will have to send an email to: usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil to get on the waitlist. The subject line should be "Teen Summer Care Request." In the body of the email please list your child(s) name and the weeks you are requesting care. The requests will be filled the same way the Summer Day Camp is filled. We will go by priority, the date you requested care, and the time you requested care. The date and time that the Teen Summer Program opened was Jan. 14. If you have any questions, please feel free to call the School Age Center at 309-782-5019.

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.

Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website

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

Advanced Résumé Class

Join us for our Advanced Resume Class being held **Friday, Jan. 31**, in ACS, Building 110. Come learn tips and techniques to tailor your résumé for federal employment. Class is intended for military spouses, but is open to all service members, DA civilians (APF & NAF), military Retirees, and their family members. RSVP by **Thursday, Jan. 23**, by calling 309-782-0829/0815 or emailing travis.j.phillis.civ@mail.mil.

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 and lunch; the day will be from 8 a.m. – 1 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.

Family Game Night

Join us on **Thursday, Feb. 13**, 6-8 p.m., for a Family Game Night in Heritage Hall. There will be plenty of games to choose from, including life size Jenga, tug of war, and a game of Capture the Flag between parents and children. There will also be board games and cards in the Lock and Dam Lounge and Grill dining room. Come early for dinner and enjoy chicken tender and burger baskets for \$5 each. For more information, contact ACS at 309-782-0829.

Self-Care Workshop

Join Family Advocacy on **Thursday, Feb. 20**, 4-5 p.m., at the Rock Island Arsenal Museum, to learn about self care, why it is important, debunk common myths about self care and develop your own self care plan. Open to all RIA community members. RSVP with theresa.l.okeefe2.ctr@mail.mil or at 309-782-3773.

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.

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:

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

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

Relocation Assistance Coordinating Committee

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

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

Time: 10-11 a.m.

Location: Building 110; 1st floor, ACS Training Room

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

Overseas Orientation

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

Face to Face Sponsorship Training

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

MWR Outdoor Recreation Office



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

Equipment Rentals for All Your Winter Outdoor Adventures

With the cold and snow seemingly here for the season, local ski areas are opening and there are lots of ways to recreate and get outside this winter. If you're looking for skis, boots and snowboards to swish down the slopes at Snowstar Winter Park, Sundown or Chestnut Mountain Resort, call Outdoor Rec. at 309-782-8630 to save money on your rental gear. Maybe gliding/stepping silently through a winter wonderland is more your speed... we have cross country skis, boots and snowshoes as well. Heading to the rink or lake? Don't forget, we have ice skates and ice augers for rent as well. We also offer waxing and sharpening services for all your personally owned winter gear so stop in to Outdoor Rec in Building 333 (next to the Exchange) to see all the ways we can help you get out and have fun in the great outdoors this winter.

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.

Employee Assistance Program



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

Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 8 a.m. – 3:30 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>

National Defense Industrial Association Scholarships

The NDIA Scholarship Committee is now accepting applicants for \$2,500 scholarships. Scholarship applications and additional eligibility criteria may be found by clicking on the scholarship application line at www.ndia-ia-il.org. Applications must be postmarked **April 11**, or earlier. For more information, call 563-650-3252 after 5 p.m.

Sgt. Paul Fisher Scholarships

NDIA is now accepting applicants for the awarding for \$2,500 Sgt. Paul Fisher Scholarships. Scholarship applications and eligibility criteria may be found by clicking on the scholarship application line at www.ndia-ia-il.org. Applications must be postmarked **April 11**, or earlier. For more information, call 563-650-3252 after 5 p.m.

Defense Commissary Agency / Exchange



The Rock Island Commissary, www.commissaries.com/shopping/store-locations/rock-island-arsenal, and the Exchange, www.shopmyexchange.com/exchange-stores/United%20States/IL/Rock%20Island/Rock-Island-Arsenal-9999912, are for active duty military and retirees only (**soon to include veterans with service-connected disabilities and others – see details**). There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information here: www.commissaries.com/shopping/store-locations/rock-island-arsenal. For information on this and other Commissaries, visit: www.commissaries.com (Facebook: www.facebook.com/YourCommissary)

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

Shop Your Commissary for Discounts on Game-Day Treats That Help You Save More Money

It's win or go home for professional football teams competing for a spot in the big game. However, military customers all come out victorious if they shop their commissary for the food and drinks to score big at their house party or barracks get together. "I don't know who's going to win it all in football, but I do know your commissary has everything you need to save a lot on your big game menu," said Army Command Sgt. Maj. Tomeka N. O'Neal, senior enlisted advisor to the DeCA director. "Chicken wings, veggie and fruit trays, nacho fixings, pizzas, sodas, water, snacks and dips – whatever you want is available at discounted savings. "And don't lose out on the savings at your base exchange on that big screen television at discounted prices, either," she said. (More: www.commissaries.com/our-agency/newsroom/news-releases/shop-your-commissary-discounts-game-day-treats-help-you-save-more)

Exchange Offers \$1,000 in Gift Cards with Fill Your Gym Bag Sweepstakes

Military shoppers can give their New Year's fitness resolutions a boost with the Army & Air Force Exchange Service's Fill Your Gym Bag sweepstakes, sponsored by Adidas. From Jan. 17 to Feb. 17, Exchange shoppers can enter to win a \$100 Exchange gift card toward filling up their gym bags with fitness necessities such as digital trackers, athletic wear, shoes, accessories and more at ShopMyExchange.com/sweepstakes. Ten gift cards will be awarded. "The Exchange promotes a BE FIT lifestyle focused on the health and well-being of Airmen, Soldiers, retirees, military families and Veterans," said Air Force Chief Master Sgt. Luis Reyes, the Exchange's senior enlisted advisor. "This sweepstakes can help shoppers make those fitness resolutions a reality." (More: www.dvidshub.net/news/359416/exchange-offers-1000-gift-cards-with-fill-your-gym-bag-sweepstakes)

Exchange Extends Return Policy for Holiday Shopping Through Jan. 31

Military shoppers have no need to fret if they get that perfect gift in the wrong size or receive the same gift twice—the Army & Air Force Exchange Service is extending its return policy for the holiday season. Shoppers will have until Jan. 31 to return items purchased Nov. 1 through Dec. 24 with a sales receipt. (More: www.dvidshub.net/news/350930)

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) (Facebook: www.facebook.com/RIAMuseum)

Brown Bag Lunch & Learn - 75th Anniversary, the Battle of Manila

Join us for the Brown Bag Lunch & Learn - 75th Anniversary, the Battle of Manila on **Monday, Feb. 3**, 12-1 p.m., in the Rock Island Arsenal Museum. February 2020 marks the 75th Anniversary of the Battle of Manila and retaking Corregidor, the final battles needed to retake the Philippines. Manila was the only significant urban battle of WWII in the Pacific, and Corregidor was perhaps the most daring airborne assault of the war. George Eaton from the ASC History Office will explain both events and how they allowed the Philippine return to peace while becoming a launch pad for the planned final assault on the Japanese home islands. 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)

EVAC Project - Experiencing Veterans & Artists Collaboration

Come in and check out our new exhibit at the Rock Island Arsenal Museum, EVAC Project - Experiencing Veterans & Artists Collaboration, which opened Dec. 14 and runs through **Saturday, Feb. 15**. Using storytelling and art, EVAC (Experiencing Veterans & Artist Collaboration) Project bridges the gap between civilians and veterans by educating the public about military life. EVAC curators interviewed veterans about their experiences, and artists made an edition of prints based on their interpretation of those stories. The prints are exhibited with excerpts from the interviews. As always, admission to the Museum is free.



WWI Lecture Series: Europe at War & the Zimmerman Telegram

Join us for WWI Lecture Series: Europe at War & the Zimmerman Telegram on **Wednesday, Feb. 19**, 6-7 p.m., in the Rock Island Arsenal Museum. Employees can get CLP credit for attending the lecture series at the museum; you just need to search "WW1" in TEDs to find the class. Beginning in 1914 into 1917 the major European powers clashed across a front hundreds of miles long. Soon, vast networks of opposing trenches would dominate what would be known as the Western Front. Meanwhile, a secret diplomatic communication sent by Arthur Zimmerman from the German Foreign Office to Mexico was intercepted by the British. The telegram proposed a military alliance

between Germany and Mexico against the United States. The interception of the Zimmerman Telegram would change the course of the war. 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)

WWI Lecture Series: Stalemate on the Western Front

Join us for the WWI Lecture Series: Stalemate on the Western Front on **Wednesday, March 18**, 12-1 p.m., in the Rock Island Arsenal Museum. Employees can get CLP credit for attending the lecture series at the museum; you just need to search "WW1" in TEDs to find the class. The fight on the Western Front turned into a stalemate by 1915 and would remain largely unchanged for two more years. Join us to learn about this period during World War I when the war descended into a war of attrition. 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)



HPV Vaccine Now Recommended For Those Up To Age 45

The Food and Drug Administration has raised the recommended age to receive the vaccine for human papillomavirus, or HPV to 45. Health care experts say that's good news for women and men who did not receive the anti-cancer vaccine in childhood. "There are hundreds of different strains of HPV," said Navy Cmdr. Shannon Lamb, a urogynecologist and the U.S. Navy Bureau of Medicine and Surgery's Women's Health Branch chief. "The vaccine doesn't protect from all of them, but it does protect from the most common ones that cause different types of cancers as well as genital warts." HPV spreads through intimate skin-on-skin contact. Typically, the vaccine is recommended for girls and boys as young as age 9, and women and men up to age 26. "It's recommended for young people so they're protected before they're ever exposed to the virus," Lamb said. "HPV is a very common infection. Over 80 percent of people will be infected in their lifetime." (More: <https://health.mil/News/Articles/2020/01/14/HPV-vaccine-now-recommended-for-those-up-to-age-45>)

Shining Light on Those Wintertime Blues

The winter weather forecast will be snow and sleet for some, yet sorrow and sadness for others. Got them wintertime blues? You're not alone. "Seasonal Affective Disorder – SAD – is a mood disorder triggered by a change in seasonal weather patterns such as shorter days, gray skies, and rain," said Navy Lt. Cmdr. Nathan R. Hydes, Naval Hospital Bremerton (NHB) Board Certified Clinical Psychologist. December 22 was the Winter Solstice, and the shortest day for 2019. Also the longest night. SAD is associated with the Winter Solstice, because the condition does tend to manifest itself during late fall and early winter when less natural sunlight is available. "SAD affects millions of Americans every year and is believed to be more common in parts of the country where the sunshine is less prevalent, such as here. SAD symptoms can include a down mood, loss of interest in activities that are normally enjoyable, change in appetite and in sleep patterns and fatigue and loss of energy. In some cases, thoughts of suicide," explained Hydes, who is also embedded as the assigned psychologist of Marine Corps Security Force Battalion and Submarine Group Nine Sailors working out of Branch Health Clinic Bangor. (More: <https://health.mil/News/Articles/2020/01/08/Shining-light-on-those-wintertime-blues>)

Notes for Veterans

App Helps Veterans Manage Chemotherapy Symptoms

Veterans with cancer who undergo aggressive therapies often endure adverse effects. The worst symptoms usually happen at home following chemotherapy or other treatment. As a result, a team at the Minneapolis VA Medical Center in Minnesota enlisted the help of Annie – VA’s automated text messaging system. The intent is to provide these Veterans with increased support for symptom management. “Patients know they are experiencing symptoms, but they don’t always know when it’s too much or how to react,” explains Connie Jaenicke, NP. Jaenicke is a nurse navigator in the Minneapolis hematology/oncology department. “We worry about patients not seeking treatment for these symptoms early enough to avoid a hospitalization. As a result, this can worsen a patient’s quality of life unnecessarily and delay or preclude future chemotherapy.” (More: www.blogs.va.gov/VAntage/70523/app-helps-veterans-manage-chemotherapy-symptoms)

VA’s Veterans Health Administration Central Office Gets Realignment to Improve Care for Veterans

The U.S. Department of Veterans Affairs (VA) announced Jan. 1, the redesign of the Veterans Health Administration Central Office (VHACO) as part of its modernization efforts. The new structure reflects leading health care industry practices and addresses clinical integration through the joint leadership of a chief medical officer and expanded chief nursing officer role. This model strengthens and expands the role of nursing to leverage skills of clinicians and non-clinicians. VHACO will also create integrated clinical communities across the enterprise to help personnel better identify and share leading practices, drive continuous improvement and support a consistent Veteran experience. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5383)

VA Rep Office Hours at RIA – New Service Available on Rock Island Arsenal

The local Veterans Administration (VA) Outreach Representative for 16 counties in Iowa and Illinois, Shane Kern, will be at RIA twice a month to provide transitioning Soldiers (active duty, Reserve and National Guard), Family members and area veterans easy, predictable access to VA services. Upcoming VA visits scheduled at ACS Office, Bldg. 110/1st Floor from 9 a.m. - 3 p.m.

- Friday, Jan. 24
- Tuesday, Feb. 11
- Friday, Feb. 28

Appointments are not required. For more information, please contact Shane Kern at his office at 309-755-3260; cell 319-541-1036 or Shane.Kern@va.gov.

Around the Q.C.



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

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

Feb. 1: Winter Carnival (Family Museum, library, park, and Life Fitness Center, Bettendorf) More: www.bettendorf.org

Feb. 14: Valentine Walk (Watchtower Lodge in Black Hawk State Historic Site in Rock Island) More: www.blackhawkpark.org

Feb. TBA: Moeller Nights Festival (Rust Belt, East Moline) More: www.moellernights.com

Feb. 13-16: Outdoor Adventure Show (QCCA Expo Center, Rock Island) More: www.qccaexpoctr.com

Feb. 21-23: RV & Camping Show (QCCA Expo Center, Rock Island) More: www.qccaexpoctr.com

Feb. 24-March 1: Quad Cities Restaurant Week (30+ restaurants in the greater Quad Cities) More: www.qcrestaurantweek.com

March 12-15: Missouri Valley Conference Women's Basketball Tournament (TaxSlayer Center) More: www.mvcquadcities.com

March 13: Gathering of the Clan Luncheon (RiverCenter, Davenport) More: www.stpatsqc.com

March 14: St. Patrick's Parade (Downtown Rock Island and Davenport) More: www.stpatsqc.com

March 18-21: Gathering of the Green (RiverCenter, Davenport) More: www.gatheringofthegreen.com

March 27-29: QCCA Flower and Garden Show (QCCA Expo Center, Rock Island) More: www.qccaexpoctr.com

May 2: Tour de Brew QC (Bicycle ride to different breweries and establishments in the Quad Cities) More: www.qctourdebrew.com

May 2: Village in Bloom: Festival of the Arts (Village of East Davenport) More: www.villageinbloom.org

May 9-10: Beaux Arts Fair (Mississippi Valley Fairgrounds) More: www.beauxartsfair.com

May 24-25: Heritage Days (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com

May 25: Quad Cities Kwik Star Criterium (Village of East Davenport) More: www.quadcitiescriterium.com

June TBA: BE Downtown/Chalk Arts Fest (Downtown Bettendorf) More: www.bettendorf.org

June 1-6: Quad Cities Senior Olympics (greater Quad Cities) More: <http://qcsogo.org>

June 5-6: Rhubarb Festival (Aledo, Illinois) More: www.aledomainstreet.com

June TBA: Gumbo Ya Ya: (Downtown Rock Island) More: www.downtownrockisland.org

June TBA: Pioneer Days (Colonel Davenport House, Rock Island Arsenal) More: www.davenporthouse.org

June 6-14: Quad Cities Museum Week (Greater Quad Cities) More: www.qcmuseumweek.com

June 21: Ride the River Bike Ride (Davenport Riverfront) More: www.riveraction.org

June 19-21: Planet Funk Con – Comic-Con (TBK Bank Sports Complex) More: www.planetfunkcon.com

June TBA: Quad City Air Show (Davenport Municipal Airport) More: www.quadcityairshow.com

July 3: Red, White & Boom! (Rock Island and Davenport) More: www.redwhiteandboomqc.org

July 4: Firecracker Run & Parade (East Moline) More: www.emmainstreet.com

July 3-4: Bettendorf Old-Fashioned 4th of July (Bettendorf) www.bettendorf.org

July TBA: Mississippi Valley Blues Festival (TBA) More: www.mvbs.org

July 6-12: John Deere Classic PGA Tour (TPC Deere Run, Silvis, Illinois) More: www.johndeereclassic.com

July 11-15: Mercer County Fair (Fairgrounds, Aledo, Illinois) More: www.mercercountyfair.org

July 9-11: Walcott Truckers Jamboree (Iowa 80 Truckstop, Walcott, Iowa) More: www.truckersjamboree.com

July 14-18: Rock Island County Fair (East Moline) More: www.rockislandfair.org

July 24-25: Downtown Street Fest (Downtown Davenport) More: www.downtowndavenport.com

July 25: Bix 7 Run/Walk (Downtown Davenport) More: www.bix7.com

July 30-Aug. 1: Bix Beiderbecke Memorial Jazz Festival (Rhythm City Casino Resort, Davenport) More: www.bixsociety.org

Aug. 1: Heartland British Auto Fest (LeClaire Levee) More: www.qcbac.com

Aug. 4-9: Great Mississippi Valley Fair (Mississippi Valley Fairgrounds) More: www.mvfair.com

Aug. 8: Village Wine Walk (Village of East Davenport) More: www.villageofeastdavenport.com
Aug. 13-15: Tug Fest (LeClaire, Iowa and Port Byron, Illinois) More: www.tugfest.org
Aug. TBA: Ya Maka My Weekend (Downtown Rock Island) More: www.downtownrockisland.org
Aug. 14-15: Quad Cities Balloon Festival (Iowa-side Quad Cities – location TBA) More: www.quadcitiesballoonfestival.com
Aug. 15: Freedom Fest (East Moline) More: www.emmainstreet.com
Aug. 15: Floatzilla (Sunset Marina, Rock Island) More: www.floatzilla.org
Aug. TBA: Quad City Symphony Riverfront Pops (LeClaire Park, Davenport) More: www.qcso.org
Aug. TBA: World Series of Drag Racing (Cordova International Raceway) More: www.racecir.com
Aug. 22-23: Farm Days (Village of East Davenport) More: www.villageofeastdavenport.com
Aug. 27-30: Alternating Currents Festival (Downtown Davenport) More: www.alternatingcurrentsqc.com
Aug. 29: Vettes on the River (LeClaire, Iowa) More: www.visitleclaire.com
Sept. 5-6: Rock Island Grand Prix (Downtown Rock Island) More: www.rockislandgrandprix.com
Sept. TBA: QCA Heritage Tractor Parade & Show (John Deere Pavilion, Moline) More: www.visitjohndeere.com
Sept. TBA: VIVA Quad Cities Fiesta (Location TBA) More: www.vivaquadcities.com
Sept. 12-13: Beaux Arts Fair (Davenport) More: www.beauxartsfair.com
Sept. TBA: Taming of the Slough (Sylvan Slough) More: www.riveraction.org
Sept. TBA: Brew Ha Ha (LeClaire Park, Davenport) More: www.jayceesqc.org
Sept. 19-20: Riverssance Festival of Fine Arts (Village of East Davenport) More: www.midcoast.org
Sept. 27: Quad Cities Marathon (Downtown Moline) More: www.qcmarathon.org
Oct. 11: Apple Fest (Downtown LeClaire) More: www.visitleclaire.com
Oct. TBA: Row the Miss Regatta (Mississippi River in Moline) More: www.tworiversymca.org
Oct. 29: Fright Night (Schwiebert Park, Rock Island) More: www.downtownrockisland.org
Oct. 24: Lagomarcino's Cocoa Beano 5K Race (Village of East Davenport) More: www.lagomarcinos.com
Oct. 24-25: Boo at the Zoo (Niabi Zoo, Coal Valley, Illinois) More: www.niabizoo.com
Oct. 24: Witches Walk & Costume Parade (Downtown LeClaire, Iowa) More: www.visitleclaire.com
Nov. 21-29: Quad City Arts Festival of Trees (RiverCenter, Davenport) More: www.qcfestivaloftrees.com
Nov. 21: Festival of Trees Parade (Downtown Davenport) More: www.qcfestivaloftrees.com
Nov. 21: Lighting on the John Deere Commons (Downtown Moline) More: www.lightingonthecommons.com
Nov. 29: Christmas Walk (Walnut Grove Pioneer Village) More: www.scottcountyiowa.com
Dec. 6: 19th Century Christmas (Butterworth Center, Moline) More: www.butterworthcenter.com
Dec. TBA: Christkindlmarkt Quad Cities (Freight House, Davenport) More: www.christkindlmarktqc.com
Dec. TBA: Season of Light-Star of Bethlehem (Augustana College planetarium) More: www.augustana.edu

Island Insight



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

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

