



**Nov. 28, 2016**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:**



[www.usagria.army.mil/News/II.aspx](http://www.usagria.army.mil/News/II.aspx)

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## Safety, Wellness Awareness Day Assists Workforce in Winter Season Preparation

Rock Island Arsenal personnel gathered at Heritage Hall for Autumn / Winter Safety and Wellness Awareness Day, here Nov. 18. The safety awareness event was designed to help RIA personnel better



prepare for the holiday and winter season. This time of year poses an increased likelihood of accidents as weather worsens, households use more electricity, various personal health risk factors increase, and families spend more time preparing large meals for family gatherings. About 25 information booths set up in Heritage Hall covered topics such as fire safety, substance abuse, sexual harassment, severe weather preparedness, health and wellness, auto safety, and food safety. Informational brochures were handed out at each booth. "Safety is critical to workforce readiness," said Robert Petty, safety director, U.S. Army Sustainment Command. ([More](#))

## Upcoming Dates

- Nov. 1-30:** Military Family Appreciation Month
- Nov. 28-Dec. 9:** RIA Pedestrian Safety Enforcement Operation, Arsenal Island-wide, 24/7
- Nov. 29:** Giving Tuesday Volunteer Opportunity, Quarters One, 10 a.m.
- Nov. 29:** Assertiveness Training, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m. - 12:30 p.m.
- Nov. 29:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.
- Nov. 30:** Couples Game Night, ACS Training Room, Bldg. 110, 4-5:30 p.m.
- Dec. 1-8:** Trees for Troops, Memorial Field Pavilion, eligible military, 24/7
- Dec. 1:** Exceptional Family Night, School Age Center, Bldg. 150, 5:30-7:30 p.m.
- Dec. 1:** Rock Island Arsenal Historical Society Meeting/Dinner, Arsenal Island Clubhouse, 6 p.m.
- Dec. 2:** RIA Points of Interest Tour, Quarters One, 9 a.m.
- Dec. 2:** Holiday Vendor Fair, Lock and Dam Lounge, 10 a.m. - 6 p.m.
- Dec. 2:** First Friday Social, Lock and Dam Lounge, 3 p.m.
- Dec. 2:** Tree Lighting Ceremony, Heritage Hall, Bldg. 60, 4 p.m.
- Dec. 6:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30-11:30 a.m.
- Dec. 6-8:** Federal Employees Health Benefit Fair, Heritage Hall, Bldg. 60, 9 a.m. - 1 p.m.
- Dec. 8:** Quarterly Retirement & Retreat, Bldg. 60, Heritage Hall, Bldg. 60, 2 p.m.

## **Mohican History, Sacred Dancing Educate Attendees at RIA American Indian Observance**

A National American Indian Heritage Month observance was held here Nov. 21 in Heritage Hall with two special guests. Retired Army Maj. Jo Ann Schedler shared the history of the Mohican Nation, Stockbridge-Munsee Band of Indians from Wisconsin, and Ronnie Preston performed two dances. Preston, who resides in Milwaukee, is a member of the San Carlos Apache Nation, Arizona. Native American artifacts were on display and samples of native food were available for attendees. National Native American Heritage Month begins Nov. 1 annually to celebrate and recognize the accomplishments of this country's original inhabitants. Throughout the Army's history, Native Americans have served valiantly and with distinction in times of peace and war, while also fighting for the right to be an equal part of the nation, stated the Army's Stand-To! Web page. This year's theme is "Serving Our Nations." ([More](#))



## **ASC Bids Farewell to Civilian Leader**

The U.S. Army Sustainment Command bid farewell to one of its top civilian leaders at a ceremony held here at Heritage Hall, Nov. 22. The farewell ceremony honored Jay Carr, a member of the Senior Executive Service who had served as ASC's executive director for Acquisition, Integration and Management. Carr will remain at Rock Island Arsenal in a new assignment as executive director of the U.S. Army Contracting Command-Rock Island, where he previously served in several key leadership positions between 2004 and 2013. Melanie Johnson, Carr's predecessor as ACC-RI executive director, will move over to the U.S. Army Joint Munitions Command to serve as deputy to the commander. Carr's position as AIM executive director will be filled by Carl Cartwright, who currently serves as executive director of the Support Operations Center at ASC. ([More](#))



## **Former Grocery Store Will Be New VA Clinic**

Quad-City military veterans should find expanded health services closer to home when a new Veterans Affairs clinic opens in Davenport in about 18 months. Work is expected to begin in January or February to retrofit the former Jewel Foods store on West Locust Street, across from the Mississippi Valley Fairgrounds, into a VA outpatient clinic, said Bryan Clark, public affairs officer for the Iowa City Veterans Affairs Health Care System. The clinic is expected to open in the summer of 2018, replacing the Bettendorf location that opened in 1992. The building is being leased, and the VA will spend an estimated \$4.125 million to renovate it, offering more services for more people, Clark said. The Iowa City VA serves 51 counties in Iowa and Illinois, seeing 51,000 veterans a year, including 8,700 in Bettendorf. With the new location that will be about 11,000 square feet bigger than the one in Bettendorf, the clinic will be able to serve approximately 2,400 more veterans and offer services that currently aren't available there, Clark said. ([More](#))



## Feds' Bonuses to Grow Slightly In 2017, After 6-Year Freeze

Many federal employees will have a little something extra to be thankful for next year. After a six-year freeze, agencies are getting approval to raise their limits on spending for employee awards in fiscal 2017. The boost is a slight one, but agencies can now spend up to 1.5 percent of aggregate salaries for all non-Senior Executive Service employees at the end of the year on rating-based performance awards and individual contribution awards. The previous limit was just about 1 percent. ([More](#))

## FY16 Family Housing Construction Notification

Effective Nov. 28, the US Army Corps of Engineers began managing the Army Family Housing construction project on RIA north of Rodman Avenue in the area of the existing Rodman Quarters for a period of **540 working days**. The project will demolish and replace the family housing neighborhood along Rodman Avenue with new homes, roadways, utilities, and subdivision amenities. The fenced-in area will be off-limits during the entire project duration. Rodman Avenue is expected to remain open to traffic in both directions. If necessary, short term, one-lane closures during low-traffic time may happen to accommodate construction. Expected Impacts: • Noise, dust, and extra traffic along Rodman Avenue during the project. • The shared-use path along Rodman Avenue will be closed at the construction area. • Any utility outages necessary for this project will be coordinated and announced from public affairs prior to occurring. Permanent Changes: • The intersection at Rodman Avenue and Bldg. 150 will no longer be signalized. It will be converted to a two-way stop controlled intersection. • Quarters 30/31 along Blunt Road (near the Sports Complex) will be demolished toward the end of the project. An announcement will be made prior to demolition. • The shared use path north of Rodman Avenue will extend from the Moline Gate to the west side of the new family housing development.



## Pedestrian Safety Enforcement Operations Begins Nov. 28

As part of its ongoing efforts to improve pedestrian safety on the installation, the Rock Island Arsenal Police Department will be conducting a two week pedestrian safety enforcement operation. The enforcement will focus on motorists who fail to yield the right-of-way to pedestrians, pedestrians that fail to yield the right-of-way to vehicles, and pedestrians that fail to obey the pedestrian traffic-control device. Rock Island Arsenal Police Department is committed to preventing pedestrian involved traffic accidents, and is leading the effort with proactive enforcement and education programs. The Department is conducting this public awareness and enforcement program to educate and encourage members of the community to develop and maintain safe practices while driving, walking, and cycling throughout Rock Island Arsenal. Rock Island Arsenal Police Department strongly encourages members of the community to follow basic safe practices:

- Drivers should be on the lookout for, and stop for, pedestrians.
- Drivers should stop for pedestrians in a crosswalk and stay stopped until the pedestrian has reached the sidewalk.
- Pedestrians should use a crosswalk when crossing the street and obey pedestrian signals.

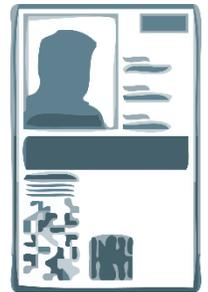


- Pedestrians that cross at a location other than a crosswalk must yield the right-of-way to vehicles and should look both ways for traffic before crossing.
- Pedestrians are encouraged to wear bright colored, reflective clothing and use a flashlight when walking during hours of darkness. Be visible!
- Traffic safety is everyone's personal responsibility.

The two week operation will begin on **Monday, Nov. 28**, at heavily traveled locations. Drivers and pedestrians stopped during this safety operation will be issued warnings during the first week and citations during the second week. Crosswalk enforcement actions are an effective way to communicate pedestrian/vehicular right-of-way laws to both drivers and pedestrians. This operation will serve as a reminder of this responsibility and we expect that voluntary compliance will be improved as a result. For additional information, please contact Capt. Chelsea Davis at 309-782-2686.

### **ID/CAC Office Change**

Effective Nov. 21, the ID/CAC Office began operating at its required and authorized strength of two employees, vice three. As a result of the reduction of staff, the number of appointments have been reduced from 34 to 22 per day on Monday, Wednesday, Thursday and Friday and from 18 to 12 on Tuesdays. Hours of operation will remain the same; Monday, Wednesday, Thursday and Friday from 8 a.m. to 3:30 p.m., and Tuesday from 8-11:30 a.m. (closed for training and admin in the afternoon). Along with the decrease of daily appointments, services may be limited or unavailable in the following situations:



- Planned Leave - If only one of the two employees is present, override capabilities to produce some ID/CAC cards will be unavailable. Customer will have to reschedule when both employees are present to execute the required override task.
- Unplanned Leave - If one of the two employees is on leave and the employee scheduled to work becomes ill and takes sick leave, the office will be closed until one returns to work.

All appointments continue to be made via the online RAPIDS appointment scheduler at <https://rapids-appointments.dmdc.osd.mil>. This website also lists off-Island locations.

### **Company Kitchen Cafes Holiday Hours**

All Company Kitchen (Bldg. 60, Bldg. 212 and Bldg. 350) cafés will be closed for lunch on **Wednesday, Nov. 23**, due to the holiday. Breakfast will operate as usual. All Cafes will be closed all day on **Friday, Dec. 23**. The cafes will operate with limited menus the **Dec. 19 to Jan. 6**.

### **Trees for Troops**

As a small way of saying thank you for your service, MWR, in conjunction with the Christmas Spirit Foundation and Fed-Ex, is once again proud to offer free live Christmas trees to all active duty military members (including Guard and Reserve components) this season. The trees will be available beginning at 12 p.m. at the Memorial Field Pavilion on **Thursday, Dec. 1, through Thursday, Dec. 8**, or until the supply is exhausted, first come, first served so don't wait. During this time period the trees are available only to active duty (including Guard and Reserve) and their families. Self-service pick up is available 24/7, so bring the family when it is convenient for you and pick out the perfect live tree to brighten your holiday season. If there are trees available after Thursday, Dec. 8, they will be made available to the rest of the Island workforce and military retirees beginning on **Friday**,



**Dec. 9.** Pick up location is the Memorial Field Pavilion. Please call 309-782-4420 for more info. ([Flyer](#))

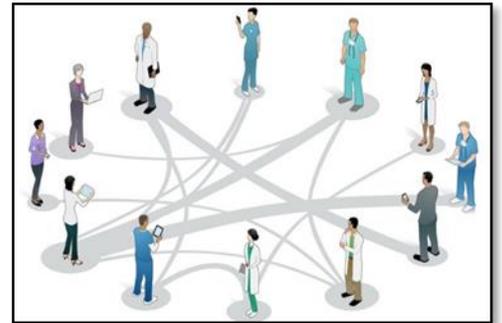
### Remember Pearl Harbor

Join Milan American Legion Post 569 at 4 p.m., **Sunday, Dec. 4**, 515 W 1st Ave., in Milan, Illinois, as Post 569 Adjutant Norman Dunlap tells the story of the one and one-half hour attack and introduces a Pearl Harbor survivor. We'll top off the program with a creamed chipped beef on toast (SOS) meal. Whatever your war era, you'll identify with some element of this program. Bring your family, friends, and military acquaintances. There is no charge, but we'll happily accept a donation. All WWII veterans in attendance will be recognized during the brief program.

### Federal Employees Health Benefit Fair

Mark your calendars for a Health Benefits Fair sponsored by AFGE Local 15 and 2119, **Tuesday through Thursday, Dec. 6-8**, in Heritage Hall, Bldg. 60, 9 a.m. – 1 p.m. Please attend during your break, lunch, or adjust your schedule with supervisory approval. Representatives to be in attendance include:

- Blue Cross/Blue Shield - Wellmark
- Colonial Life
- Vision Service Plan (VSP)
- Government Employees Health Association (GEHA)
- United Healthcare
- Aetna (former Mail Handlers)
- National Active and Retired Federal Employees Association (NARFE)
- RIA Federal Credit Union
- American Federation of Government Employees (AFGE) Representative



*Additional open season information of interest to the workforce* — the Office of Personnel Management's 2016 Federal Benefits Open Season runs from Nov. 14 through Dec 12, which includes the Federal Employees Health Benefits program, the Federal Employees Dental and Vision Insurance program (FEDVIP) and the Federal Flexible Spending Accounts (FSAFEDS) program. Open season gives federal employees and retirees the opportunity to review the 2017 rates and benefits and enroll in or change their health care coverage. They also have the opportunity to select supplemental dental and vision coverage as well as elect to participate in a tax-deferred Flexible Spending Account for health care and dependent care. New for 2017, all FEHB carrier plans will offer clinically appropriate and medically necessary treatment for children diagnosed with Autism Spectrum Disorder. Most FEHB plans will see benefit and rate changes for 2017. OPM encourages all employees to review their coverage during open season to decide what coverage and premiums best suit their needs for the upcoming year. Enrollment for FSAFEDS, which will be administered by a new contractor in 2017, does not automatically continue from year to year. Employees need to reenroll every year to participate and can submit their enrollments directly through the [FSAFEDS website](#). Open season is the only time to enroll, change enrollment or cancel coverage unless an employee has a qualifying life event. Open season enrollments or changes will be effective Jan. 1, 2017, for FEDVIP and FSAFEDS and Jan. 8, 2017, for FEHB coverage elections. Detailed information regarding open season, including a new plan comparison tool, can be found on the [OPM website](#).

## Arsenal Deer Hunt

Rock Island Arsenal will play host to an archery hunt to reduce the size of the Arsenal's deer population on Saturday and Sunday, **Dec. 10 and 11**, and again on Saturday and Sunday, **Jan. 7 and 8**, with an alternate weekend planned for **Jan. 14 and 15** if needed. [POC for the hunt](#) is 309-782-6107.



## Quarters One Opens for Christmas Tea

Quarters One on Arsenal Island opens for a Christmas Tea & Tour on **Sunday, Dec. 11**, hosted by the Colonel Davenport Historical Foundation. There will be two seatings, one at 12 p.m. and one at 3 p.m. Attendees of the Christmas Tea will enjoy savory and sweet delights, several types of teas, and a guided tour of the historic Quarters One mansion decorated for the holidays. Tickets are \$25 per person, and may be purchased online at [www.davenporthouse.org](http://www.davenporthouse.org) or by calling Judy Tumbleson at 309-786-5980. Please indicate which time you'd like to attend. There are a limited amount of tickets available the day of with no advanced reservations for \$30. Only paid attendees of the Christmas Tea will be able to tour Quarters One.

## VIOS Schedule for December, January

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Dec. 12, 13, 14, 15, and 16**; and **Jan. 9, 10, 11, 12, and 13**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) 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](#)

## Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Dec. 9 & 16, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



***Charlie Corpuscle reminds us, "October is Breast Cancer Awareness Month! Did you know 17 percent of blood donations in our area are used by cancer patients?"***



**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 [click here](#).**

**Wreaths Across America Honoring American Heroes with Remembrance Wreaths**

National nonprofit Wreaths Across America is working hard to insure no veteran from the Quad City Area is forgotten this holiday season. On **Saturday, Dec. 17**, National Wreaths Across America Day, live Balsam remembrance wreaths will be placed at the headstones of fallen veterans at nearly 1,000 locations across the country and overseas. Locally, a remembrance ceremony will be held at the Rock Island National Cemetery on this day to ensure that the 32,000 individuals buried there, who served to protect our freedoms of our country, are not and never will be forgotten. The ceremony starts at 11 a.m. with the laying of ceremonial wreaths to honor each of the military services, POWs, and all veterans, past and present. For information to sponsor a wreath contact Wreaths Across America at [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org). For local information contact Lt. Col. Tom Nielsen at 309-716-8620, [11008@mediacombb.net](mailto:11008@mediacombb.net).



**End of Year Leave Donations**

For those wishing to donate annual leave to a federal civilian employee currently accepted into the Leave Transfer Program for an ongoing medical emergency, please complete Statement of Leave Donor (RIA form 690-43) or Request to Donate Annual Leave (OPM 630a) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Wednesday, Jan. 4**. Generally, the maximum number of annual leave hours an employee may donate per year is one-half of the amount of annual leave he/she is entitled to earn in that leave year, as follows:



Annual Leave Hours Earned Per Pay Period	Maximum Number of Hours that May be Donated
4	52
6	78
8	104

Toward the end of the leave year, the maximum donation decreases to no more than the number of hours remaining in the leave year (as of the date of transfer) the donor is scheduled to work and receive pay. POC Janine Coupee may be reached at PECH-NCR-E, 309-782-1278.

**Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees* — **Scrub Pub of Bettendorf:** Enjoy the lowest priced Drop-Off Laundry service in the area and receive a 10 percent discount at 2124 State Street, Bettendorf, by showing your ID. While performing your own laundry, you can enjoy a variety of food, drinks, and beer. **AT&T Wireless:** As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit [att.com/wireless/USArmy](http://att.com/wireless/USArmy) If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon & Spa:** Located at 220 W 3<sup>rd</sup> St. in Davenport, we offer 15 percent off services for military and the

Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2<sup>nd</sup> St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *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

### **RIA Family Housing Construction Begins, Road, Parking Lot Closures Scheduled**

The construction of the Army Family Housing project on RIA east of the Davenport House began Nov. 7. The construction includes road and partial parking lot closures. There are signs at Hillman St. and Whittemore St. informing drivers that no through-traffic is allowed and that the streets have no outlet during construction. Drivers are directed to use Davenport Drive to visit the Davenport House. The US Army Corps of Engineers is managing the Army Family Housing construction project on RIA east of the Davenport House for a **period of 540 working days**.

### **Update Repair Gillespie Street**

On Sept. 6, Public Works began making repairs to Gillespie Street. The road is closed between Blunt Road and the north entrance to Bldg 312. We encourage pedestrians to avoid this area, but they may use the west sidewalk along Gillespie to the south entrance of Bldg. 312 and then cross over to the golf cart path proceeding onto Ramsey Road. If safety becomes an issue, the area will be closed to pedestrian traffic. Orange safety fence is installed around the perimeter of the work area. Please use caution when traveling near the area and be aware of extra truck traffic traveling to the construction site.

### **Notice for Repair of Gillespie Street**

On Aug. 15, the Directorate of Public Works began making repairs to Gillespie Street. The work is being accomplished in multiple phases. Phase I includes the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II is from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately **four months** depending on weather. Orange safety fence are installed around the perimeter of the work area. Signs and barricades are in use to detour traffic. Please use caution when traveling near the area.

### **Parking Area Lot Closed Near Bldg. 350**

On Oct. 17, the Directorate of Public Works began a project to repair the emergency generators located in Parking Lot 3L northeast of Bldg. 350. The work includes replacement of an existing generator that feeds critical loads in Bldg. 350. The new generator will be located along the north

edge of the parking which requires closing approximately 40 parking spaces during construction. The project is scheduled to be completed by **Friday, July 14.**

### **Rock Island Viaduct Sidewalk Closed to Pedestrians**

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



## **Building/Space Closures**



### **Closure Notice, Building 104 Courtyard**

The Directorate of Public Works has closed the Bldg. 104 Courtyard to all traffic, parking, and public access effective **Aug. 1, through Thursday, Dec. 15.** Closure is required to stage materials and equipment to remove and replace the roof on Bldg. 104. Signage will be placed at all doors exiting into the Courtyard notifying occupants of emergency exit only. Access into the Base Supply Store will be through the south end, east wing overhead door and/or East door. Emergency Services will have access to all doors in the courtyard in case of emergencies.



## **Active Duty/Reserve Zone**



### **New Peer-Support Service Launches**

On Oct. 21, the Defense Department launched a new call and outreach center that offers confidential peer support to active duty service members, National Guardsmen, reservists and family members through 24/7 chat, phone and text. The DoD "BeThere" peer support call and outreach center is staffed by peers who are veteran service members and family members of veterans, and aims to provide support for everyday problem-solving of career and general life challenges. "We are honored to support our service members and their families as they get connected to needed resources through the support of those who have also served our country. This new initiative recognizes the unique challenges faced within the military community, promotes awareness, reduces the stigma and provides solutions for breaking through barriers when it comes to seeking help," said Wendy Lakso, the Defense Suicide Prevention Office's director for outreach and education. TriWest Healthcare Alliance administers the BeThere Call and Outreach Center in 50 states and four U.S. territories and provides worldwide service through live chat. The company has supported the TRICARE program for active duty service members and their families, and currently administers the Veterans Choice Program for former service members within 28 states. ([More](#))

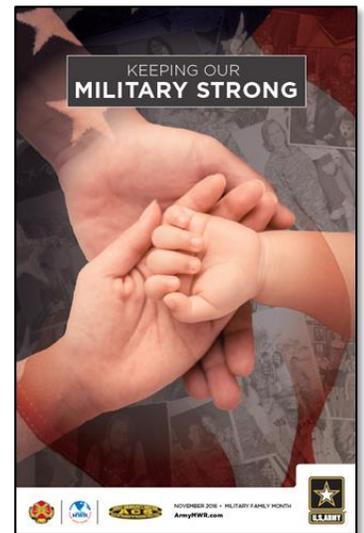
### **SMA: Getting Behavioral Health Care Should Be As Easy As Seeing A Medic**

The secretary of the Army has said it, and the sergeant major of the Army has said it as well: There must be a substantial change in the way Soldiers think about behavioral health care. Across the

force, they say, seeking out such assistance must be as common, and as acceptable, as going to the dentist for a checkup or to see the doctor about an injury. "There needs to be a paradigm shift in how we look at behavioral health," said Sgt. Maj. of the Army Daniel A. Dailey. "It needs to become common practice -- an everyday event." Dailey said he thinks Soldiers ought to value being as squared away psychologically as they value being squared away physically, and that the Army will contribute to this by making behavioral health assistance as common as medical health assistance. "We screen all of our Soldiers for all kinds of medical reasons," he said. "One of those should be behavioral health. And it should be a common practice every day. That way, we become accustomed to and attuned to that it is an acceptable thing to do. It is acceptable to ask for help." ([More](#))

## Military Family Month

The Army observes Military Family Month to recognize and honor military Family members for their unique contributions and daily sacrifices while supporting the Army mission. The month was established in 2003 by the Armed Services YMCA and affirms the Army's commitment to strengthen the readiness and resilience of the Army Family. Each year the president of the United States signs a proclamation declaring November as Military Family Month. Army Families often endure unique challenges of persistent conflicts, numerous separations and relocations as they support Soldiers in every phase of the Soldier lifecycle. Families ensure Soldiers start strong, serve strong, reintegrate strong and remain strong throughout their careers. The Army provides a balanced network of programs and services to improve Soldier and Family readiness. Military Family Month is an opportunity for the Army's Active, Guard and Reserve component leadership to collaborate with garrisons, community leaders and local businesses on observances, events and awareness campaigns. Active, Guard, and Reserve leaders, as well as the Department of Defense organizations such as the Army Air Force Exchange Service and the Defense Commissary Agency often team up to conduct activities and events to express their appreciation for military families. Additionally, other Army, government, military, community and business leaders recognize military families through numerous events. During November, all commands, installations and units are encouraged to participate in local engagements designed to draw public attention to and illustrate public support and appreciation for the Army Family. Each year the President signs a proclamation declaring November Military Family Month. This year's [presidential proclamation](#) stated, "We must always be there for our service members and their families -- just as they are there for us. Through the thickest of fights and the darkest of nights, our extraordinary military families -- our heroes on the home front -- stand alongside our patriots in uniform, and in their example we see the very best of our country's spirit. This month, let us thank them for their tremendous devotion to duty and for their unyielding sacrifice. Let us honor their resolve and patriotism and uphold our solemn responsibility to ensure the priorities of our Nation reflect the priorities of our military families." — *President Barack Obama* ([Military Family Support](#)) ([Military.com](#)) ([StandTo!](#))



## Military Spouse Briefings

Come join us if you have incoming/outgoing military members/staff, if you are in the military with a spouse, or if you are a military spouse looking for placement opportunities. The Rock Island Civilian Personnel Advisory Center is offering two informational briefings on the Military Spouse Program; how it works and what it has to offer. The briefings will include a program overview,

program eligibility and the program requirements along with the documentation requirements and application process for potential placement consideration. In addition, if the military member and spouse are departing, you will receive information on the options available at that time. The Informational Briefings will be held in Bldg. 103, in the 1st floor Training Room. Space is limited so reservations are required. The briefing dates are:

- **Tuesday, Jan. 24**, 9-11 a.m. (reserve your seat no later than **Jan. 12**)
- **Tuesday, Feb. 21**, 9-11 a.m. (reserve your seat no later than **Feb. 9**)

Reserve your seat by calling Ragina Smith, human resources specialist, at 309-782-1305.



## Safety Spotlight



**ARMY SAFE  
IS ARMY STRONG**



### **Army: New Record Low for Mishap Fatalities, But Motor Vehicle Deaths Are Up**

The Army reports the number of fatalities in mishaps fell in fiscal 2016 for the seventh year in a row, even while motorcycle deaths were up 32 percent, according to data from the U.S. Army Combat Readiness Center. In fiscal 2016, 109 soldiers died in accidents that occurred on duty and off duty, according to an Army news release. That number is down from the 110 who died the year before, and it is the lowest number recorded in 45 years, the release said. Accidental deaths have dropped 32 percent for active-duty soldiers, along with fewer such deaths in the Guard and Reserve, the release said. Off-duty sedan and pedestrian fatalities declined during fiscal 2016. But while fatalities in nearly all of the accident categories decreased, fatalities involving motor vehicles were up, with a 32 percent increase in motorcycle deaths, and 38 percent more on-duty vehicle fatalities, due in part to the vehicle rollover at Fort Hood, Texas, in June that killed nine soldiers. ([More](#))



## Equal Employment Opportunity Focus



### **Change in Operating Hours**

Repairs to the Bldg. 90 Handicap Accessible door have been completed. Normal operations (6 a.m. - 6 p.m.) Monday through Friday have resumed.



## Morale, Welfare & Recreation



### **Morale, Welfare & Recreation (MWR)**

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

## **Holiday Vendor Fair, Tree Lighting Ceremony, & First Friday Social**

On **Friday, Dec. 2**, Get some of your holiday shopping in at our MWR Vendor Fair; we will have items from home baked goods, jewelry, handmade quilts and soaps just to name a few. There will be numerous vendors to shop from available 10 a.m. - 6 p.m. in the Lock and Dam Lounge area in Bldg. 60.

Beginning at 4 p.m., ring in the holiday season at the Rock Island Arsenal's 41<sup>st</sup> Annual Tree Lighting Ceremony in Heritage Hall, Bldg. 60. There will be lots to do and see including various children's activities, free keepsake photos with Santa, free cookies and hot cocoa, door prize drawings including lots of great prizes. In conjunction with all this holiday merrymaking the Lock and Dam Lounge will also be hosting the monthly First Friday Social kicking off at 3 p.m., so stop by for a drink and a bite to eat while socializing with your Island colleagues. For more info call 309-782-5890. ([Flyer](#))



## **Army vs. Navy Game Party**

Call up your service buddies and come cheer for your team **Saturday, Dec. 10**, as the Army Black Knights take on the Navy Midshipmen in this annual grudge match between these two fierce rivals. The doors to the Lock & Dam Lounge (formerly the Arsenal Club) in Bldg. 60 will open at 12:30 p.m. and kick-off is at 2 p.m. There will be food and drink specials and there will also be free chicken wings. This event is open to the public and Arsenal access restrictions have been waived. For more info call 309-782-4372. ([Flyer](#))



## **Upcoming Sports Leagues at the RIA Fitness Center**

The RIA Fitness Center will have the following leagues starting soon. Racquetball, Basketball, Co-Ed Volleyball, Dodgeball, and Pickleball. Please sign up at the fitness center if interested or contact Brandon Binns at 309-782-5124 or email [Brandon.m.binns.naf@mail.mil](mailto:Brandon.m.binns.naf@mail.mil).

## **Fitness Center Winter Sports Leagues Now Forming**

Whether your sport of choice is basketball, volleyball or racquetball we have a league for you this winter. Leagues are now forming, stop by the Fitness Center to get a registration packet and get your team together. Call 309-782-5124 for more info.

## **Arsenal Island Golf Course Fall Membership Drive**

Now is the time to purchase or renew your annual golf memberships. We've put together a great package of benefits for our annual pass holders and prices will go up on Jan. 1. Check out the [flyer](#) or call the Pro Shop for more details.

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# MWR Leisure Travel Office



## **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](#)) ([website](#))

### **FMWR Outdoor Recreation**

Tables and Chairs are available for rent at the Outdoor Recreation Equipment Checkout Center in Bldg. 333. The Holidays are here, call 309-782-8630 to reserve them for your holiday party or gathering.

### **Disney on Ice: Dare to Dream**

Feld Entertainment's Exciting Disney On Ice Production is a Celebration of Royal Proportions featuring Tangled, Snow White and the Seven Dwarfs, The Princess and the Frog and Cinderella. Join Mickey Mouse, Minnie Mouse, Donald and Goofy as they follow four of Disney's most inspirational princesses on their adventures to fulfill their dreams in Feld Entertainment's newest ice spectacular, Disney On Ice presents Dare to Dream. Combining the contemporary stories of two modern-day princesses, Rapunzel and Tiana, with the classic elegance of Cinderella and Snow White, Dare to Dream whisks audiences away on exciting journeys where dreams really do come true. MWAR Leisure Travel Office has several dates and times (performances at the iWireless Center running **Dec. 1-4**) for discounted seating to this show. Call the Leisure Travel Office for more details at 309-782-5890.

### **Trans-Siberian Orchestra**

Trans-Siberian Orchestra is celebrating their 20<sup>th</sup> anniversary this year, and will bring back "The Ghosts of Christmas Eve" to the iWireless Center on **Thursday, Dec. 8**, at 7:30 p.m. Leisure Travel Office has discounted seats on sale until **Monday, Nov. 28**. \$47 Section 213 Rows 3 & 4; \$58 Section 107 Rows 7 & 8; and \$68 Section 114 Row 12 & 13.

### **Downtown Chicago/Christkindlmarket**

Leisure Travel is selling seats for this popular winter shopping bus trip taking place **Saturday, Dec. 10**, 6:30 a.m. - 5 p.m. Let Tri-State Travel coach drive you to and from. No worries about traffic or paying for parking. Cost is \$41 per person. Transportation only. Depart from the Motel 6 by QC Airport at 6:30 a.m. Depart from Chicago at 5 p.m. ([Flyer](#))

### **The Original Harlem Globetrotters**

On **Saturday, Jan. 7**, at 4 p.m., iWireless Center presents a star-studded roster will have fans on the edge of their seats to witness the ball handling wizardry, basketball artistry and one-of-a-kind family entertainment that thrills fans of all ages. Join Globetrotter stars after the game where they will stay for an autograph, photograph and high five session for fans (subject to availability). Also make sure to purchase a Pre-Event Magic Pass: Before the game from 2:30 p.m. – 3 p.m., take part in a once-in-a-lifetime experience with your family where you have an opportunity to spend time on the court with the Globetrotters – shooting, trying out ball tricks, and getting autographs and photos. The unique 30-minute pre-show, "Magic Pass," will create memories of a lifetime. The Leisure Travel office has discounted tickets on sale until **Monday, Dec. 12**. Section 103, rows 8 & 9, \$56; Section 105, rows 12 & 13, \$35; and Section 106, rows 8, 9 & 10, \$27. Magic Passes \$16.

### **World's Toughest Rodeo**

Cinch World's Toughest Rodeo has doubled up on preshow fun as the event will opens at 6 p.m. for a free preshow as we invite fans to "get down in the dirt." Come early and partake in the interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, hop in the clown's barrel for photos, sit on Midnight the bull in the bucking chutes, or get up close and personal with the Cinch World's Toughest Rodeo animal superstars as our staff host behind the chutes tours. The entire arena will overflow with fantastic activities all new for 2017 from 6-7 p.m.

Leisure Travel has discounted seating for both Friday and Saturday shows. • **Friday, Jan. 27**, at 7:30 p.m.; Section 102, rows 11 & 12, adult \$35.50, children 12 under \$21.75, Section 201, rows 2, 3 & 4, adult \$25.50, children 12 under \$16.75. • **Saturday, Jan. 28**, at 7:30 p.m.; Section 102, rows 11 & 12, \$35.50 adult/child, Section 202, rows 2, 3 & 4 \$25.50 adult/child. Tickets on sale through Leisure Travel until **Monday, Jan. 16**.

### **Chris Tolmin: Worship Night in America Tour**

Worship Night in America tour, kicking off **Tuesday, April 4**. Featuring Chris Tomlin, Big Daddy Weave, Phil Wickham, Zach Williams, Mosaic MSC and Jason Barton, the tour will make 23 stops across the US, filling arenas with thousands of voices lifted in praise. Tomlin's 11<sup>th</sup> studio album Never Lose Sight recently released, debuting at No. 1 on the Billboard Christian Albums Chart. The album features the RIAA Gold Certified single "Good Good Father." Last month, Tomlin was honored as the fourth recipient of the SoundExchange Digital Radio Award, recognizing more than 1 billion digital radio plays. Leisure Travel Office has discounted seats available until **Monday, Dec. 12**. Section 106, Row 6 & 7, \$31.75; Section 104, Row 3 & 4, \$41.75; and Section A, Row 4 & 5, \$72.75.

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## Child, Youth & School Services



### **North Pole Party**

Join your friends **Saturday, Dec. 10**, 4-7 p.m., at the School Age Center (Bldg. 150), for a North Pole Party. We'll have holiday crafts from 4-5 pm and then we'll show a holiday movie with hot cocoa and popcorn. Santa and his elves will be there so make sure you mark this fun event on your calendars now and RSVP by calling 309-782-5019, space is limited. ([Flyer](#))

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## Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

### **Giving Tuesday Volunteer Opportunity**

Giving Tuesday is a call to action movement across the nation that encourages people to give back to their community. MWR and ACS would like volunteers to join them in decorating Quarters One for Christmas on Giving **Tuesday, Nov. 29**, at 10 a.m. The Volunteer Corps coordinator will be onsite decorating and will be available to answer questions about other volunteer opportunities in our community and how to get registered as a volunteer. To RSVP contact MWR at 309-782-5890 or ACS at 309-782-0829.



#GIVINGTUESDAY

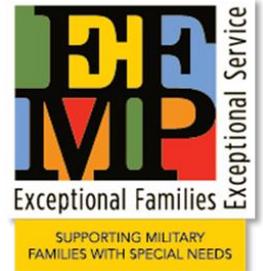
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## Couples Game Night

Grab your significant other **Wednesday, Nov. 30**, 4-5:30 p.m., at the Army Community Service Training Room, and come enjoy a fun game night on us. Have fun playing with other couples and learning relationship tips and tricks for maintaining a healthy relationship. For more info and to RSVP, call 309-782-3773. ([Flyer](#))

## Exceptional Family Night

Join us **Thursday, Dec. 1**, in the School Age Center, Bldg. 150, 5:30-7:30 p.m., for some holiday fun. The Exceptional Family Member Program is inviting all RIA families with special needs to join in a holiday gathering and fun night. Come and enjoy a relaxing evening with games, crafts, and snacks. We will have activities for the kids and a make and take craft activity. Information will be available on "Holiday Survival Tips for your Child with Special Needs." Free onsite childcare for children enrolled in CYS. RSVP for childcare by **Monday, Nov. 28**, at 309-782-6793. RSVP for the activity by calling 309-782-4736. ([More](#))



## RIA Points of Interest Tour

Come be a tourist in your own backyard **Friday, Dec. 2**, at 9 a.m., at Quarters One, on these informative free tours with the Army Community Service Relocation Assistance Program. This tour will highlight some of the interesting places on the Arsenal including Quarters One and the RIA museum. Call 309-782-0829 for more info and to RSVP. ([Flyer](#))

## Isabel Bloom Tour

Come be a tourist in your own backyard **Thursday, Dec. 15**, at 10 a.m., on these informative free tours with the Army Community Service Relocation Assistance Program. This tour will visit the local Isabel Bloom factory. Call 309-782-0829 for more info and to RSVP. ([Flyer](#))

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# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) 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. In addition, [a list of our classes & groups with dates, locations, and times, is located here.](#) [Find us on Facebook click here.](#)

## 2017 EAP Calendars Available

The Army Substance Abuse Program/Employee Assistance Program has 2017 Calendar Log Books available. To get a calendar, stop by Bldg. 56, 1st Floor, Room 104, and pick one up or call 309-782-4357 to request one.

## Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from

others while learning about the grieving process. Groups will be held each **Tuesday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

### **Assertiveness Training**

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class date is **Nov. 29**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

### **Emotional Intelligence**

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. The upcoming class date is **Dec. 20**, 10:30 a.m. – 12 p.m., and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

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## **Education/Training Review**



**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.](#)**

### **Pre-Retirement Briefing**

Did you know... it is mandatory that all Soldiers receive a pre-retirement briefing between the retirement application submission date and 120 days before the retirement date or start date of transition leave? – AR 600-8-7, Paragraph 3-1. Upcoming briefing dates are: **Feb. 3, May 5, Aug. 11, and Nov. 3, 2017**. Schedule attendance to the next RIA Pre-Retirement Brief by calling 309-782-7780 or email [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil).

### **Military Educational Benefits a Factor in Staying In**

What's your reason for joining the military? What's your reason for staying? Service member's consistently list education benefits as being a top reason for joining the military and as a reason for staying. Military Tuition Assistance is a benefit paid to eligible members of the Army, Navy, Marines, Air Force, and Coast Guard. The U.S. Department of Veterans Affairs and many states also offer education benefits that can be used by the veteran or their dependents. The Career and Technical Education program launched last year as a partnership between the service member's opportunity colleges and the Department of Defense. The CTE program serves as a pathway to help service member's transition from a military career into the civilian labor market. Obtaining an advanced degree can help the transitioning service member maintain a competitive edge with civilian employers. The CTE program identifies credit-bearing certificate programs that can be incorporated into an associate or bachelor's degree all while encompassing your military training. A

CTE Resource list has been developed to show educational credentials that can be completed during military service. The current career clusters include:

- Business Management and Administration
- Health Sciences
- Information Technology
- Law, Public Safety, Corrections & Security
- Science, Technology, Engineering & Mathematics
- Transportation, Distribution & Logistics

The resource list is located at: [www.soc.aascu.org/career-and-technical-education/soc-cte-member-institutions](http://www.soc.aascu.org/career-and-technical-education/soc-cte-member-institutions)

### Virtual Higher Education Track Classes

This course is designed to guide you through the variety of decisions involved in choosing a degree program, academic institution, and funding considerations as well as completing the admissions process. The purpose is to provide educational support services to transitioning service members and Family members. Transitioning service members have priority, but this course is open to all service members and Family members. Each session is four hours a day for two days. Please call our office at 309-782-2065 to be scheduled. These will take place in Room 122, first floor, Bldg. 56, on the following dates: • Thursday-Friday, **Feb. 16-17**, 11 a.m. – 3 p.m.; • Wednesday-Thursday, **May 17-18**, 11 a.m. – 3 p.m.; • Wednesday-Thursday, **Sept. 27-28**, 11 a.m. – 3 p.m.; and • Wednesday-Thursday, **Dec. 13-14**, 11 a.m. – 3 p.m.



The [Rock Island Commissary](#) and the [Exchange](#) 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](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

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

### Families, Friends Help Military with Commissary Gift Cards

Thanks to Hurricane Matthew, electricity was out for six days at the Allenhurst, Georgia, home Angie Felton shares with her husband, a retired Army staff sergeant, and their daughter. "All of our food was ruined, and with the holidays around the corner, this was an expense that we just didn't need," said Felton. That was when they received \$100 in commissary gift cards from a friend who wanted to show her appreciation to this retired military family. "This wonderful gift helped to ease our minds a bit. We were so grateful to our friend for thinking of us in this way," said Felton. Whether it's helping military families like the Feltons in their time of need or giving the gift of

groceries to single service members in the barracks, commissary gift cards are a perfect and thoughtful way to show your holiday gratitude, said Air Force Command Chief Master Sgt. Stuart Allison, the Defense Commissary Agency's senior enlisted advisor to the agency director. ([More](#))

### **Rock Island Exchange Brings Back Fee-Free Layaway for the Holidays**

Once again, the Army & Air Force Exchange Service is offering fee-free layaway for Soldiers, families and retirees who want to get a jump-start on their holiday shopping and keep gifts hidden safely out of sight from prying eyes. Starting **Sept. 1**, the Rock Island Exchange will waive the \$3 service fee for items that are placed on layaway and paid for by **Dec. 24**—including toys and bikes. Purchases of \$25 or more are eligible for the layaway plan. “By waiving the service fee, the Rock Island Exchange is giving military shoppers extra incentive to consider layaway, both as a budgeting tool and as a way to keep snooping loved ones from finding their gifts before the big day,” said Rock Island Exchange Store Manager Lisa Scadden. “With a few months to go before the holidays, shoppers can start checking off their gift lists—and keep those presents safely hidden.” A deposit of 15 percent is required to hold items on layaway. Shoppers can visit customer service at the Rock Island Exchange for complete program details and eligibility information.



## **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](#))**

### **Rock Island Arsenal Historical Society Meeting/Dinner**

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on **Thursday, Dec. 1**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu will be a tossed salad with celery, roasted onions, toasted pumpkin seeds with Dijon vinaigrette and bread stick; roasted top sirloin; mashed potatoes and gravy; buttered corn; rolls; and dessert along with coffee, tea, and water all prepared by the Clubhouse kitchen, all for \$15, including tax and tip. Please have your check or cash ready to give to Dick Hochstetler or Linda Miller when you arrive. Our event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. Our program is Tom Chateau, kaleidoscope craftsman and craftsman and creator of larger than life kaleidoscopes.

### **Gift Shop Closure**

Lawrence Ventures has announced the closing of the gift shop located in the Rock Island Arsenal Museum. A "going out of business" sale will be held **until Saturday, Dec. 3**. Items sold in the gift shop include T-shirts, sweatshirts, coffee mugs, key chains, decals and magnets with the Rock Island Arsenal insignia. Civil War-related items, books, postcards, military caps, toys and items with a patriotic theme also are sold. The gift shop is operated independently from the government by Lawrence Ventures Inc., a private company who have had the contract for the past 17 years; the gift shop has been in existence for 35 years. A portion of the



gift shop's proceeds go to the [Rock Island Arsenal Historical Society](#). Hours at the gift shop are the same as those of the Museum, 12 to 4 p.m. Tuesdays through Saturdays. The closure of the gift shop does not affect the [Rock Island Arsenal Museum's operations](#). The Museum is open to the public Tuesday through Saturday 12-4 p.m.

### **This Week in Rock Island Arsenal History – Nov. 28-Dec. 4**

Paracrates, air delivery containers, were manufactured at the RIA during WWII. Preliminary studies for the development of these paracrates were completed on Dec. 1, 1942. On that date a set was shipped to Fort Bragg for tests. On Dec. 1, 1970, the U.S. Army Weapons Command's Keith L. Ware Simulation and Experimental Firing Center was officially opened by Lt. Gen.

Woodrow Vaughn, Deputy Commanding General of the U.S. Army Materiel Command. On Dec. 3, 1863, the first confederate prisoners arrived at the RIA Prison Barracks. On Dec. 3, 1918, the newly constructed cafeteria, situated behind the fire station, was opened for RIA employees. The cafeteria was divided into a large men's dining room, a women's dining room, and a room for officers..

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## Healthbeat

### **Virtual Health Extends Army Medicine Reach**

For someone with a chronic medical condition, frequent trips to the doctor's office can be cumbersome. The Regional Health Command Europe Virtual Health office recognized that inconvenience and developed a way for patients to meet with their doctor from the comfort of their own home. In-home virtual health provides patients with the option to conduct a doctor's visit without having to go into a clinic. Army Lt. Col. Robert Cornfeld, Pediatric Gastroenterologist at Landstuhl Regional Medical Center, conducted the first in-home virtual health visit within RHCE. He said he was excited to be able to use this tool as another option in providing health care. "Many of my patients are young children, so for them to go into the clinic for their virtual health appointment, can be a significant event – this streamlines it," he said. Army Sgt. Christopher Williams, whose son is a patient of Cornfeld's, was really excited about the opportunity to have in-home virtual health. Prior to in-home virtual health, Williams and his family would have to drive to the Vilseck Army Health Clinic, Vilseck, Germany, to conduct virtual health visits with Cornfeld, so he jumped at the opportunity. ([More](#))

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## Notes for Veterans

### **Approximately 4,000 Veterans Are Diagnosed With Colorectal Cancer Each Year**

The Department of Veterans Affairs (VA) has received Hall of Fame recognition by the National Colorectal Cancer Roundtable (NCCR) for achieving an 82 percent colorectal cancer screening rate, which exceeds the NCCR goal of 80 percent and the national average, which is in the 60 percent range. NCCR was established in 1997 by the American Cancer Society and the Centers for Disease Control and Prevention as a national coalition of public, private and voluntary organizations along with invited individuals. "We know that colon cancer is both common and lethal," said David J. Shulkin, VA Under Secretary for Health. "Colon cancer is the second most common cause of cancer

death in the United States; we know that it can be prevented through screening. Recognition by this prestigious organization shows that our prevention measures are saving our Veterans' lives." VA has been an early leader in fully embracing the value of colorectal cancer screening and in employing a comprehensive approach to its screening program by developing policies and guidance about screening. VA also monitors and reports system-wide screening rates, increased access to screening, developed systems of care to facilitate screening using clinical reminders, clinician toolkits, patient and staff education. Information about VA's efforts to prevent and treat colorectal cancer may be [found at this website](#). Information about VA's cancer research and achievements may be found at [www.research.va.gov/topics/cancer.cfm](http://www.research.va.gov/topics/cancer.cfm).

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## Around the Q.C.



**C**

- Dec. 3:** [Quad Cities Zumba for Toys for Tots](#) (Bethany Baptist Church, Moline)
- Dec. 3:** [Pack the Police Car for Toys for Tots](#) (Bettendorf City Hall Parking Lot)
- Dec. 3:** [Canadian Pacific Holiday Train](#) (Davenport)
- Dec. 3:** [Ugly Christmas Sweater 5k walk/run](#) (Blackhawk Bank & Trust: 2nd St. & Davenport St.)
- Dec. 3:** [Christmas in LeClaire Ugly Christmas Sweater 5k Run/Walk](#) (LeClaire, Iowa)
- Dec. 3:** [Quad Cities Wizards Yule Ball](#) (The Col Ballroom, Davenport)
- Dec. 3-4:** [Quad Cities Comic Con](#) (RiverCenter)
- Dec. 4:** [Remember Pearl Harbor Event](#) (Milan American Legion Post 569)
- Dec. 4:** [Passport to the Holidays](#) (Quad City Botanical Center)
- Dec. 10:** [3<sup>rd</sup> Annual Radish Winter Wellness Festival](#) (Genesis Physical Therapy and Wellness, 4017 Devils Glen Rd., Bettendorf)
- Dec. 10:** [AUSA Army Navy Game Watch & Member Appreciation Event](#) (The Main Event, Bettendorf)
- Dec. 10:** [QC Holiday Shopping Expo](#) (Rock Island Center for Math and Science)
- Dec. 17:** [Wreaths Across America](#) (Rock Island National Cemetery)
- Jan. 1:** [The Resolution Run](#) (YouthHope's Moline Youth Center)
- Jan. 6-8:** [Bald Eagle Days](#) (QCCA)
- Jan. 15-17:** [25th Quad Cities Farm Show](#) (QCCA)
- Jan. 20-22:** [Rod and Custom Show](#) (QCCA)
- Jan. 28:** [Jaycees of the Quad Cities Bridal Expo](#) (RiverCenter)
- Jan. 29:** [37<sup>th</sup> Annual Motorcycle Parts Swapmeet](#) (QCCA)
- Feb. 3-5:** [Quad Cities Home Builders Home Show](#) (QCCA)
- Feb. 16-19:** [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA)
- Feb. 24-26:** [RV/Camping Show](#) (QCCA)
- March 24-26:** [Lawn and Garden Show](#) (QCCA)
- March 30:** [Taco Dinner Fund Raiser for QCA Stand Down](#) (The Viking Club, 1450 41st Street, Moline)
- April 9:** [19<sup>th</sup> Annual In-Fisherman Swap Meet](#) (QCCA)
- April 16:** [QC on Tap](#) (QCCA)
- May 14-15:** [Scott County Kennel Club AKC Dog Show](#) (QCCA)

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# Island Insight



**Col. Kenneth Tauke, 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](#) 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](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: 309-782-1121. [The Island Insight is available on-line.](#)*

