



Oct. 26, 2015

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 under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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First Army Completing 'Bold Shift' Transformation

First Army is three years ahead of Department of the Army's schedule for transforming to a focus on pre-mobilization training for the reserve components. "Operation Bold Shift" is about two-thirds complete now, said First Army Commander Lt. Gen. Michael S. Tucker. The reorganization will be finished by next summer, well ahead of the 2019 requirement. Sixteen training brigades have already collapsed to nine, he said. And those brigades are primarily being filled with combat support and combat service support Soldiers. About 77 percent of the Army's capability set, or CS, and combat service support, or CSS, capability resides in the reserve components, Tucker said. But within First Army, about 90 percent of its trainers were combat arms, and that had to be changed. "I was sending an infantryman out here to help train a horizontal engineer platoon, which just doesn't work," Tucker said. Now, First Army is reorganizing to better suit the needs of the National Guard and Army Reserve, he said. ([More](#))



Upcoming Dates

- Nov. 6:** First Friday Social, Bldg. 60, Lock and Dam Lounge, 4 p.m.
- Nov. 7:** Self Defense Seminar, RIA Fitness Center, 9 a.m. - 12 p.m.
- Nov. 7:** Arsenal of Innovation, Putnam Museum, Davenport, 12 p.m.
- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 11:** Veterans Day (*Federal Holiday*)
- Nov. 11:** Veterans Day Ceremony, Rock Island National Cemetery, 1 p.m.
- Nov. 11:** QC Mallards Annual Military Appreciation Night, iWireless, 6 p.m.
- Nov. 13:** RIAWC Denim & Diamonds Charity Auction, Arsenal Island Clubhouse, 6 p.m. - 12 a.m.
- Nov. 14:** Murder Mystery Dinner, Arsenal Island Clubhouse, 6 p.m.
- Nov. 16-20:** DA Photo Studio, Bldg. 90, Basement
- Nov. 16-20:** Soldier for Life, Bldg. 56, Rm. 211, 8 a.m. - 4:30 p.m.
- Nov. 18:** RIAWC Decorating for the Holidays Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Nov. 24:** Native American Heritage Observance, Heritage Hall, Bldg. 60, 12:30 p.m.
- Nov. 26:** Thanksgiving Day (*Federal Holiday*)
- Nov. 26:** Thanksgiving Buffet, Arsenal Island Clubhouse, 11 a.m.
- Dec. 4:** Holiday Tree Lighting Ceremony, Bldg. 60, 4 p.m.
- Dec. 4:** First Friday Social, Bldg. 60, Lock and Dam Lounge, 4 p.m.
- Dec. 9-10:** Holiday Fair, Bldg. 60

Staff Ride Educates ASC Leaders on Battle Tactics

Members of the U.S. Army Sustainment Command senior leadership learned about the Upper Mississippi River Campaign of 1814 during a staff ride in the Quad Cities, Oct. 22. Staff rides are Army-approved training sessions where senior leaders visit historical military sites, learn about military strategies and conduct their own research into past leaders' thought processes. "In essence, we do staff rides because the Army believes that we can learn from the past and that we learn even more by actually walking on the ground where something important happened -- in most cases a battleground," said George Eaton, command historian, ASC. The event started with a class that overviewed the political, cultural and environmental contexts of the War of 1812 -- a war that the U.S. population was reluctant to join in and unprepared for. ([More](#))



First Army Commanding General Visits Iowa Army Ammunition Plant

Serving as a tank commander throughout his four-decades plus career, First Army Commanding General, Lt. Gen. Michael S. Tucker, visited the location where tank rounds are produced. Tucker spent several hours on October 21 at the Iowa Army Ammunition Plant, located in southeast Iowa -- his first visit to the plant. "The tour of Iowa Army Ammunition Plant served as a great reminder of the dedication of our nation's civilians who work in the organic industrial base. Being a tank commander during my career, it was an honor to witness tank and artillery rounds being produced by great patriots," he said. ([More](#))



Operation Giving Thanks

It's not November, but one man at the Rock Island Arsenal already has Thanksgiving on his mind. He is making sure troops from the Quad Cities around the world get a touch of home. In tonight's Rock Island Arsenal Inside the Gates Chris Langlois shows us what goes behind 'Operation Giving Thanks' and the difficulties that come with sending packages to soldiers constantly on the move. "The days roll into weeks. The weeks roll into months. And so anything out of the norm that kind of shows that someone is thinking about you. It makes them feel pretty good about themselves," said Casey Noe, Army Community Service, MOB Deploy Program Manager. Noe works for Army Community Service on the Arsenal. He understands what it's like to be deployed in the Middle East. He has been deployed three times. And he also knows what it's like to get that care package on a holiday, feeling that people back home care. "I worried as time went on whether support would kind of fade or people would start to look at things a little bit differently. And that's the great thing about the Quad Cities: it never has," said Noe. Now he is returning the favor. This year, Army Community Service joined forces with John Deere's Quad City Military Employee Resource Group for 'Operation Giving Thanks, making sure local troops based overseas get a taste of Thanksgiving. ([More](#))



DoD to Infuse Workforce With Cyber Discipline

The Defense Department's biggest challenge around cybersecurity has nothing to do with technology. Terry Halvorsen, the DoD chief information officer, said the military needs to establish a culture of cyber discipline. "We are really trying right now to make sure that people understand —

you have to go to the Internet, it's an important part of our business, it is an important part of our culture, but you have to go there with the right rules and right understandings," Halvorsen said Oct. 29 at a breakfast sponsored by the Christian Science Monitor in Washington. "Maybe the biggest thing we have to do in DoD is develop an enterprise culture. Cyber is forcing us to think different about that. Unlike other areas, cyber truly is enterprise because it's connected and you can't help it. It's going to be a connected piece. We have to get much better at that at DoD. We have to think about what it means to be an enterprise, where we will act as an enterprise and under what circumstances are we doing to act as an enterprise. That gets us to mission, security and cost effectiveness." ([More](#))

Budget Deal Passes, But Shutdown Threat Still Looms

The Senate on Friday passed a budget framework to set spending levels for the next two years, but lawmakers have yet to complete their work for funding federal agencies. The bipartisan deal, which passed with near unanimous support from Democrats but only a minority of Republicans in both chambers, raises sequester caps by \$80 billion over fiscal years 2016 and 2017. While the deal sets the top-line spending levels, Congress must still write and pass line-by-line appropriations to establish funding levels for each agency. Lawmakers normally would pass 12 individual bills to fund each area of the federal government, but the Dec. 11 deadline virtually assures that Congress will instead approve a sweeping, all-inclusive omnibus measure. President Obama expressed optimism the budget deal, which his administration negotiated directly with congressional leadership, would avoid the fiscal showdowns that have plagued the funding process and left agencies in the lurch in recent years. ([More](#))



More Than 100,000 Federal Employees to Get Special Pay Boost

More than 100,000 federal employees will receive a special pay boost in January under rules published Tuesday that create 13 new "locality pay" zones and expand most of the existing ones. In the General Schedule, the pay system for most white-collar executive branch employees, pay varies according to local differences between federal and non-federal pay for comparable jobs, based on Labor Department statistics. Among the existing localities to be expanded is the Washington-Baltimore zone, which already sprawls out from the District to encompass much of Northern Virginia and Maryland, eastern West Virginia and south-central Pennsylvania. ([More](#))

Life Planning: Protecting Parents, Friends and Yourself

Recently there has been an influx of clientele within the legal assistance office with questions and concerns regarding their duty and responsibility as executor (male) or executrix (female) of a family member's estate. Almost without question, most people do not have "legal" problems with their loved one's estate. Generally they have what we perceive as "logistical problems." That is where the lament starts "Where in the world are my loved one's important papers such as wills, powers of attorney, deeds, trusts, financial and personal records be hiding? With the advent of the encroaching calendar year looming, now would be as good a time as any prior to the heralding holiday season, to reflect on your life, career and family. When doing so, take into account your own legal needs in addition to your family and friends. ([More](#))



OPM Notifies 3.7 Million Cyber Attack Victims about Data Protection Services

The Office of Personnel Management has mailed out 3.7 million notification letters to cyber breach victims in the month since the agency announced it would begin notifying those impacted by the

hack. An OPM spokesperson told Federal News Radio in an email that the agency expects to mail an additional 700,000 letters by the end of the month, with a total of 10 million letters mailed by mid-November. The letters include information about free identity theft protection and credit monitoring services. About 162,000 people have enrolled for the services as of Oct. 26, which is “on par with industry standard” the spokesperson said. More than 21 million people were affected by the data breach, which jeopardized personal data including birthdates and Social Security numbers. About 25 percent of those victims also had their fingerprints stolen. ([More](#))

Eligibility for Federal Employee Long-Term Care Insurance to Expand

Opposite-sex domestic partners would gain the right to apply for a long-term care insurance program for federal employees under the same terms now applying to same-sex partners, under a policy change to be published Friday. Rules from the Office of Personnel Management represent another step in the evolution of eligibility for benefits associated with federal employment in recent years, some driven by the Obama administration and others by court rulings. The Federal Long Term Care Insurance Program provides insurance for in-home or institutional care for those with certain physical or mental impairments that require assistance for regular activities of daily living such as dressing or moving about. ([More](#))

Daily Dining in Bldg. 60

Starting **Nov. 2** seating for daily dining in Bldg. 60 will be temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere.

Voting Season is here

The Army's kickoff to the 2016 Voting Season is Wednesday, **Nov. 4**. Military and civilian voters are encouraged to register to vote or request an absentee ballot. The Rock Island Voting Assistance Office can help service members, dependents, federal employees, retirees and visitors with voter registration and voting options. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. Service members and dependents can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot forms. Illinois residents can register to vote online at <https://ova.elections.il.gov>. All other citizens who will be 18+ years of age on Election Day can visit www.eac.gov for information and to access the National Mail Voter Registration Form.



Rock Island National Cemetery to Commemorate Veterans Day

The Rock Island National Cemetery will have a Veterans Day Ceremony on Wednesday, **Nov. 11**, at 1 p.m., at the cemetery's main flagpole. The keynote speaker for the Veterans Day ceremony will be David Woods, Scott County Veterans Service Officer and Vietnam veteran. The ceremony will include wreath placement, an honor salute, and taps. Veterans Day is intended to thank and honor all those who served honorably in the military - in wartime or peacetime. A Congressional Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday – a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day had primarily been a day set aside to honor Veterans of World War I. However, following World War II and the Korean War, Veterans



service organizations urged Congress to amend the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of new legislation in 1954 (Public Law 380), Nov. 11 became a day to honor American Veterans of all wars. ([More on Veterans Day](#))

VIOS Schedule for November, Opportunities Extended to 5 Days

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Nov. 16, 17, 18, 19, and 20**. 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, Nov. 13, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. The DMC will host a blood drive from 12 p.m. to 4:30 p.m. on Thursday, **Nov. 19**. The drive will be held on the MVRBC Donor Bus, parked in front of Bldg. 350. This drive is open to all Arsenal employees and their families. **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](#).**



Congressman Lane Evans Celebration

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

Federal Employees Benefits Open Season

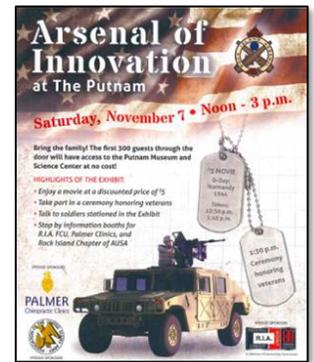
The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

Arsenal of Innovation at the Putnam

On Saturday, **Nov. 7**, 12-3 p.m., the Palmer Clinics have joined in partnership with RIA FCU, Rock Island AUSA, and the Putnam Museum & Science Center to offer free admission for the first 300 guests to all facilities within the museum. The Arsenal of Innovation Exhibit and D-Day: Normandy movie will both close on **Nov. 15**. We're hoping in our sponsorship that families will come together to enjoy everything the Putnam has to offer, but to also learn more about the amazing uniqueness of the Rock Island Arsenal along with a day in our history that changed everything. • Soldiers will be in the exhibit 12-3 p.m.; • Discounted movie tickets of \$5; • Veteran's Ceremony at 1:30 p.m. with live Taps performed by the Iowa Honor Guard in the main hall; • Color Guard presented by Military Explorers 9044.



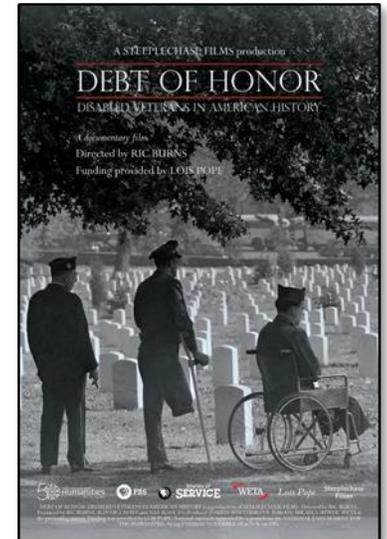
QC Mallards Annual Military Appreciation Night

Mark your calendars... the Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. Tickets to this Mallards' game will be available to current and former members of the military, their families, reservists, as well as all RIA workforce employees, for just \$5. Details about where to pick up tickets will be forthcoming.



Debt of Honor Premiere Screening

Debt of Honor - a moving movie tribute to the history of disabled veterans, Debt of Honor takes an unflinching look at the reality of warfare and disability, and features moving interviews with some of the country's most prominent disabled veterans including Illinois Representative Tammy Duckworth, former Georgia Senator Max Cleland and former Commander of Fort Belvoir Gregory Gadson. Combined with a deep history as narrated by leading scholars in the fields of disability studies, history and psychology, the film palpably illustrates the human cost of war and sacrifices of military service. It is brought to life through carefully curated stills and archival footage from archives across the country. Premiere Screening: Wednesday, **Nov. 18**, 6 p.m., at the American Legion in Davenport. Airdate on WQPT will be Thursday, **Nov. 19**, at 7 p.m., and will be repeated on Sunday, **Nov. 22**, at 8 p.m. Debt of Honor seeks to understand the societal perception of soldiers and the wars they fight. Above all, it seeks to build a new bridge between military and civilian cultures in the United States, to inspire an important dialogue about how Americans treat their veterans, and to impart a message of compassion and mutual understanding. "Debt of Honor is a powerful film that will advance the understanding of wounded veterans. As a historian I think that the context the film provides is crucial. The disabled from our current wars are part of a long tradition of the deferred and hidden costs of war. I am honored to have had a part in the film." - James Wright, President Emeritus, Dartmouth College



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American Legion Veterans' Day 5K

Registration is open until the morning of the race. There is a late registration fee of \$5 added to any one registering after **Oct. 23**. Trophies will be given to the top three male and female finishers in all the age groups. The start times and all other information on the race will be [posted on the legion web](#), our [Facebook page](#), and [the race Facebook page](#) as they are finalized. There is on-line registration on these sites too. If there are any questions or you want to volunteer to help out just leave a message on one of the before mentioned sites or call the American Legion at 563-381-4380 or send us an email at alpost711.5k@outlook.com. This is our third year and we are trying to make this one the best one yet. Please come join us for some family fun.

Date: **Saturday, Nov. 14**

Time: **8-11 a.m.**

Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Nov. 27, Dec. 25, and Jan. 1**, no food served.

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th 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. 2nd 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 3rd St., 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.*



Arsenal Traffic/Construction



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



There are no announcements at this time.

Active Duty/Reserve Zone



TRICARE Young Adult Premiums to Rise Sharply In 2016

Health care premiums for the adult children of military personnel and retirees will increase next year by 26 percent to 47 percent, depending on the type of coverage, Tricare officials announced Wednesday. The monthly payment for beneficiaries using Tricare Young Adult Prime will rise from the current payment of \$208 to \$306 starting Jan. 1, while the monthly premium for those on Tricare Young Adult Standard will increase from \$181 to \$228. Tricare officials say the increases are needed because the program must be "cost-neutral to the government," and after doing an analysis of the program's claims data from the past several years, Tricare officials found that the rates needed to be raised for the program to pay for itself. "The reality is, by law, TYA is required to be cost-neutral, and we are following the law, to increase the premiums to reflect actual use of the program. There aren't other options on that," Tricare Health Plan Director Mary Kaye Justis said. ([More](#))

New NCO Evaluation Report to Eliminate Evaluation Inflation

On Jan. 1, the Army will have a new tool to promote, retain and assign its noncommissioned officers, or NCOs: an upgraded NCO Evaluation Report, or NCOER. The current NCOER, which has been in use since 1987, is "outdated, highly inflated and too generic, meaning one NCOER fits all NCOs, regardless of rank, position or level of responsibility," said Sgt. Maj. Stephen McDermid, Evaluations, Selections and Promotions Division sergeant major at Human Resources Command, or HRC, on Fort Knox, Kentucky. The new NCOER will address four key areas: First, the new NCOER will capture "attributes and competencies" from Army Doctrine Publication 6-22 "Army Leadership," he said. That means the evaluation will align with the Army's effort to meet the challenges of an increasingly complex and uncertain environment by requiring NCOs to take on greater levels of responsibility, with increasing levels of skills and competencies. A second important aspect of the new NCOER is that it will "enforce rating official accountability through the use of two new assessment tools, which is the rater tendency and the senior rater profile," McDermid said, meaning that senior raters will be limited to the number of Soldiers they deem "most qualified." In a nutshell, this will address one of the biggest drawbacks of the current NCOER: inflation, or the tendency of raters to rate most or all of their Soldiers at the highest levels. The current practice makes it nearly impossible to separate stellar performers from average or good performers, he said. Third, the new NCOER will take into account increasing levels of responsibility as Soldiers progress through the NCO ranks, McDermid said. ([More](#))

Bringing the Individual Ready Reserve into the 'Total Force'

While most military recruits sign up for active or Reserve component duty for three or four years, their enlistment contracts actually obligate them to a total service agreement of eight years. Troops who choose to hang up their uniforms short of eight years of service transition into the Individual Ready Reserve for the remainder of that commitment and serve as an emergency backup "force of last resort." The vast majority of IRR members are never called back to duty. But all that could change if Reserve advocates gain traction on a new plan to significantly overhaul the way the IRR is managed, with a goal of making the historically disorganized component into a more integrated, reliable and useful part of the 'total force' in an era when the services are under pressure to reduce active-duty personnel strength and its associated high costs. ([More](#))

Discounted Tickets for University of Iowa Basketball

Active military and veterans have the opportunity to take advantage of \$10 tickets (normally \$18) for the following men's basketball games: Iowa vs. Gardner-Webb on Nov. 13, and Iowa vs. Coppin State on Nov. 15. There will also be a \$5 youth price available. In order to take advantage of this promotion you will need to use the promotion code online and it will only work online. The tickets will be emailed once the order has been placed. The tickets are served first-come, first served and will automatically choose your seat location. Both of these games have a women's basketball game prior to the men's. The men's ticket will get you into the women's game as well, however the seat location will only be for the men's game. Instructions on how to order are: Go to www.hawkeyesports.com and click on the "BUY TICKETS" at the top of the page, then scroll over Buy Tickets and select the presales/promotions option in the drop down box. Enter the Promo Code "UIVETERANS" in the promotion box. The code is case sensitive so make sure you use all capital letters. Select the game you would like to attend and then select the amount of tickets you would like to purchase. Follow the instructions to process the order. If you have any questions regarding ordering tickets, please contact Rachael Bedell at the University of Iowa ticket office by email at Rachael-bedell@hawkeyesports.com or by calling 319-384-4299.



Safety Spotlight



ARMY SAFE
IS ARMY STRONG



©

Army Safety and Occupational Health Leaders Meet To Chart Way Ahead

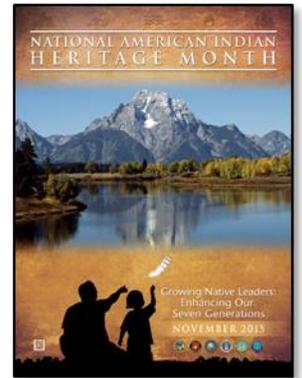
Leaders from the Army's Safety and Occupational Health community met at the Army Public Health Center headquarters at Aberdeen Proving Ground, Maryland, Sept. 10 to develop a partnership strategy aimed at enhancing readiness and preserving capabilities across the force. Key leaders included John Resta, director of the Army Public Health Center (Provisional); Brig. Gen. Ronald Place, assistant surgeon general for Force Protection, office of the Surgeon General, U.S. Army Medical Command; Brig. Gen. Jeffrey Farnsworth, director of Army Safety and commanding general, U.S. Army Combat Readiness Center; and Brig. Gen. John Poppe, deputy chief of staff for Public Health (Provisional). A key aspect of the meeting involved discussion of an October 2014 update to DoD Instruction 6055.01, which outlines new and expanded safety and occupational health policies, requirements and procedures, including consolidation of safety and occupational health into one program. Until last year, the Army's safety and occupational health programs were distinct and separate. ([More](#))

Equal Employment Opportunity Focus



Rock Island Arsenal Native American Heritage Observance

The First Army Equal Opportunity Office invites you to attend the Rock Island Arsenal Native American Heritage Observance on Tuesday, **Nov. 24**, in Heritage Hall, Bldg. 60. The event will begin with sampling various Native American dishes from 12:30-12:55 p.m., directly followed by the guest speaker, Russell Begaye, president of the Navajo Nation. Begaye, a graduate of the University of California, Los Angeles, is from Shiprock, New Mexico, and assumed the office of the President of Navajo Nation on May 12. He is the second New Mexican Navajo to hold the Navajo Presidency. The Navajo Nation is a semi-autonomous Native American-governed territory covering 27,425 square miles, occupying portions of northeastern Arizona, southeastern Utah, and northwestern New Mexico. It is the largest land area retained by a U.S. tribe and is managed via agreements with Congress as a sovereign Native-American nation. The Navajo Nation is one of the largest tribal governments of the North American Indian tribes. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Native." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.



Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Self Defense Seminar

Learn basic self-defense tactics and tips to avoid becoming a target from our Primary Master Combatives certified instructor. Class is \$50 per individual or \$90 per couple/pair and is open to all eligible patrons 18 years and older. Call 309-782-6787 for more info and to sign up. ([Flyer](#))

Date: **Saturday, Nov. 7**

Time: **9 a.m. - 12 p.m.**

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Disney on Ice presents: Treasure Trove

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Tiana, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land and shout out your loudest "yee-haw" with Woody, Jessie and Buzz Lightyear from Disney Pixar's Toy Story! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see Disney On Ice presents Treasure Trove full of memories guaranteed to last a lifetime. Leisure Travel has two shows this year. Saturday, **Dec. 5**, at 3 p.m. or Sunday, **Dec. 6**, at 5 p.m., Children one and under free on lap; 12 and under \$14. Upper level \$16 and Lower level \$22. On sale until **Nov. 13**.

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to

three guests. Go to WavesofHonor.com to register for and obtain your free tickets. *These tickets must be obtained online only*

Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Choice Hotels

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates. www.choicehotels.com

Child, Youth & School Services



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st 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**.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st 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](#).

Seasonal Affective Disorder

The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder, or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program invites you to take advantage of confidential counseling services offered at no cost. The RIA EAP is located in Bldg. 56, Room 104. You may contact the EAP by calling 309-782-4357 to schedule an appointment. You can also access an anonymous free mental health screening at www.militarymentalhealth.org.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more](#).

Education Week Book Drive

Drop off any new or gently used book at the RIA Education Center in Bldg. 56, Room 118, during Education Week, taking place **Nov. 16-20**. Books will be donated to local libraries, schools, veteran, childcare, and youth centers.

Higher Education

Have you ever considered all the "choices" you or your family member will need to make for higher education? What school? What degree? What is the cost? Online, in class or both? Why one school would work better over another? What do I want to do when I "grow up?" All those questions can be answered at the next two-day Higher Education Track portion of the SFL-TAP program. This course is designed to guide Soldiers and Family members through the variety of decisions involved in choosing a school, choosing a degree program and funding considerations. Also completing the admission process. In order to better assist our Soldiers, this course is now available for all Soldiers (active/retired) and their Family members. Transitioning Soldiers will have priority. If you are interested in attending please register through Sharon Lampert, transition services manager at 309-782-7780. Registration for the Higher Education Track ends **Nov. 23**. Hope to see you there. Dates: **Dec. 7-8**; Location: Bldg. 6, Rm. 122

Time: **8 a.m. - 4 p.m.**

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



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 ([Facebook](#))

Commissary to Host Santa in December

The main North Pole resident Saint Nicholas, Saint Nick, Father Christmas, Kris Kringle, Santy, or simply Santa Claus, is coming to the Rock Island Arsenal in December! Come see Santa Claus at the Commissary, Saturday, **Dec. 5**, between the hours of 1 p.m. and 4 p.m. Make sure to bring your camera and get caught up in the holiday spirit.



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 Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Special Veterans Day Hours at the Colonel Davenport House

The Colonel Davenport House, located on the north shore of Arsenal Island, will be open for special hours on Wednesday, **Nov. 11**, for Veterans Day from 1:30 to 4 p.m. Admission is only \$1 and free for military. Guides will be available to answer questions. The gift shop will also be open, selling Early American items like toys and candle molds, souvenirs, and books, including two that give information about Colonel George Davenport and his military service, new books about the Mississippi River, and Mississippi River mud t-shirts. Colonel Davenport was a veteran of the U.S. Army, serving for ten years. He came to Rock Island in 1816 as a civilian who had a contract to supply rations to the soldiers at Fort Armstrong. He supervised construction of the bake house, the first building on Arsenal Island. During the Black Hawk War, Gov. John Reynolds of Illinois commissioned Davenport as an assistant quartermaster with the Illinois Militia. This is how he got his honorary title of colonel.

This Week in Rock Island Arsenal History – Oct. 26-Nov. 2

On Oct. 30, 1882, construction work on Shop G (Bldg. 108) was completed. On Oct. 30, 1882, construction work on Shop G (Bldg. 108) was completed. Much of the RIA's early work involved cleaning, repairing, and refurbishing surplus equipment that had been used in the Civil War. On Nov. 1, 1875, leather workers at the RIA were recovering saddles with new leather. On Nov. 2, 1917, Special Order #351 sent six additional RIA representatives to France to study methods of manufacturing recoil mechanisms for gun carriages. William Henry Harrison negotiated and signed for the U.S. a treaty with several minor Sauk and Fox Indian chiefs in St. Louis. The ceded land included Rock Island. In November 1902, the RIA organized a drafting room.

Healthbeat

Community Health Promotion Council News

The last Community Health Promotion Council meeting was held on Oct. 6 where RIA senior leaders, subject matter experts from within the RIA workforce, as well as medical community leaders, discussed the health and wellness needs and way ahead for CHPC participants. The Senior Commander, Maj. Gen. Kevin O'Connell, approved CHPC priorities developed primarily using the results of the Community Strengths and Themes Assessment in June 2015, wherein 700 individuals from the RIA workforce voiced their holistic health/wellness needs. The CHPC priorities includes establishing a Health Promotion/Education Campaign." Outside of the amazing newsletters and other media means used to get health and wellness tips to you - we invite you to like and share the [CHPC Facebook page](#). Please [message us](#) as well so we can hear how to make this page part of an effective Health Promotion/Education Campaign for you, our RIA workforce and your family.



Notes for Veterans

Expansion of Vets' Online Shopping Privileges Gets Support

The idea of expanding online exchange-shopping benefits to all honorably discharged veterans is moving closer to reality, with all three military-exchange services supporting the idea. The Defense Department's deputy chief management officer is addressing the related issues, Army and Air Force Exchange Service CEO Thomas C. Shull confirmed. Once the concept is approved, the online benefit could be rolled out to veterans within as little as six months. At a session of the American Logistics Association's annual convention Tuesday, DoD Deputy Chief Management Officer Peter Levine did not directly talk about online exchange privileges for veterans, but he did say the department is looking at ways to expand the customer base in the military resale community. ([More](#))



Around the Q.C.

- Nov. 4:** [12th Annual Quad Cities Go Red for Women Luncheon](#) (RiverCenter, 136 E Third St, Davenport)
- Nov. 6:** [10th Annual Veterans Day Dance Welcome Home](#) (Jumer's Casino & Hotel Ballroom, Rock Island)
- Nov. 11:** [Veterans Day Parade](#) (Downtown Davenport)
- Nov. 14:** [Black Hawk College 5k Hustle](#) (Black Hawk College, Building #1, 6600 34th Avenue, Moline)
- Nov. 14:** [Veteran's Day 5k Run](#) (American Legion Post 711, Blue Grass, Iowa)
- Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
- Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 21: [Lighting on the John Deere Commons](#) (Downtown Moline)
Nov. 21: [QC Mustache Challenge](#) (Begins at Barrel House 1321 5th Ave, Moline)
Nov. 26: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Davenport YMCA, 606 West 2nd Street)
Nov. 27-29: [25th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA, Rock Island)
Dec. 4-5: [Christmas in the Village](#) (East Village, Davenport)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)
Dec. 6: [Holiday Open House](#) (Quad City Botanical Center, Rock Island)
Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)
Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)
Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)
Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)
Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)
Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)
Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

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