

Oct. 27, 2014



# 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:** <https://home.ria.army.mil/sites/ii/ii.cfm>

**Sections:**

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)



- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



Ask the Garrison Commander

**Inclusiveness, Diversity Needed in 21st Century, SES Says:**

If business and government are to be successful in the 21st century, they must be inclusive and diverse regarding people, according to a high-ranking federal government official. Veronica Villalobos, director, Office of Diversity and Inclusion, Office of Personnel Management, Washington, D.C., was the guest speaker at the Rock Island Arsenal 2014 Hispanic Heritage

Month Observance, Oct. 23, in Heritage Hall. Villalobos shared her experiences of managing diversity and the lifelong dedication that Hispanics have provided the nation. This year's theme is "Hispanics: a Legacy of History, a Present of Action, and a Future of Success." "All the research shows us you end up with something better," Villalobos said citing a professor who concluded that diverse minds coming

together resolve issues better. Villalobos was appointed to the Senior Executive Service in October 2010. In that capacity, she manages OPM's government-wide effort to develop, drive and monitor strategies and initiatives designed to create a more diverse and inclusive federal workforce. ([More](#))



"HOME OF US ARMY LOGISTICS"



**Ebola Epidemic Response Efforts:** The 2014 Ebola epidemic is the largest in history, affecting multiple countries in West Africa. U.S. Northern Command (USNORTHCOM), as the Department of Defense lead for coordinating defense support of civil authorities in the United States, has been given the mission to stand up a joint medical support team (MST) to assist U.S. civilian hospitals to treat patients with Ebola and prevent the further spread of this epidemic. This is based off the Oct. 19 request for assistance from the Department of Health and Human Services. The Army's efforts to support its federal interagency and non-government partners are essential for unity of effort and maximizing response time in the nation's time of need. Development and training of the DOD MST supports this whole of government approach, which is vital for leveraging resources across the nation in preparing for, protecting against, responding to and recovering from all hazards and threats in the homeland. U.S. Army North (Fifth Army) (ARNORTH), USNORTHCOM's Army component, coordinated the training of



the 30 person MST consisting of health care providers from across the nation representing the Army, Navy and Air Force. Training began at Rock Island Arsenal Oct. 28 and was completed Oct. 29. ([Garrison Ebola Page](#)) ([StandTo!](#))

### **Different Kind of March Takes Place on Rock Island Arsenal:**

"It's never okay! It's never alright! Raise your voices! Join our fight!" That chant was shouted by dozens as a group walked down Rodman Avenue on the Rock Island Arsenal on Thursday, Oct. 30. Side by side, civilians and military members are taking a strong stance against domestic violence. It's an issue that impacts millions of women and men every year as well as thousands in the military. "We are a military family and when there's one person experiencing domestic violence in the military, we all should be taking action to show support," said Chassity Morse, March Organization and a Domestic Violence Advocate for the Arsenal's Family Advocacy Program. ([More](#))



## Upcoming Dates

- Nov. 1:** Quad City Mallards Military Appreciation Night, 7 p.m., iWireless Center
- Nov. 2:** Daylight Saving Time Ends [🔗](#)
- Nov. 3-5:** DA Photos, 9-11 a.m. and 1-4 p.m.
- Nov. 3-7:** Winter Awareness Week
- Nov. 6:** Installation Info Exchange, 3 p.m., Arsenal Club, Bldg. 60
- Nov. 6:** Island-wide Social, 4 p.m., Arsenal Club, Bldg. 60
- Nov. 7:** Veterans & Military Spouse Workforce Symposium, 10 a.m. - 3 p.m., WIU Riverfront Campus (3300 River Dr., Moline)
- Nov. 8:** Murder Mystery Dinner, Arsenal Island Golf Clubhouse, 6 p.m.
- Nov. 8:** Operation Family Time Out, Two Rivers Y, Moline, 1-5 p.m.
- Nov. 11:** Veterans Day Ceremony, Rock Island National Cemetery
- Nov. 12:** Tenant Senior NCO Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Nov. 12-13:** FMWR Holiday Fair, 9 a.m. - 2 p.m., Heritage Hall, Bldg. 60
- Nov. 12-Dec. 10:** Federal Benefits Open Season for 2015
- Nov. 17-21:** National Education Week
- Nov. 18:** Installation AT Level 1 Training (New Employees), Bldg. 90, DPTMS Conf. Rm., B13, 8 a.m.
- Nov. 20:** National American Indian Heritage Observance, Baylor Conf. Rm., Bldg. 103, 1 p.m.
- Nov. 20:** Great American Smoke Out
- Nov. 20:** Garrison Town Hall/Thanksgiving Celebration, Heritage Hall, Bldg. 60, 10 a.m.
- Nov. 27:** FMWR Thanksgiving Day Buffet, Clubhouse, 11 a.m. - 2 p.m.
- Dec. 4-13:** Trees for Troops, Memorial Park (T)
- Dec. 4:** USO Holiday Reception, Bldg. 110, USO, 12-3 p.m.
- Dec. 4:** Annual Tree Lighting Ceremony, Outside Bldg. 60 and Heritage Hall, 4 p.m.



## **Hagel Says Congressional Partnership Key to Future BRAC Round:**

The Defense Department needs a stronger partnership with Congress if it wants to achieve critical priorities like another round of base closures, Defense Secretary Chuck Hagel said. He spoke at the Washington Ideas Forum Oct. 29, and said the Defense Department won't be able to close the bases it needs to or discontinue ship or plane programs without a strong relationship with Congress, according to a DoD transcript. ([More](#))



## **Military Could Make Significant Impact On Mid-Term Elections:**

With all 435 U.S. House seats and more than a third of the Senate in play on election day, Nov. 4, the more than 2 million members of the active component and reserve component of the military could make a difference in many of those outcomes -- if they vote. And, that does not include



the many millions more who are military family members, Defense Department civilians and contractors, as well as retirees and their families. ([More](#))

## **Popular Health Plans Will Take Larger Bite Out of Paycheck:**

While federal employee and retiree health insurance premiums are set to go up by an average of 3.2 percent in 2015, each plan is unique. The Blue Cross Blue Shield benefit plans —the most popular plans in the Federal Employee Health Benefits Program —will go up \$3.21 per paycheck for an individual and \$8.33 for a family. ([More](#))



## **Troops, Defense Employees Will Have Less Money for Extended Travel Starting Nov. 1:**

Service members as well as Defense Department civilians on long-term government travel will receive smaller per diems starting Nov. 1, the Pentagon confirmed. Troops on long-term TDY (temporary duty) are subject to the same lower reimbursement rates for lodging, meals



and other expenses as their civilian colleagues under a new policy aimed at saving the department money. For each full day during long-term TDY of 31 to 180 days, the rate now will be 75 percent of the locality rate (lodging plus meals and incidentals); for travel lasting more than 180 days, it will fall to 55 percent of the locality rate for each full day. ([More](#))

**Warrior Care Month:** Each November, the Army commemorates Warrior Care Month. This is a time where the military community reaffirms their commitment to the best recovery and reintegration



for the nation's wounded, ill and injured service members, their families and the professionals who support them. The theme for this year's joint observance is "Show of Strength." Caring for and supporting wounded, ill and injured Soldiers and their families is an enduring mission and sacred obligation. Clearly, there is no greater or higher calling than helping the wounded, ill and injured Soldiers heal and transition successfully back to the force or into private sector jobs and careers. In 2007, the Army established Warrior Transition



Units (WTUs), which have supported more than 62,000 Soldiers throughout the recovery and transition process. Nearly 50 percent of these Soldiers have returned to the force. ([More](#))

**Military Personnel Division's Change of Customer Service Hours:** Effective **Nov. 3**, the Military Personnel Division, located in Bldg. 56, 3<sup>rd</sup> Floor, customer service hours will be Monday, Tuesday, Wednesday, and Friday, 8 a.m. to 4 p.m. Customer service hours for Thursdays will be 8 a.m. to 11:30 a.m. The Military Personnel Division is closed every Thursday afternoon for mandatory training and administrative functions. For additional information please contact us at [usarmy.ria.usag.mbx.military-personnel-division@mail.mil](mailto:usarmy.ria.usag.mbx.military-personnel-division@mail.mil).

**Installation Information Exchange & Island-wide Social:** Join your Island colleagues in at the Arsenal Club, Bldg. 60, Thursday, **Nov. 6**, at 3 p.m. for an informational update on what's going on at Rock Island Arsenal followed at 4 p.m. by a fun evening of appetizers, drinks, networking, and socializing. This event is open to the entire RIA workforce. The social event will feature \$5 wing baskets, \$5 Jalapeño popper baskets, and drink specials. ([Flyer](#))

**Western Illinois University - Quad Cities to Honor Military:** The WIU-Quad Cities' Twice Purple Veterans Association invites the Quad Cities community to our Veterans Day Celebration on Monday, **Nov. 10**, at 12:15 p.m., in the QC Complex Flag Court of the Western Illinois University-Quad Cities Campus located at 3300 River Drive in Moline. WIU-Quad Cities community will be honoring current and past military for their service to our country. There will be refreshments following in the QC Complex Atrium. Please contact [Dr. Brendan Young](#) with any questions.

**Rock Island National Cemetery to Commemorate Veterans Day:** The Rock Island National Cemetery will have a Veterans Day Ceremony on Tuesday, **Nov. 11**, at 1 p.m. at the cemetery's main flagpole. The keynote speaker for the Veterans Day ceremony will be Lt. Gen. Michael Tucker, Commanding General, First Army. The ceremony will include wreath



placement, an honor salute, an echo salute, and taps. Veterans Day is an annual United States holiday honoring military veterans and a federal holiday observed nationwide on Nov. 11. It is also celebrated as Armistice Day or Remembrance Day in other parts of the world, falling on **Nov. 11**, the anniversary of the signing of the Armistice that ended World War I. In the United States, Veterans Day is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. ([More on Veterans Day](#))

**Army Corps of Engineers to Waive Recreation Fees for Military, Nov. 11:** The U.S. Army Corps of Engineers will waive day use fees for veterans, active and reserve component service members, and their families at the more than 2,200 USACE-operated recreation areas nationwide on Veterans Day, Nov. 11. The fee waiver requires only verbal confirmation of service. The waiver includes fees for boat launch ramps and swimming beaches. ([More](#))



## **IMCOM Revises Overseas Tour Policy to Enhance Development Opportunities:**

A new U.S. Army Installation Management Command policy, published today, will open development doors to its general schedule employees in grades nine and above by reducing a backlog of employees past their five-year overseas tour rotations and placing them in stateside positions to create a leadership development cycle. The IMCOM Enhanced Placement Program policy 690-15, which goes into effect Nov. 3, uses the Priority Placement Program mechanism to rotate overseas civilians past their five year tour into positions stateside, opening overseas tour development positions to others. ([More](#))



**Need a Certification?:** Vista International Operations offers professional certification testing at its facility on Rock Island Arsenal. We can proctor tests for certifications such as Security+, Cisco, Network Security, over 170 Microsoft Certifications, and many



more. Conveniently located in Bldg. 131 at the corner of Gillespie Street and South Avenue, we are within short walking distance of most Island tenants. Register for your certification exam today at [www.pearsonvue.com](http://www.pearsonvue.com) and select Vista International Operations as your exam site. Please contact [testcenter@viops.com](mailto:testcenter@viops.com) with any questions.  
Time: **7 a.m. - 4 p.m.**

## **Veterans and Military Spouse**

**Workforce Symposium:** WQPT will host the Veterans and Military Spouse Workforce Symposium on **Nov. 7, 10 a.m. - 3 p.m.**, at the Western Illinois University, Riverfront Campus (3300 River Drive, Moline) for military members and their spouses to learn about employment within our community, build a resource network and obtain information about educational opportunities. Jason's Box is a Collaborative Partner in this Embracing Our Military initiative. Workshops, a job fair and resource booths will be featured throughout the entire symposium. Prior to the symposium, WQPT and WILL



Interactive will host a human resources breakfast and speak about the unique benefits of hiring veterans and hiring veterans as strategic assets. For more information on participating in the hiring manager's breakfast and the symposium, contact Jamie Lange at 309-764-2400 x 65030 or e-mail [jl-lange2@wiu.edu](mailto:jl-lange2@wiu.edu). The symposium is open to National Guard, Reserve, active duty, military spouses, veterans and retired military. ([More](#))

**Donating Annual Leave:** For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete a Statement of Leave Donor (RIA form 690-43) and submit it with a supervisor's signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this leave year, all donations must be received in the CPAC no later than **Jan. 7**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. For these type donations,



donations form should be received in the CPAC no later than **Dec. 12**. POC Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

**Blood Drives:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room

(First Floor, Bldg. 60), on **Friday, Nov. 14 & 21, 10 a.m. – 12 p.m.** If

you would like to donate at this blood drive, feel free to e-mail [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. DMC will host a blood drive, 1-4:30 p.m., on Thursday, **Nov. 20**, in the MVRBC Donor Bus parked in front of Bldg. 350. All employees who work in Bldg. 350 or nearby areas are welcome to participate in this blood drive.



**Charlie Corpuscle asks, "How many units of blood were donated for patients at our local hospitals through blood drives held on Arsenal Island in 2013?"**  
**Answer: 969. FYI – Each of those donations can touch the lives of as many as four patients in need!**

**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.**

**RIA Voting Assistance Office:** Election Day is **Nov. 4**, and there's still time to register and vote. Military personnel

who have requested an absentee ballot, but not received it, can come to the voter assistance office to complete a Federal Write-in Absentee Ballot to ensure their vote is received on time. Iowa and Illinois voters can still register and vote, but will need to follow special state instructions for late registration. Iowa voters residing in Scott County can read about the process at

[www.scottcountyiowa.com/auditor/election\\_day\\_registration.php](http://www.scottcountyiowa.com/auditor/election_day_registration.php). Iowa Voters from other counties should visit their county's website, usually under the county auditor's information, for instructions on election day registration and voting. Illinois voters residing in Rock Island County can read about their late registration voting process at



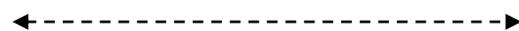
[www.rockislandcounty.org/AbsenteeVoting/#Grace](http://www.rockislandcounty.org/AbsenteeVoting/#Grace). Illinois voters from other counties should visit their county's website, usually under the county auditor's information, for instructions on "grace period" registration and voting. Assistance in completing forms, or just general election questions, should be directed to James Grimaldi, the installation voter assistance officer, at 309-782-8780.

**VIOS Schedule for November, and December:** Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Nov. 4, 5, & 6**; and **Dec. 9, 10, & 11**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 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. 56, basement, by elevator). 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](#). To obtain an official government passport photo: 1. Schedule a passport photo appointment at the [RIA VIOS website](#). 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the [RIA VIOS website](#) FAQ.

**Arsenal Attic Thrift Shop:** The Arsenal Attic Thrift Shop is open every Tuesday, Thursday and Saturday **Nov. 15**, 9 a.m. - 3 p.m.; everyone is welcome to come by, look around, and are eligible to purchase. The point of contact at the Thrift Shop is 309-782-6977.



## Arsenal Traffic/Construction



**Temporary Closure – Davenport Gate:** The Davenport Gate will be temporarily closed Monday, **Oct. 27** through Wednesday, **Nov. 12**, to allow for improvements to Security Guard Working Conditions. The Gate will

reopen on Thursday, **Nov. 13**. All traffic entering the island from Fort Armstrong Avenue from Davenport should enter through the Rock Island Gate. The third lane of traffic may be opened when traffic volume requires it.

### **Reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in Moline:**

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19<sup>th</sup> Street to 23<sup>rd</sup> Street in cooperation with the City of Moline. This work will be performed in preparation for the replacement of the 1-74 Mississippi River Bridge and will provide connection points along River Drive for the future interchange ramps. The proposed project consists of full removal of the existing roadway in this area and replacement with new concrete pavement. In addition, new lighting, sanitary and storm sewers, water main, and a recreational path will be constructed throughout this section. In order to complete this work it will be necessary to close River Drive to traffic during the construction effort. The closure will be in effect from **Sept. 8 to Dec. 5**. The interchange of 1-74 with River Drive will also be closed during this time, but will reopen following the completion of this work. We have made

every effort to limit the timeframe of the work so as to reduce inconvenience to you and your customers. Detour routes will be signed to ensure that motorists can access local businesses effectively.

### **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.

### **Upstream Sidewalk Closure on Government Bridge:** Until further

notice, the "upstream" sidewalk on the Government Bridge, Structure 320, is closed because of damages caused by a barge. The bridge is only able to turn in a single direction and must return to the same position for closing. This will lengthen the amount of time the bridge is open for each barge and will increase delays for pedestrians, cars, and train traffic. The pedestrian gates for this sidewalk are "Closed", caution tape is on those gates, and a "Sidewalk Closed" sign has been positioned at the Davenport end of that same sidewalk. The "downstream" sidewalk on the



Government Bridge is open and safe to use.

## **Future Ft. Armstrong Construction:**

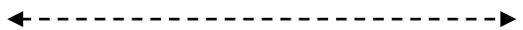
In the upcoming construction season, Rock Island Arsenal will be performing work on the intersection of Ft. Armstrong Drive and Rock Island Drive. This work will result in a full vehicle closure for the Installation's Rock Island Gate and Rock Island Viaduct, as well as restricting vehicles crossing the Government Bridge to "Installation-only" traffic. The American Discovery Trail will remain open. Construction is expected to last approximately two months, barring major weather delays. The exact construction start date is currently unknown. However, we have been coordinating with external agencies in an effort to minimize impact to the surrounding communities.



## **Building/Space Closures**



*There are no announcements at this time.*



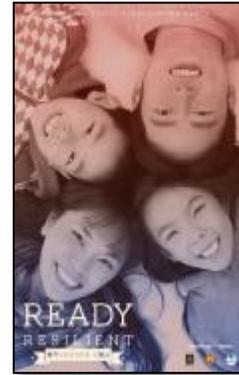
## **Active Duty/Reserve Zone**



**Military Family Month:** For more than two centuries, members of our Armed Forces have defended our country with unyielding courage.

In our Nation's times of need, these brave patriots step forward to answer America's call, leaving behind everything they know and love. And as they help secure our freedom and democracy, their families sacrifice alongside them.

During Military Family Month, we recognize every spouse, parent, sibling, child, and loved one who stands with our service members, and we reaffirm our solemn vow to serve these families as well as they serve us. ([More](#))



## **Soldiers Who Don't Meet MOS Requirements Will Be Reclassified or Kicked Out:**

Regular Army enlisted soldiers who are not qualified in their MOS will be reclassified or involuntarily separated under a new quality control program launched by Human Resources Command. Under a process that began in October, the command will conduct quarterly reviews of the Army's master personnel data base to identify soldiers whose records

indicate they are not qualified in their military occupational specialty. ([More](#))

## **OIR Troops to Be Eligible for**

**GWOT-E Medal:** Pentagon officials have decided that the thousands of service members deployed in support of the newly named Operation Inherent Resolve in Iraq and Syria will be eligible for a service medal — the Global War on Terrorism Expeditionary Medal. The move announced Friday will affect roughly 1,400 troops on the ground in Iraq as well as any who may be based in several surrounding countries, including Syria, Bahrain, Saudi Arabia, Turkey, the United Arab Emirates, Cyprus, Egypt, Iran, Israel, Jordan, Kuwait and Lebanon. ([More](#))

## **Report: Court Rules Wearing**

**Unearned Medals a Crime:** Lying about receiving a military medal is protected speech, but there's no right to wear a combat decoration that hasn't been earned, a federal appeals court said Wednesday. The difference, said a divided panel of the Ninth U.S. Circuit Court of Appeals, is that lying is speech, but wearing a medal is conduct, according to a report in the San Francisco Chronicle. ([More](#))



**Report: Troops, Vets to Get Checked for Chemical Exposure In Iraq:** The Pentagon will offer medical examinations and long-term health monitoring to servicemembers and veterans exposed to chemical warfare agents in Iraq as part of a review of how the military handled encounters with chemical munitions during the American occupation, The New York Times reported Wednesday. An Oct. 15 Times story found that while the United States had gone to war looking for an active weapons of mass destruction program, troops instead quietly found and suffered from the remnants of the long abandoned arsenal. ([More](#))

**Flu Vaccines for Active Duty, Retirees, and Their Family Members:** We are now opening up the flu vaccines to the active duty family members. In the month of November the Rock Island Arsenal Health Clinic will be holding multiple flu-vaccine clinics for the convenience of parents who work and their kids go to school. The dates and times for the flu clinics are **Nov. 3, 5, 7, 12, 14, 17, 19, and 21**, 6-8 a.m., in the Caisson Room located inside Bldg. 60. POC: Sgt. First Class [Octavia Robinson-Wilson](#), 309-782-0989.

**Massage Envy Presents "Massages for Military" on Veterans Day:** Schedule a free massage or facial session on Veterans Day, Tuesday, **Nov. 11**. Massage Envy Spa is proud to honor all of America's service men and women with a complimentary 1-hour massage or facial session for active duty military personnel and U.S. military veterans. [Please schedule in advance for this special promotion.](#) Valid only on Veterans Day and at participating locations. Participants in promotion must present valid military identification. Limited appointments available. One-hour session consists of a 50-minute massage or facial and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply. *This information is included for general interest and does not constitute endorsement of the businesses or products.*

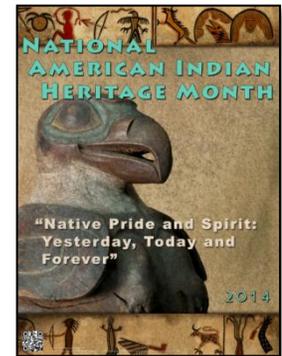
## Safety Spotlight

**Construction Zone Safety:** Please do not cross through construction zones. These areas are fenced or taped off for your safety. A project is underway that involves the installation of a large gas

line along South Avenue and other locations. It has been reported that some people have been ignoring cautioned off areas and stepping over excavated ground. These actions are unacceptable and place each person in danger of injury due to falling into the excavation. Please exercise discipline and walk around any construction sites you may encounter. Use established crosswalks and always obey posted warning signs and traffic devices. These actions will help ensure you arrive to work and home - safe and sound. I appreciate your support of safety. Have a safe day.

## Equal Opportunity Focus

**National Native American Heritage Month 2014:** Across our Nation, in laboratories and around kitchen tables, passionate and creative entrepreneurs are developing new sources of clean energy, cures for life-threatening diseases, and inventions that will transform the way we see the world. America has always been a



country of risk takers and dreamers – where anyone who is willing to work hard can turn a good idea into a thriving business – and our spirit of ingenuity remains a powerful engine of growth, creating jobs and bolstering our economy. This month, we recognize the grit and determination of American inventors and innovators and their many contributions to our Nation, and we reaffirm our commitment to support these entrepreneurs as they develop the products, services, and ideas of tomorrow. ([More](#))

## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

**Holiday Fair:** Get a head start on your holiday shopping lists at MWR's annual Holiday Fair Wednesday, **Nov. 12**, 9 a.m. - 2 p.m., in Heritage Hall, Bldg. 60. Unique creations ranging from handmade quilts to baked goods and jewelry will make great gifts for

everyone on your list. If you are interested in having a booth or just want more information call 309-782-5890. ([Flyer](#))

### 2014 Army Digital Photography

**Contest:** If you're ready to share your creative talents, consider the Army Digital Photography Contest. This annual competition is for Army patrons and recognize the talent and originality of our military service members (Active Duty Military and other eligible participants). Share your best photos with Army MWR and you could win prizes and Army-wide recognition. The 2014 Army MWR Digital Photography Contest has categories for animals, landscapes, still life images and more. Entries submitted showcase some of the most original and creative minds at work. Monetary prizes are awarded for the first, second and third place winners in each category. Please review the participant guidelines for more information on how to enter. Submission dates are **Oct. 15 – Nov. 30**. So look through your camera for that winning shot and submit it by **Nov. 30**. For photo contest eligibility requirements and submission instructions, visit [Arts.ArmyMWR.com](http://Arts.ArmyMWR.com)

### Sports Leagues at the Fitness Center:

Basketball, co-ed volleyball, and racquetball league signups are going on now at the fitness center. Rosters are available at the front desk of the fitness center. If there are any questions please contact fitness center at 309-782-6787.

## 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](#))

### Get Presized and Fitted for Winter

**Equipment:** On Saturday, **Nov. 22**, and Saturday, **Dec. 6**, 8 a.m. to 12 p.m., bring yourself and family members to Outdoor Recreation to get prefitted for downhill skis and other winter equipment. This info will be kept on file for the season. You can then call and place your order for equipment. For more info call 309-782-8630.

### Disney on Ice: Worlds of Fantasy:

Leisure Travel has Disney on Ice: World of Fantasy tickets available for Friday, **Dec. 5**, at 7 p.m.; Saturday, **Dec. 6**, at 11 a.m. & 7 p.m.; and Sunday, **Dec. 7**, at 1 p.m. All children seating \$16 Section



106 Adult ticket \$22 Section 205 \$16 on sale until **Nov. 26**.

### **Circa 21 Presents: White Christmas:**

White Christmas tells a story of two showbiz buddies putting on a show in a magical Vermont Inn, and finding their perfect mates in the bargain. Full of dancing, laughter and some of the greatest songs ever written. Promised to be a merry and bright theatrical experience. Discounted seats are \$46 and on sale until **Nov. 21**.

Date: **Saturday, Dec. 6**

Time: **5:45 p.m.**

**Harlem Globetrotters:** The iconic Harlem Globetrotters are coming to town with their unrivaled family show, featuring some of the greatest athletes on the planet. With incredible ball handling wizardry, amazing rim-rattling dunks and trick shots, side-splitting comedy and unequaled on-court fan interaction, this must-see event is guaranteed to entertain the whole family – creating memories that will last a lifetime. Leisure Travel has discounted seats available. Section 105 \$32 Ad/Ch Section 205 \$23 Ad/Ch. On sale until **Dec. 24**.

Date: **Saturday, Jan. 3**

Time: **7 p.m.**

**World's Toughest Rodeo:** World's Toughest Rodeo, the premiere national rough stock only tour, presents this two and a half hour event starring professional cowboys and cowgirls from across the nation. Fans will once again get the opportunity to cheer on the world of rodeo's top bucking horses and bulls as well as enjoy some of the nation's most talented entertainment acts.

Discounted seats available until **Jan. 14**.

Section 104 \$32 Adult/ \$16 Child

Section 203 \$23 Adult/ \$16 Child.

Date: **Saturday, Jan. 24**

Time: **7:30 p.m.**

### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX**

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



## Child, Youth & School Services



**Teen CPR Class:** SKIESUnlimited free Teen CPR Class. While you can't predict when an emergency will occur, you can be prepared. In less time than you think, you can learn vital knowledge and skills you'll need to respond to a life-

threatening situation with confidence. This training will teach teens to: • Care for conscious and unconscious choking victims • Perform CPR • Give first aid • Treat sudden illnesses. This class is for children 12 years-senior in high school. Child must be registered with CYSS. Call 309-782-0791 to register. For questions about the class, call 309-782-5969 or email

[andrea.l.muller.naf@mail.mil](mailto:andrea.l.muller.naf@mail.mil)

Date: **Wednesday, Nov. 5**

Time: **5:30-8 p.m.**

### **CYSS Family Advisory Board**

**Meeting:** Come to our FABulous CYSS Family Advisory Board meeting on Thursday, **Nov. 13**, 11 a.m. - 12 p.m., in the School Age Services Bldg. 150. Topics will include what CYSS parents should know about our emergency plans. Our speaker will be Detective Jeff Morrissey from the Rock Island Police Department. Morrissey works with the School District to train staff and parents on their plan and response to an emergency situation. He has previously trained the CYSS staff and will discuss what parents need to know. Feel free to bring your lunch, a dessert will be provided. For more information contact Katie Mettee at 309-782-2165 or [katie.e.mettee.naf@mail.mil](mailto:katie.e.mettee.naf@mail.mil).



## Teen Dating Violence Awareness

**Month Art Contest:** The month of February is Teen Dating Violence Awareness Month. Rock Island Arsenal, Army Community Service, Family Advocacy Program is holding an art contest to bring awareness to this issue. Two out of three teens never report their abuse to a caring adult. We would like to get the conversation started by hosting a competition that will allow them to express their thoughts and feeling on the subject, while shining a light on their creativity. Judging will be conducted by Arsenal representatives. There will be first, second and third place winners. Each winner will receive a certificate, a place ribbon, and a photo of them with their work in the paper. We may ask for permission to display other works of art as well. Suggested themes include, but are not limited to: stop dating violence, the impact of dating violence, and imagery with a dating violence content. Registration for the contest closes **Dec. 15** and artwork needs to be submitted by **Jan. 15** (collected at each school by Family Advocacy). Winners will be announced **Jan. 31**. Selected artwork will be displayed in Bldg. 60 in the MWR



display **Feb. 1-15**. You may contact [Blair Hicks](#) or [Chassity Morse](#) at 309-782-3773 if you have further questions concerning the Teen Dating Violence Awareness Month Art contest. ([Flyer](#)) ([Registration Form](#))

## Volunteer Youth Soccer Coaches

**Needed:** RIA CYSS is excited to announce we will be hosting an Indoor Soccer League for children pre-K- 4th grade starting early January 2015. We are in the process of looking for a few volunteer coaches for our teams in order to make our league successful. Some of the benefits to becoming a coach include: Free Sport Specific Training, Free National Alliance for Youth Sports Certification, Head Coaches children can participate at no cost, Assistant Coaches may have one child participate at no cost and additional children at discounted rate, and best of all you'll get the satisfaction of helping the youngest members of our community to learn, be active and make new friends. If you are interested in becoming a coach contact Tim Hernandez at 309-782-0511 or [timothy.c.hernandez2.naf@mail.mil](mailto:timothy.c.hernandez2.naf@mail.mil).

## 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)

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.



## ACS Presents Managing Your

**Holiday Expenses:** From twinkling lights to plane tickets home, the price of holiday cheer can add up fast. And while you may have a strict gift-giving budget in place for the important people on your list, when you factor in other expenses—say, entertaining and



decorating—your initial good intentions can get easily canceled out. So in the spirit of keeping holiday spending at bay, we turn to you for your tips on how to help cut costs this season. Your Top 12 Tips and tricks will help keep seasonal spending in check—without sacrificing holiday cheer. Submit your tip(s) by **Nov. 10** and RSVP for the presentation no later than **Nov. 11**. Presentation is from 1:30-2:30 p.m., **Nov. 14**. RSVP at 309-782-0829 or by email to [usarmy.RIA.imcom-central.mbx.usag-acsc@mail.mil](mailto:usarmy.RIA.imcom-central.mbx.usag-acsc@mail.mil).

## **2014 Domestic Violence Awareness**

**Month:** The Domestic Violence Awareness Month honors the most important asset of the Army, the family, as they are a vital part of the nation's security through the foundation they provide to the Soldiers. With the theme, Relationships should be safe, respectful and positive, the focus of the campaign is to raise awareness of domestic violence, inform victims that help is available and emphasize the negative impact it has on family readiness.

[\(More\)](#)



## Employee Assistance Program



**For free, confidential counseling assistance or for information on services that are available, call 309-782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1<sup>st</sup> floor, East.**

## **Seasonal Affective Disorder –**

**November 2014:** 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 free, confidential short-term counseling, referral services and follow-up. The RIA EAP is located in Bldg. 56, 1<sup>st</sup> floor, East Wing. 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](http://www.militarymentalhealth.org).

**Assertiveness Training:** Learn strategies to communicate effectively and to enhance yourself personally & professionally. Classes taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Nov. 25** and **Dec. 16**; in Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in [TEDs](#) (search key word "assertiveness") or call 309-782-2552.

**Time Management:** Do you feel that there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for



more fun? Sign up for a time management class. Classes will be taking place Tuesdays, 10:30 a.m. – 12 p.m., on the following dates: **Nov. 4** and **Dec. 9**, in Bldg. 56, 1<sup>st</sup> Floor, Room 122. Sign up in TEDs (search key word "time management") or call 309-782-2552.

## Community Resiliency Academy

**Announcement – Real Colors:** Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the differences in others. Real Colors has proven to be an effective tool to increase understanding, empathy and effective communication in the workplace. Workshop Dates: **Nov. 12**, and **Dec. 10**. Sign up in TEDs (search key word "real colors") or for more information contact Lori Griffin at 309-782-2551.



## 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.](#)**

## Army Education Center Hosts Inaugural College Commencement Recognition Ceremony:

The Rock Island Army Education Center hosted its inaugural College Commencement Recognition Ceremony for its military community on Oct. 2 at Rock Island Arsenal in Heritage Hall in Building 60. "This was a wonderful way to celebrate the sacrifices and dedication it took service members to complete a college education while serving in the military," said Lorrie Blumberg, contract guidance counselor, Rock Island Army Education Center. ([More](#))



## Rock Island Army Education Center

**Holiday Hours:** The Rock Island Army Education Center will be closed for the following Holidays. Thanksgiving: **Nov. 27 and 28**. Christmas: **Dec. 25 and 26**.

## OPM's 'Story of Maria' Illustrates Benefits of Education for Federal

**Workers:** Remember those "Life of Julia" graphics from President Obama's 2012 campaign? The pastel slide shows told the story of a fictional character

who benefitted from the administration's policies from cradle to grave, sparking a debate about whether Democrats encourage government dependence or just support programs that help women. The Office of Personnel Management appears to have taken a page from that book with its "Story of Maria," a tale about the educational achievements of a federal worker. ([More](#))

## Need An Online Exam Proctored?:

Three local colleges offer academic test proctoring at no expense for service members attending online schools. All three institutions offer convenient locations and flexible schedules. Interested individuals should contact POCs (see below) to schedule proctored exams at least one week in advance of preferred date. Once scheduled, it is the responsibility of the service member to contact their respective school with local test centers' information, so exam and materials may be processed appropriately. The Eastern Iowa Community College (Scott Community College Campus) Testing Center is located in Bettendorf, approximately seven miles from Rock Island Arsenal. POC: [Rebecca Geiken](#), 563-441-4060. The St. Ambrose University (53<sup>rd</sup> Street Branch) Testing Center is located in Davenport, approximately seven miles



from RIA. POC: [Jeff Karll](#), 563-333-5709. The Western Illinois University Quad Cities testing center is located in Moline, approximately one mile from RIA. POC: [Leslie Mose](#), 309-762-9481.

## **Don't Be a Nut! Pop On In ... ACES Celebrates American Education Week**

The Army Education Center at the Rock Island Arsenal will be celebrating American Education Week on **Nov. 18-20** by having popcorn and peanut days. The Army Continuing Education System staff will be in house at the following locations: Tuesday, **Nov. 18**, 10:30 a.m. - 12:30 p.m. in ASC/Bldg. 390 and First Army/Bldg. 68; Wednesday, **Nov. 19**, 10 a.m. - 3 p.m., in the Education Center/Bldg 56; Thursday, **Nov. 20**, 10:30 a.m. - 12:30 p.m., in Heritage Hall/Bldg. 60. Soldiers are welcome to come get a snack and check out opportunities for furthering their education through the GoArmyEd tuition assistance program and other military offerings. The Army theme for this year is "Raise Your Hand for Student Success." "Army Strong, Education Stronger." The observance reinforces the Army's commitment to provide quality education for soldiers worldwide. ACES offers a variety of programs to assist Soldiers in establishing and achieving their

education goals, keeping in mind their demanding operational assignments. POC: Alison Hemmert, Education Service Officer, 309-782-2065.

**Inaugural Eastern Iowa / Western Illinois Veterans Conference:** On Wednesday afternoon, **Feb. 25**, St. Ambrose University will host the inaugural Eastern Iowa / Western Illinois Veterans Conference. There will be a noon [keynote speaker](#) followed by film and panel presentations. Training will be offered concurrently for faculty, staff and others on military culture, and a resource fair will be offered to registered attendees. The conference will conclude with a late afternoon networking social. The event is a collaboration between St. Ambrose University, Black Hawk College, Eastern Iowa Community College District and Western Illinois University Quad Cities. For more information or to register, please visit [www.sau.edu/veteranservices](http://www.sau.edu/veteranservices).

## **Commissary / 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](http://www.commissaries.com) ([Facebook](#))**

## **Exchange Opens Earlier, Serves Breakfast:**

The Exchange located on Rock Island Arsenal began opening at 7 a.m. Oct. 1. Also effective Oct. 1, the Exchange began featuring heat-and-eat breakfast items at the front of the store. "We will be running these hours for two months to make sure that there will be demand to be open at 7 a.m.," said Carl Wolfe, store manager, Rock Island Exchange. "We are really hoping with the Exchange having an entire new 'Heat and Eat,' that we will cater to the Soldiers coming on the Island in the morning and we know a lot of them



have PT in the mornings and this will give them a chance to grab something before they go in the office for the day." The new open-to-close store hours are 7 a.m. – 6:30 p.m., Monday through Friday; and 8:30 a.m. – 6:30 p.m. on Saturdays. The "Heat and Eat" items being sold in the mornings will include: Breakfast Tornados, Breakfast Deli Express sandwiches, Cappuccino, and coffee, Roller Bites, and Breakfast Style Pizza. The Exchange will also have a lunch menu to include: Tornado's, Deli Express hot and cold sandwiches, hot dogs, Polish sausage, jalapeno sausage, Roller Bites, egg rolls, and pizza. In addition, the Exchange will also have microwaveable meals, soup, and Asian noodles for sale all day long.



## 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](#))**

**Rock Island Arsenal Historical Society Meeting:** The Rock Island

Arsenal Historical Society will have its monthly meeting at 6 p.m., Thursday, **Nov. 6**, in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for dinner is mixed green salad with dried fruits and cranberry vinaigrette, roasted turkey with gravy, stuffing, mashed potatoes and green beans, with pumpkin pie for dessert. All dinners include rolls, breadsticks, coffee, tea and water. The total cost is \$14 per person including tax and tip. Our event is open to both members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. The guest speaker will be Drew Horvath who will be discussing some of the historic efforts that have been conducted by an organization in the Department of Defense's Joint POW/MIA Accounting Command (formally Central Identification Laboratory, Hawaii and Joint Task Force-Full Accounting). This joint unit deploys small teams all over the world as part of its mission to locate, recover, and identify unaccounted-for Americans from our nation's past conflicts. For reservations call Monica 563-650-4349 or Linda 563-355-6165 or email [chiicaliinda@aol.com](mailto:chiicaliinda@aol.com). Reservations are due by noon on Monday, **Nov. 3**. Cancellations must be made by the

reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

## **This Week in Rock Island Arsenal**

**History – Oct. 27-Nov. 2:** 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



**TRICARE Tip of the Week:** Is it okay for a doctor's office to photocopy your military ID card? Yes, it is OK for your doctor's office to copy your military ID



card or Common Access Card. It is recommended that they copy both sides of the ID card or CAC to assist in eligibility verification and for the purpose of rendering care. A valid ID card of CAC alone is not sufficient to prove eligibility; providers must verify eligibility. Have A Great TRICARE Day!

**TRICARE Closed:** The TRICARE office will be temporarily closed **Oct. 28** through **Nov. 3**. If you have concerns that cannot wait until Judith Neely returns, please call Capt. Katherine Converse in the Clinic at 309-782-0865.

### **Keeping Our Federal Workforce Healthy This Flu Season and Beyond:**

The flu season is quickly approaching. Unfortunately, Americans lose as many as 17 million workdays each year to influenza-related illness. An annual flu vaccine is the best way to protect against influenza, avoiding illness that can sometimes be severe enough to lead to hospitalization and



even death. You can help us ensure all federal employees take action to reduce the spread of influenza in the workplace, among our families, and in our communities. The Centers for Disease Control and Prevention recommends that everyone over the age of 6 months get an annual flu vaccine. However, according to CDC, only 39 percent of adults were vaccinated last year by early flu season. To help make immunization more accessible, many federal agencies offer flu shots onsite at no or low cost. Employees can also receive this vaccine at no cost through their health plan. Most FEHB plans cover flu shots at pharmacies and retail stores in addition to doctor's offices and clinics. As a plus, the whole family can be immunized at these locations. Furthermore, with the prevention focus of the Affordable Care Act, many more Americans have insurance coverage for common vaccines. Along with promoting immunization, please reinforce with your managers and employees that we can minimize the spread of infection in the workplace. Plan now for possible illnesses and:

- Encourage frequent hand washing and proper etiquette for coughs and sneezes;
- Reassure employees that it is best to stay home if they develop symptoms of the flu;
- Direct supervisors to review telework, flexible

work schedules, and leave options that may be available to employees;

- Update employee contact information;
- Refresh emergency plans to ensure continuity of operations; and
- Know your agency's contingency role in a severe flu outbreak.

Everyone can benefit from updating their immunizations. Vaccines not only prevent disease in the people who receive them but also help create "community immunity," so even unvaccinated individuals are at lower risk of disease. Please invite your employees to take the adult vaccination quiz to learn more about the vaccines they need. Urge them to talk to their healthcare provider to ensure they are up to date with the vaccines that are recommended for them. Please share the important resources on vaccines.gov, flu.gov and CDC.gov with your employees to help ensure a healthier workforce through timely immunization as well as respond effectively to a potential flu outbreak. For information about pandemic response and emergency planning go to opm.gov or telework.gov. Thank you for all your efforts on behalf of our employees and the American people. - Katherine Archuleta, Director, U.S. Office of Personnel Management & Sylvia M. Burwell, Secretary, U.S. Department of Health and Human Services



**National Diabetes Month:** Today, nearly 30 million Americans have diabetes. This devastating disease affects men and women of all backgrounds and ages, and can cause serious health complications, including blindness, kidney failure, heart disease, stroke, and the loss of lower limbs. During National Diabetes Month, we stand with all those battling this chronic, life-threatening disease and their families, and we pay tribute to the advocates, researchers, and health care professionals who are committed to supporting healthy lifestyles in communities across our country. Most commonly diagnosed in young people, type 1 diabetes has no known method of prevention. However, it can be managed with regular exercise, good nutrition, and proper medication. Type 2 diabetes accounts for roughly 90 to 95 percent of diagnosed cases of diabetes in adults, and the risk of developing it is commonly associated with older age, obesity, physical inactivity, and a family history of diabetes. African Americans, Hispanic Americans, American Indians, and some Asian Americans and Pacific Islanders are at particularly high risk for this disease and its complications. In some cases, losing weight, eating healthy, and being more active can help prevent or delay type 2 diabetes.

Americans who are at risk for this disease can consult with a health care provider to discuss the steps they can take to reduce their chances of developing diabetes. ([More](#))

**Great American Smokeout:** On Thursday, **Nov. 20**, military members and their families have an opportunity to go smoke-free for 24-hours during the Great American Smokeout. By quitting smoking, just for one day, you can commit to quit and give them a chance to avoid the negative effects of secondhand smoke. Help us spread the message that [smoking affects everyone who is exposed](#), and even the smallest amount of smoke can be dangerous. The best way to protect your loved ones from the dangers of secondhand smoke is to make your home, car and workplace smoke-free zones. Please [view and download](#) our infographic, [drop-in article](#), poster and social media images, as well as visit [UCanQuit2.org](#), to learn more about the dangers of secondhand smoke. Encourage military members to commit to quit, give them a chance during the Great American Smokeout on Thursday, **Nov. 20**.



## Notes for Veterans



**Report: Troops, Vets to Get Checked for Chemical Exposure In Iraq:** The Pentagon will offer medical examinations and long-term health monitoring to servicemembers and veterans exposed to chemical warfare agents in Iraq as part of a review of how the military handled encounters with chemical munitions during the American occupation, The New York Times reported Wednesday. An Oct. 15 Times story found that while the United States had gone to war looking for an active weapons of mass destruction program, troops instead quietly found and suffered from the remnants of the long abandoned arsenal. ([More](#))

**VA Is Critical to Medicine and Vets:** During preparation for my confirmation as secretary of Veterans Affairs (VA), I was repeatedly asked, "Why doesn't VA just hand out vouchers allowing veterans to get care wherever they want?" For a department recovering from serious issues involving health care access and scheduling of appointments, that was a legitimate question. After nine weeks at VA, travel to 31 VA facilities in 15 cities, discussions with hundreds of veterans and VA clinicians, meetings with 75 Members of Congress, two hearings before the Senate and House Veterans' Affairs committees and dozens



of meetings with Veterans Service Organizations and other stakeholders, I can answer that question. Veterans need VA, and many more Americans benefit from VA. ([More](#))

**VA Guarantees its 21 Millionth Home Loan:** The Department of Veterans Affairs (VA) announced this month that it has guaranteed 21 million home loans since the Home Loan Guaranty program was established in 1944 as part of the original Servicemen's Readjustment Act of 1944, better known as the "GI Bill." This achievement comes during the year-long commemoration of 70 years of the "GI Bill," which established a wide range of benefits for Veterans returning from World War II, including low-cost home loans, education and vocational training. "This vital program offers Veterans, Servicemembers and their families the keys to homeownership and is truly a testament to our Nation's commitment to enhancing the lives of those who served our country," said Allison A. Hickey, VA's Under Secretary for Benefits. "Twenty-one million home loans guaranteed, with the last one million guaranteed in just two years, is just one example of how VA employees are privileged to continue to serve and give

back to our Veterans through the GI Bill." ([More](#))

**Inaugural Eastern Iowa / Western Illinois Veterans Conference:** On Wednesday afternoon, **Feb. 25**, St. Ambrose University will host the inaugural Eastern Iowa / Western Illinois Veterans Conference. There will be a noon [keynote speaker](#) followed by film and panel presentations. Training will be offered concurrently for faculty, staff and others on military culture, and a resource fair will be offered to registered attendees. The conference will conclude with a late afternoon networking social. The event is a collaboration between St. Ambrose University, Black Hawk College, Eastern Iowa Community College District and Western Illinois University Quad Cities. For more information or to register, please visit [www.sau.edu/veteranservices](http://www.sau.edu/veteranservices).

## Carpooling Announcements

Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

**Did You Know?:** The [AMTBP \(Army Mass Transportation Benefit Program\)](#) is a program where Army employees can qualify for up to \$130 in reimbursements for use of mass transportation (to include van pooling). ([More](#))

## Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at 309-782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call 309-782-5472.

## Around the Q.C.

- Nov. 1:** [Trivia with Bailey Deitz on RIA](#) (Bldg. 60, Heritage Hall)
- Nov. 1:** ["A Mother's Love" Mother-Son Dance](#) (Friendly House, 1221 Myrtle St., Davenport)
- Nov. 2:** ["Dance With My Father" Daddy-Daughter Dance](#) (Friendly House, 1221 Myrtle St., Davenport)
- Nov. 7:** [Veterans and Military Spouse Workforce Symposium](#) (Western Illinois University—Quad Cities campus, 3300 River Drive, Moline)



**Nov. 7:** [Veterans Recognition Celebration and Luncheon](#) (Milan Community Center, Milan, Ill.)

**Nov. 8:** [Vietnam Veterans of America Region 6 Conference](#) (Wild Rose Casino, Clinton, Iowa)

**Nov. 8:** [All Veterans Pheasant Hunt](#) (Three Hills Hunting Preserve, 2100 212th Street, Bernard, Iowa)

**Nov. 11:** [Davenport Veterans Day Parade, 10 a.m.](#) (4th & Western Scott County parking lots, Davenport)

**Nov. 15:** [Southpark Mall November Craft and Vendor Show](#) (SouthPark Mall, Moline)

**Nov. 15:** [South Park Church Trivia Night](#) (Highland Park Bowl, 4204 Ave of the Cities, Moline)

**Nov. 22:** [Festival of Trees Parade](#) (Downtown Davenport)

**Nov. 22:** [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)

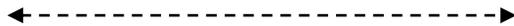
**Nov. 22:** [Holiday Pops Concert](#) (Downtown Moline)

**Dec. 7:** Pearl Harbor Day, 73<sup>rd</sup> Anniversary of the Attack on Pearl Harbor

**Dec. 7:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)

**Dec. 13:** Wreaths Across America (Rock Island National Cemetery)

**Feb. 25:** [Eastern Iowa/Western Illinois Veterans Conference, 12–5 p.m.](#) (Rogalski Center, St. Ambrose University, Davenport)



## Island Insight



**Col. Elmer Speights, Jr., 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 Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; \[usarmy.ria.incom-central.mbx.usag-ria-pa@mail.mil\]\(mailto:usarmy.ria.incom-central.mbx.usag-ria-pa@mail.mil\)](#); Phone: 309-782-1121. The Island Insight is [available on-line.](#)*

