

Island Insight

This publication produced and distributed weekly to the Rock Island Arsenal workforce, will be undergoing changes in the coming weeks.

This is the last edition of the publication that will look and contain the information it has for the past several years.

An in-depth evaluation and assessment is currently underway in regard to effective communication and dissemination of information and events to the installation workforce.

As a result, Garrison command information products and messages will be impacted and adjusted to maximize their value and effectiveness.

The workforce will soon be receiving a survey that will greatly assist in the collection of input that will be used in crafting the plans and products to keep Rock Island Arsenal informed.

The Island Insight is published 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 for distribution with the use of federal funds under provisions of AR 360-1 by the Rock Island Arsenal-Garrison Public Affairs Office.

Nov. 3, 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 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.](#)



Veteran's Day: More than 22 million Americans are veterans of past military service. Thousands of them live and work in the Quad Cities and the surrounding region, and many are employed on Rock Island Arsenal, where about one-quarter of the total workforce is made up of veterans. America's veterans represent a cross-section of our nation, and their diversity makes it impossible to fit them into a

single category. But they all share something in common: They all served their nation, and they all fulfilled an oath requiring them to defend America and its people against all enemies. Our veterans exemplify selfless service. They did their duty when called, so we now have a duty to them. Any veteran who still suffers from a visible or invisible wound received while serving deserves the highest level of treatment,

assistance and support. All veterans are owed appreciation and recognition for ably performing the difficult task of defending our freedom, and fighting for it when needed. This Veterans Day, please join me in thanking all of our veterans for what they have done for us and for our nation. Whether they served



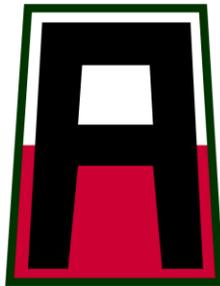
"HOME OF US ARMY LOGISTICS"



in peace or in war, they all risked their own lives for the sake of others, and gave much more than they ever received in return. On Veterans Day, and on every day of the year, let's give them the best we have to offer, for they have earned it. - *Maj. Gen. Kevin G. O'Connell, Commanding General, U.S. Army Sustainment Command & Senior Mission Commander, Rock Island Arsenal*

First Army Mission Change Requires 'Bold Shift' to Restructure Unit:

Last year, the Army directed First Army to shift its primary training mission focus from postmobilization training support of the Army National Guard and Army Reserve to premobilization training support. This year, First Army is implementing an ambitious plan to accomplish that change of mission while maintaining its capability to provide postmobilization collective training support to reserve component forces that are still deploying to ongoing missions around the world. ([More](#))



ASC Recognizes Employee for Excellent EEO Contributions:

U.S. Army Sustainment Command service members and employees gathered for a ceremony to recognize James Coffman, G-4



(Logistics) deputy chief of staff, as the command's Equal Employment Opportunity Champion of the Year, here, Nov. 6. ([More](#))

JMC Participates in Exploring

Engineering Event: Several JMC employees participated in an Exploring Engineering event, held at the Rogalski Center, St. Ambrose University in Davenport Iowa, on Nov 4. Cindy Brock, Lisa Heggen and Chris Heggen, spoke to more than 30 high school and college students about engineering careers, differences among the engineering disciplines and the role



Upcoming Dates

- 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. 10:** 239th U.S. Marine Corps Birthday [📅](#)
- Nov. 11:** Veterans Day Ceremony, Rock Island National Cemetery
- Nov. 11:** Veteran's Day (*Federal Holiday*)
- 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.
- Nov. 27:** Thanksgiving (*Federal Holiday*)
- 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.
- Dec. 4-13:** Trees for Troops, Memorial Park (T)
- Dec. 5:** RIA Island Wide Social and Dinner, 7 p.m.
- Dec. 8-10:** AFAP Conference
- Dec. 11:** RIA 1st Qtr. Retirement, Retreat & Award Ceremony, Heritage Hall, 2 p.m.
- Dec. 13:** Wreaths Across America, Rock Island National Cemetery, 11 a.m. – 12 p.m.
- Dec. 13:** Army-Navy Game, Arsenal Clubhouse, Bldg. 60, kickoff 3 p.m., doors open 12:30 p.m.



of engineers at the Joint Munitions Command. ([More](#))

Army Acquisition Leaders Visit ACC-RI: The Army Contracting Command-Rock Island, Illinois, hosted senior acquisition executives for a strategic planning session Oct. 6 to discuss the closeout of the \$38 billion Logistics Civil Augmentation Program III contract. Attendees included officials from the Army Materiel Command, the Army Contracting Command, Army Sustainment Command, the Defense Contract Management Agency, and the Defense Contract Audit Agency. ([More](#))



First Army Officer Accompanies Grandfather on Honor Flight: A First Army officer accompanied his World War II veteran grandfather on an Honor Flight of the Quad Cities trip to Washington, D.C., Oct. 30. Honor Flights of the Quad Cities regularly arranges to fly veterans to the nation's capital, where



they visit war memorials dedicated to honoring their service. Other veterans and Family members serve as guardians for the veterans during the one-day trip. ([More](#))

ASC CG Donates to CFC: The U.S. Army Sustainment Command Combined Federal Campaign period this year began Oct. 9 and continues through Dec. 15. Maj. Gen. Kevin O'Connell, commanding general, ASC, made his contribution in ASC headquarters at Rock Island Arsenal, Illinois, Nov. 6. ([More](#))



Veterans Day Deals Available to Troops, Vets: Many restaurants and retailers are offering Veterans Day discounts or free meals to service members and veterans. Some offers even extend to family members. National Parks and Army Corps of Engineers recreation areas are waiving entrance fees for veterans,



service members and their families Nov. 11. Most commercial establishments require proof of military service such as a military ID card or current leave and earnings statement, a driver's license with veteran's designation, DD 214 discharge paperwork, a veteran's organization card or a photograph in uniform. ([More](#))

President Authorizes Additional Troops for Counter-ISIL Effort: As part of the strategy to defeat terrorists from the Islamic State of Iraq and the Levant, President Barack Obama authorized Defense Secretary Chuck Hagel to deploy up to 1,500 additional troops to Iraq, the Pentagon press secretary announced today. Navy Rear Adm. John Kirby said the troops will serve in non-combat roles by joining the existing advise-and-assist mission and initiating a comprehensive training effort for Iraqi and Kurdish forces. ([More](#))



CSM Daniel Dailey Selected to Be Next Sergeant Major of the Army: Secretary of the Army John McHugh and Army Chief of Staff Gen. Raymond Odierno announced today that



Command Sgt. Maj. Daniel A. Dailey will become the 15th sergeant major of the Army Jan. 30. "We have the utmost confidence in Command Sgt. Maj. Dailey and look forward to having him join our leadership team," said McHugh. "His experience, leadership, devotion to Soldiers and commitment to our Army make him especially suited to assume this important duty, one that Sgt. Maj. of the Army Chandler has masterfully performed for the last four years." [\(More\)](#)

DoD Sets Policy for Troops Returning from Ebola Areas:

Pentagon officials released guidance today outlining a 21-day "controlled monitoring" policy for Defense Department personnel returning from areas where the Ebola virus is present. Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, issued an instruction that applies to DoD service members returning from Ebola virus disease outbreak areas in West Africa and the continental United States. Civilian employees and contractors will be instructed to follow Centers for Disease



Control and Prevention guidelines. [\(More\)](#)

What the Election Results Mean for Federal Employees:

Republicans won control of the Senate Tuesday, with several lawmakers historically friendly toward federal employees defeated. In Arkansas, Democratic incumbent Sen. Mark Pryor was defeated by Republican Rep. Tom Cotton. Pryor sits on the Senate Homeland Security and Governmental Affairs Committee, which has oversight over the federal workforce. He is one of the most conservative Democrats in the Senate, but still generally recorded fed-friendly votes. [\(More\)](#) [\(GovExec\)](#) [\(WaPo\)](#)



Issa, Ryan Look to FERS Reform:

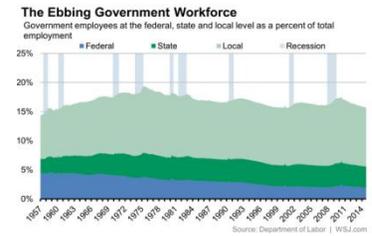
Facing a GOP-controlled Senate and a record Republican majority in the House, congressional leaders have turned their attention to budget issues that would raise federal employees' contributions toward retirement. In a



letter sent to the Congressional Budget Office Director Douglas Elmendorf, Reps. Darrell Issa (R-Calif.) and Paul Ryan (R-Wis.) asked for an "examination of the budgetary impact of different options for reforming FERS [Federal Employee Retirement System]." [\(More\)](#)

Federal Government Now Employs the Fewest People Since 1966:

Given the grinding budget battles of recent years, it's almost hard to believe the federal government now employs the fewest people since the mid-1960s. Yet according to Friday's jobs report, the federal government now employs 2,711,000 people (excluding non-civilian military). Among the economy's largest job sectors, it was the only one to shrink over the past year. [\(More\)](#)



Western Illinois University - Quad Cities to Honor Military:

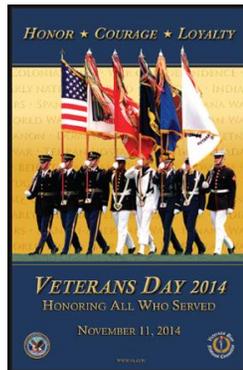
The WIU-Quad Cities' Twice Purple Veterans Association invites the Quad Cities community to our Veterans Day Celebration on Monday, **Nov. 10**, at



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](#))



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.

Influenza Seasonal Vaccines for Active Duty, Retirees, Their Family Members, in Addition to RIA Workforce Civilians & Contractors:

In the month of November the Rock Island Arsenal Health Clinic will be holding multiple flu vaccine clinics at no cost. The dates and times for the flu clinics are **Nov. 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](#), Clinic NCOIC, 309-782-098.



Blood Drives: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Nov. 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 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.](#)

VIOS Schedule for November, and

December: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal on **Dec. 9, 10, 11; Jan. 6, 7, 8; Feb. 10, 11, 12; and March 10, 11, 12.** 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.

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." ([More](#)) ([StandTo!](#))

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



Rock Island Arsenal Survey: An Army Corps of Engineers' contractor has scheduled a Geotechnical Survey at RIA for the FY15 Army Family Housing construction project from **Nov. 10-12**. The survey involves drilling to determine the location of bedrock. During the survey, areas may need to be closed to public access for safety purposes. These areas may include Whittemore Street, Durnin Ave, Davenport Drive, parking lots north of Durnin Ave, areas around the garden plots and the playground and pavilion east of the Davenport House, and areas adjacent to Bldg. 312. Barricades, caution tape, and/or signs will be used to warn and detour pedestrians and motorists as needed.

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 19th Street to 23rd Street in Moline:

The Illinois Department of Transportation is planning the reconstruction of River Drive from 19th Street to 23rd 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

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Army, RAND Partner on 'Today's Soldier Survey': The Army and the RAND Corporation are working together to conduct a Soldier needs assessment survey, from September to December, at 45 Army installations. The

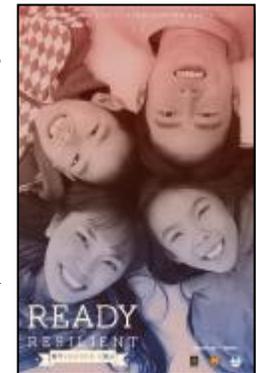
survey, called "Today's Soldier Survey," is available online to randomly selected active-duty Soldiers, who will be notified by email that they have been selected to participate. Soldiers will be able to respond to questions on problems they and their families have experienced over the past year. The results of this survey will help senior leaders identify the needs of Soldiers and their families, how Soldiers prioritize those needs, and how the Army can best address the most pressing unmet needs -- whether through Army-provided services or community and non-federal entity partnerships. The survey will end in December 2014. ([More](#))

USO of Illinois-Rock Island Fielding Free Tickets to Concert: The USO of Illinois-Rock Island is making free tickets available for the Hunter Hayes Concert, **Nov. 14**, at the iWireless Center, at 7 p.m. The tickets are being made available through their parent office's "[Tickets for Troops](#)" program. Tickets will be available for pick-up Friday, Nov. 14, 8 a.m. – 4 p.m., at USO of Illinois-Rock Island, Bldg. 110. These free tickets are available only to Active



Duty, National Guard, Reserve, and retired military personnel and their families. IRR military, DoD and civilian employees are not eligible to register for USO Events. Please be advised: [To make ticket reservations through the "Tickets for Troops" system go here.](#) Ticket reservations are to be made in good faith. Questions about this event? Call Jackie at 309-782-3896 for more information. Please do not call the iWireless Center with questions.

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](#))



G-6: Lighter Commo Needed To

'Bridge Gap': The Army's general in charge of all things tied to the network said one of his top priorities is to build lighter communications systems. Lt. Gen. Robert S. Ferrell, the Army's chief information officer/G-6, spoke at the monthly Association of the U.S. Army Institute of Land Warfare breakfast yesterday, in Arlington, Virginia. ([More](#))

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



Veterans Day Holiday Safety

Message: Veterans Day honors all men and women who have served in the Armed Forces throughout our nation's history. This holiday provides us the opportunity to recognize the selfless service and sacrifice made by these Warfighters. Regrettably, many of our teammates have suffered wounds, both visible and invisible, with many others that have made the ultimate sacrifice to whom our debt can never be repaid. Supervisors, you can make a difference! I expect you to make eye-to-eye contact with all of your personnel and discuss their plans for the long weekend and ensure that they possess a sound safety plan. Pay attention to verbal and nonverbal communication. Are they communicating signs of distress, having a difficult time with the holiday, or simply angered by your inquiries? If the answer is yes to any of these questions, please do not disregard these signs. Be open, discuss their challenges and make a decision to assist by referring the

individual to unit leadership or behavioral health specialist if deemed appropriate. I ask everyone to use good judgment in all you do and be sure to include risk management into your weekend plans. Take a moment to review the tools and resources available on the U.S. Army Combat Readiness/Safety Center website, <https://safety.army.mil>. Every veteran, past and present, has a story. Some served in wartime, others during moments of peace; many were volunteers, others were called to serve; some may have served a matter of days, while others dedicated their life to the profession of arms. Regardless of circumstance, all deserve our deepest gratitude. Thank you for your service and enjoy the holiday. - *Kevin G. O'Connell, Major General, USA, Commanding*

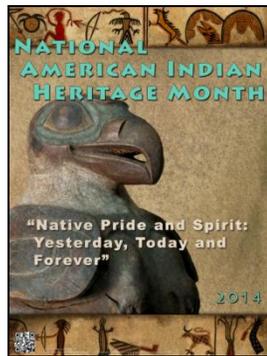
Construction Zone Safety: Please do not cross through construction zones. These areas are fenced or taped off for your safety. A project is underway that involves the installation of a large gas line along South Avenue and other locations. It has been reported that some people have been ignoring cautioned 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](#)) ([Senior Leaders' Message](#))

Morale, Welfare & Recreation (MWR)

Visit the MWR website at 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](#))

Paintless Dent Repair Service at the Auto Shop: Back by popular demand, Tuesday, **Nov. 18**, the paintless dent repair technician will be available for repairs. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([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

Thanksgiving Dinner Buffet at the Arsenal Island Clubhouse:

On Thursday, **Nov. 27**, 11 a.m. - 2 p.m., come enjoy a delicious Thanksgiving Dinner Buffet at the beautiful and historic Arsenal Island Clubhouse with your family and friends and leave the planning, shopping, cooking and clean up to us. Cost is \$21/adult, \$10/child (3-10 years), and children under three eat free. Call 309-793-1601 for more info and to make reservations. ([Flyer](#))

Tree Lighting Ceremony: The 2nd Annual Rock Island Arsenal Tree Lighting Ceremony will be held Thursday, **Dec. 4**, beginning at 4 p.m., outside of Bldg. 60 and in Heritage Hall. There will be complimentary photos taken with Santa, Mrs. Claus & the elves, children's activities, cookies & cocoa, live musical entertainment and door prizes. Also taking collections for toys for tots. ([Flyer](#))

Holiday Social & Dinner Buffet: Get all your co-workers, friends and family together and come ring in the holiday

season with dinner drinks and dancing Friday, **Dec. 5**. There will be a cocktail hour from 6-7 p.m. and dining will start at 7 p.m. with buffet dinner featuring carved turkey & ham and lots of your holiday favorites. Cost for this fun and festive evening is just \$25/person. Advance tickets must be purchased at Leisure Travel by **Nov. 26**. Call 309-782-5890 or 309-782-4372 for more information. ([Flyer](#))

Army Navy Game: Call up your service buddies and come cheer for your team Saturday, **Dec. 13**, as the Army Black Knights take on the Navy Midshipmen in this annual grudge match between these two fierce rivals. The doors to the Arsenal Club Bar will open at 12:30 p.m. and kick-off is at 2 p.m. There will be food and drink specials. ([Flyer](#))

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
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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](#))

Fall Bunco: It's Bunco time, Thursday, **Nov. 20**, at 6 p.m., so get on your Bunco playing friends and get to Bldg. 60. We will have door prizes and the Arsenal Club will be open for food and drinks. This event is open to the public so please share with your friends and family. Cost is just \$5/player. Call 309-782-5890 for more info or to RSVP. ([Flyer](#))

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. ([Flyer](#))

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.**

Christmas Bus Trip at the House on the Rock:

Come enjoy the spirits of the holidays at the unique and magical feeling, House on the Rock, located in Spring Green, Wis., Saturday, **Dec. 6**, departing Arsenal Island at 6 a.m. \$60 per adult includes transportation and admission, \$53 per child includes transportation and admission. This is a great place for the whole family visionary architecture, eclectic collections and incredible stories await you at the House on the Rock Attraction, Alex Jordan's imaginary, awe-inspiring man-made retreat. For more information and to sign up call 309-782-5890.

([Flyer](#))

Deep Stack Poker Tournament: There will be a Deep Stack Poker Tournament on Saturday, **Dec. 6**, at the Arsenal Island Golf Clubhouse. Doors open at 5 p.m., tournament starts at 6:30 p.m. \$50 buy in, \$25 add on. There will be food and drink specials and it is open to public. For more information call 309-782-4372. ([Flyer](#))

Holiday Bunco: It's Holiday Bunco Time! Join us on Thursday, **Dec. 11** at 6 p.m. for a fun evening of fast paced dice action. This easy to learn game is fun for all ages and is open to the public so please share with all your friends. With great door prizes and food and drink available from the Arsenal Club this is sure to be a fun night. Call 309-782-5890 for more info and to RSVP. ([Flyer](#))

Downtown Chicago Shopping Bus

Trip: Just in time to finish up your holiday shopping, join MWR on Saturday, **Dec. 13**, for a day trip full of shopping in beautiful downtown Chicago. Bus departs Arsenal Island at 6 a.m. Cost is just \$41/person and this bus will fill up fast so call today to reserve your seats. For more information call 309-782-5890. ([Flyer](#))

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 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.

Child, Youth & School Services



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.

Night Out for Without the Kids: Need a Night Out? Are you due for a "date night"? Do you need to get some holiday shopping done without the kids? Hourly

care at Covenant Cottage will be available from 5:30-8:30 p.m. on the following evenings: **Nov. 20 and Dec. 10**. Available to all registered patrons 6-weeks to 12-years-old. Spaces are limited and must be reserved in advance by calling 309-782-6793.

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](#))

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, 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.



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-acs@mail.mil. ([Flyer](#))



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, 1st 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

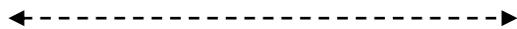
sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities 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, 1st 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.

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, 1st 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: **Dec. 9**, in Bldg. 56, 1st 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, 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.](#)

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**.

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 (53rd 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.

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 ([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](#))



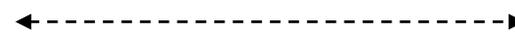
Special Veterans Day Hours at the Colonel Davenport House:

The Colonel Davenport House, located on the north shore of Arsenal Island, will be open for special hours on Tuesday, **Nov. 11**, for Veterans Day, 1:30-4 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.

Quarters One Tours: The ASC and JMC historians are continuing to host Quarters One tours as training on a

monthly basis. For planning purposes, the tours are on the third Tuesday of each month. Currently the November and December tours are **Nov. 18** and **Dec. 16** at 12, 1, and 2 p.m., and available for registration. Please sign up in [TEDs](#) using keywords "Quarters 1". Class size/tour limit is 25 people per tour. For questions please contact [George Eaton](#) at 309-782-1450 or [Keri Pleasant](#) at 309-782-0392.

This Week in Rock Island Arsenal History – Nov. 3-9: In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began. In October 1866, a Board of Commissioners began negotiating with settlers and local civil authorities to regain portions of the island that had fallen under civil control. Property was repurchased along with access bridges to the island. Rock Island Arsenal gained complete authority and control of the island.



Healthbeat



TRICARE Tip of the Week: The process when you need to get medical information about a family member or release information to a family member:

Protected Health Information can only be released to those individuals who have been granted access based on legal documentation or an Authorization to Disclose Information form. The Authorization to Disclose Information form must be completed by the beneficiary who chooses to allow access to his or her information. Submit the completed form to the address or fax number located on the bottom of the form. Allow 7-10 business days after receipt of this form for processing. Learn more on our [Release of Protected Health Information page](#). Have a Great TRICARE Day!

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*

Some Fed-Worker Health Plans to Cover Sex Changes and Transgender Care Next Year: Federal workers will be eligible for sex-change operations next year through some of the government's employee health-insurance plans. Aetna, which participates in the Federal Employee Health Benefits program, announced last month that it will cover gender-reassignment surgeries for federal employee members in all 50 states. ([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

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Veterans Choice Cards Are In the Mail Today. So What Are They? : The Department of Veterans Affairs on Wednesday issued its first round of Choice Cards to former troops struggling to access care at VA medical centers. So what are these things, and what do they do? Choice Cards are a temporary benefit stemming from the VA's record-keeping scandal, which involved nationwide coverups of treatment delays at the agency's medical centers. The items allow eligible veterans to obtain care outside the VA hospital network if they have waited too long for an appointment or live far away from the nearest agency clinic. ([More](#))

McDonald Says 'Biggest Reorganization of VA' to Rebuild Trust Is Underway: Veterans Affairs Department Secretary Bob McDonald's goal is straightforward: rebuild the trust in the agency. In his first 100 days as secretary, McDonald met with dozens of

employees, lawmakers and other key stakeholders to both listen and understand how best to do that. Thursday, he released his plan on how to fix what many have called systemic management, accountability and process issues at VA. ([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.

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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:

- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call 309-782-5472.

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Around the Q.C.



Nov. 8: [Hero Street Veterans Day Memorial Commemoration](#) (10 a.m., Corner of Hero Street USA and 1st Avenue, Silvis, Ill.)
Nov. 9: [Orion Veterans Day Event](#) (1 p.m., Orion Central Park, 1018 4th St., Orion, Ill.)
Nov. 10: [Galva School Veterans Day Assembly](#) (10 a.m., 1020 N. Center Ave., Galva, Ill.)
Nov. 10: [All Saints Catholic Veterans Day Program](#) (10:30 a.m., 1926 Marquette Street, Davenport)



Nov. 11: [Tipton Elementary/Middle School Veterans Day Program](#) (725 West 7th Street, Tipton, Iowa)

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

Nov. 11: [City of Davenport Veterans Day Parade - speaker](#) (10 a.m., 428 Western, Davenport)

Nov. 11: [Northeast High School Veterans Day Program](#) (10 a.m., 1450 370th Ave., Goose Lake, Iowa)

Nov. 11: [Preston/Miles American Legion Veterans Day Event](#) (10 a.m., Easton Valley High School, 321 W. School Street, Preston, Iowa)

Nov. 11: [Silvis Annual Veterans Day Service](#) (11 a.m., 2nd Street and 1st Avenue, Silvis, Ill.)

Nov. 11: [Dixon Veterans Day Program](#) (11 a.m., 668 Veterans Parkway, Dixon, Ill.)

Nov. 11: [East Moline Veterans Day Ceremony](#) (11 a.m., 829th 16th Avenue, East Moline, Ill.)

Nov. 11: [Galva Veterans Day Service](#) (11 a.m., Galva Veterans Park; Route 17 and Route 34-middle of downtown)

Nov. 11: [Moline American Legion Post 246 Veterans Day Celebration](#) (11 a.m., 1721 7th Street, Moline)

Nov. 11: [Jane's Place Social Club Veterans Luncheon](#) (11:30 a.m., 1035 West Kimberly Rd., Davenport)

Nov. 11: [Rock Island National Cemetery Veterans Day Program](#) (1 p.m., Rock Island National Cemetery)

Nov. 11: [Milan American Legion Veterans Day Commemoration](#) (1 p.m., 515 West First Avenue, Milan, Ill.)

Nov. 11: [Palmer Chiropractic Campus Veterans Day Program](#) (1 p.m., Davenport)

Nov. 11: [St. Paul the Apostle School Veterans Day Program](#) (1:50 p.m., 916 East Rusholme, Davenport)

Nov. 11: [Bettendorf Veterans Day Program](#) (2 p.m., Bettendorf Veterans Memorial, 23rd Street, Bettendorf)

Nov. 12: [Salem Lutheran Church Veterans Day Program](#) (6 p.m., 1724 15th St. Moline, Ill.)

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, 73rd Anniversary of the Attack on Pearl Harbor

Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

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

Jan. 5: [Chocolate Festival](#) (Quad City Botanical Center, Rock Island)

Jan. 9-11: [Bald Eagle Days](#) (QCCA Expo Center, Rock Island)

Jan. 16-19: [Be a Tourist in Your Own Backyard Weekend](#) (Greater Quad Cities)

Jan. 17: [Ice Stravaganza](#) (Downtown Davenport)

Jan. 18-20: [QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)

Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)

Feb. 12-15: [Outdoor Show](#) (QCCA Expo Center, Rock Island)

Feb. 20-22: [RV & Camping Show](#) (QCCA Expo Center, Rock Island)

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

March 2-8: [3rd Annual Quad Cities Restaurant Week](#) (Greater Quad Cities)

March 13: [Gathering of the Clan Luncheon](#) (TBD)

March 14: [St. Patrick's Day Parade](#) (The District, Rock Island & Downtown Davenport)

March 26-29: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)

May 2: [Festival of the Arts' Village in Bloom](#) (Village of East Davenport)

May 9-10: [Quad City Air Show](#) (Davenport Municipal Airport)

May 9-10: [Beaux Arts Fair](#) (Figge Art Museum Plaza, Downtown Davenport)

May 25: [50th Annual Quad Cities Criterium](#) (Village of East Davenport)

June 1-6: [25th Annual Quad Cities Senior Olympics](#) (1800 3rd Ave, Rock Island)

June 5-6: [Rhubarb Festival](#) (Aledo, Ill.)

June 6: [QC Pridefest](#) (Downtown Davenport)

June 12-13: [Gumbo Ya Ya](#) (The District, Rock Island)

June 13-21: [Quad Cities Museum Week](#) (Greater Quad Cities)

June 17-20: [Rally on the River](#) (Centennial Park, Davenport)

June 21: [Ride the River Bike Ride](#) (Mississippi River bike paths, Iowa & Illinois)

June 28: [Blossoms at Butterworth](#) (Butterworth Center, Deere family homes, Moline)

July 3: [Red, White & Boom!](#) (The District, Rock Island & Downtown Davenport)



July 2-4: [Mississippi Valley Blues Festival](#) (LeClaire Park, downtown Davenport)
July 4: [Firecracker Run & Parade](#) (Run starts at 7:30 a.m. with the parade at 1 p.m., East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (parade at 10 a.m.)
July 6-12: [John Deere Classic PGA TOUR](#) (TPC Deere Run golf course, Silvis, Ill.)
July 9-11: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 15-19: [Rock Island County Fair](#) (Fairgrounds, East Moline)
July 24-25: [Downtown Street Fest](#) (2nd Street in downtown Davenport)
July 25: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 2: [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 4-9: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 7-8: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 13-15: [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 15: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 28-29: [River Roots Live](#) (Downtown Davenport)
Aug. 28-30: [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
Sept. 5-6: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 5-7: [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
Sept. 12: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, downtown Davenport)
Sept. 12: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)

Sept. 12-13: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 18-19: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 19: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 19-20: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 27: [Quad Cities Marathon](#) (downtown Moline)
Sept. 25-27: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 10: [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
Oct. 11: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 29: [Fright Night](#) (The District, Rock Island)
Oct. 24: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
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)

Island Insight



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