



**Nov. 9, 2015**

# Island Insight

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

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

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## New Arsenal Security Procedures to Take Effect Dec. 1

The Rock Island Arsenal will implement new security procedures Dec. 1, meaning visitors will have to undergo a background check to gain admittance to the Army installation. The Arsenal had planned to put the new procedures in place this summer, but delays in



construction at a visitors control center and the hiring of staff caused some delays. At a news conference on Thursday, Arsenal officials say they still want the public to feel like they can come onto the base, but Department of Defense regulations are requiring more stringent entry guidelines, particularly in light of the 2013 shooting at the Washington Navy Yard that left a dozen people dead. "People are still welcome to come and visit," TJ Suarez, the chief of physical security, said. The Arsenal, while the base of operations for thousands of civilian and uniformed personnel and about 75 tenants, also is home to a national cemetery, museums, a golf course and other public venues. About 30,000 people visit for recreational purposes each year, according

## Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 16-20:** DA Photo Studio, Bldg. 90, Basement
- Nov. 16-20:** Soldier for Life, Bldg. 56, Rm. 211, 8 a.m. – 4:30 p.m.
- Nov. 17:** RIA Garrison Security Guard Employment Fair, Arsenal Island Golf Clubhouse, 8 a.m.
- Nov. 18:** RIAWC Decorating for the Holidays Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Nov. 18:** ALCOA Info/Employment Event, USO Center, Bldg. 110, 5:30 p.m.
- Nov. 19:** DMC hosting MVRBC Blood Drive, in front of Bldg. 350, 12-4:30 p.m.
- Nov. 20:** MVRBC Blood Drive, Lock & Dam Lounge, Bldg. 60, 10 a.m. – 3 p.m.
- Nov. 24:** Native American Heritage Observance, Heritage Hall, Bldg. 60, 12:30 p.m.
- Nov. 26:** Thanksgiving Day (*Federal Holiday*)
- Nov. 26:** Thanksgiving Buffet, Arsenal Island Clubhouse, 11 a.m.
- Dec. 4:** Holiday Tree Lighting Ceremony, Bldg. 60, 4 p.m.
- Dec. 4:** First Friday Social, Bldg. 60, Lock and Dam Lounge, 4 p.m.
- Dec. 9-10:** MWR Holiday Craft Fair, Heritage Hall, Bldg. 60, 9 a.m. - 1 p.m.
- Dec. 16:** RIA Quarterly Retirement and Retreat Ceremony, Heritage Hall, Bldg. 60, 1 p.m.
- Dec. 16:** RIAWC Favorite Things Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.

to the Army. Suarez said the background check will be processed through the National Crime Information Center and visitors will be screened for 11 criteria, which include open criminal warrants, having a felony conviction in the past 10 years, being a registered sex offender, convictions for treason or espionage and felony firearm violations. ([More](#))

### **RIA Soldiers Participate In 23 Veterans Day Events**

Soldiers from five different commands at Rock Island Arsenal participated in 23 Veterans Day events across western Illinois and eastern Iowa from Nov. 7 to 11. Most of the events were local to the Quad Cities area, but some Soldiers traveled nearly 50 miles to show their support for those who served. Soldiers represented the Army and their commands by giving speeches, educating youth, and participating in community ceremonies that honored veterans for their service. ⚔ Maj. Gen. Kevin O'Connell, commanding general, ASC, spoke to about 200 people at the Rock Island National Cemetery's annual Veterans Day ceremony, Nov. 11. O'Connell thanked veterans for leading the way. "Veterans, thank you for your service. We are proud of you," he said. "You are the shoulders we stand on. We emulate you every day to improve the Army and make our Army stronger." David Woods, Scott County Veterans Service officer and Vietnam veteran, gave the keynote address. He talked about the importance of maintaining a positive attitude towards those who served, and still serve, in the military. He emphasized that Soldiers should always be welcomed home and honored, unlike the way they were treated following the Vietnam War. O'Connell assisted Woods in laying a wreath at the flag pole of those veterans who have passed. ([More](#))



### **CG Encourages CFC Donations, Gives ASC Update At Town Hall**

Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, held a town hall meeting for ASC personnel in Heritage Hall, here, Nov. 10. O'Connell began with an update of the global operations ASC supports. He said ASC is committed to readiness by being highly involved in quickly moving equipment and property globally. "No matter where you are in the world, there's a lot going on, and we're involved," he said. O'Connell discussed several global ASC missions, including Army Preposition Stocks, Logistics Civil Augmentation Program, and Logistics Readiness Centers. He said these tools are key to Army readiness. ⚔ O'Connell also spoke on the Combined Federal Campaign. He encouraged more government personnel to donate. CFC is the only charitable donations campaign authorized to solicit federal personnel at work. Through CFC, donors can contribute to thousands of qualified organizations. ([More](#))



### **Manufacturing Lab Opens At Rock Island Arsenal**

A new research lab has been launched at the Rock Island Arsenal that will collaborate with local manufacturers to spur innovation. U.S. Sen. Dick Durbin, D-Ill., joined Rep. Cheri Bustos, D-East Moline, to officially open the Quad Cities Chapter of the Chicago-based Digital Manufacturing and Design Innovation Institute (DMDII) at the Arsenal. The project is a partnership between DMDII, the Department of Defense, and local groups such as John Deere, the Quad Cities Chamber of Commerce and Western Illinois University. The lab will allow local companies such as Deere and Sivyer Steel to lead research projects and access resources from the federally funded National

Manufacturing Innovation Institute. "Welcome to the next coming of the manufacturing revolution," Rep. Bustos said at the launch of the facility Thursday. ([More](#))

### **Joint Munitions Command Professionals Participate In University Engineering Event**

Are Science Technology, Engineering and Mathematics, or STEM, careers growing at expansive rates? Or are those careers stagnant due to declining student interest in the four-pronged field? It depends on who you ask. The answer may be as conflicting as 'yes and yes', but the energy and focus shifting toward student-to-STEM exploration is undeniably on the rise. According to the U.S. Census Bureau's 2012 statistics, in Iowa, 41, 715 college graduates ages 25 to 64 are employed in STEM occupations. In Illinois, 227,030 graduates in the same age group work in STEM occupations.



Locally at St. Ambrose University (SAU), Davenport, Iowa, the 4 November outreach effort was all about the "E" in STEM - engineering. The Engineering Event was a one-stop shop for students who may one day be counted among Illinois and Iowa's STEM professionals. Designed to introduce students to all elements of engineering, SAU faculty and industry leaders defined engineering, explained the coursework needed to earn a degree in that field, and highlighted the differences among various engineering specialties. ([More](#))

### **ACC-RI, ASC Connect With Industry Partners**

The Army Contracting Command-Rock Island and U.S. Army Sustainment Command held an Industry Week at the Radisson in Davenport, Iowa, Oct. 27-29. Industry members representing both large and small companies received updates and forecasts for the Enhanced Army Global Logistics Enterprise program and the Logistics Civil Augmentation Program. Government employees also held one-on-one meetings with EAGLE Basic Ordering Agreement holders and companies interested in the LOGCAP competition. The EAGLE Program was established to provide a single logistics provider at each of ASC's Logistics Readiness Centers, combining legacy contracts that fell under various programs. ([More](#))



### **IMCOM Chooses Excellence in Customer Service**

A smiling barista hands out cups of coffee to an early morning crowd. A youth sports coach teaches kids how to dribble a basketball. A counselor wipes the tears off a surviving family member who recently lost their Soldier. An employee helps another co-worker in meeting an important deadline. These are just a few examples of how employees of the U.S. Army Installation Management Command interact with the Army. "The people of IMCOM touch the lives of every soldier, family member and civilian on every installation every day," said IMCOM Command Sgt. Maj. Jeffrey Hartless. "No other command can say that." "We want to make each and every one of those contacts a positive one," he continued. For members of the G9 Family and Morale, Welfare and Recreation directorate, quality customer service delivery starts in the employee onboarding process. Employees must complete a mandatory training called "Operation Excellence," a course run by the College of Installation Management's School of Service Culture. ([More](#))



## End of Year Donations

For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) or OPM form 630a and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Jan. 9**. Donations received after **Jan. 9**, will be posted to leave year 2016. 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. POC: Janine Couppee may be reached at PECH-NCR-E, 309-782-1278.

## Drinking Water Quality Update

This notice is to inform the drinking water consumers on the Rock Island Arsenal that the drinking water system is in compliance with the Total Haloacetic Acids (HAA5) Standard, which was violated in November 2014. Quarterly sampling performed in May 2015 and again in August 2015, indicated that the HAA5 levels in the drinking water are within the State of Illinois standard. This was initially reported in the Consumer Confidence Report that was published in June 2015. ([This report is available on the Internet here](#)) Hard copies are available upon request from the Directorate of Public Works.

## Daily Dining in Bldg. 60

Effective **Nov. 2** seating for daily dining in Bldg. 60 will be temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

## Voting Season is here

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



## VIOS Schedule for November & December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Nov. 16, 17, 18, 19, and 20**; and **Dec. 14, 15, 16, 17, and 18**.

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty).

The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

### **RIA Garrison Security Guard Employment Fair**

The Rock Island Arsenal Garrison will be hosting a Security Guard Employment Fair on Rock Island Arsenal on Tuesday, **Nov. 17, 8 a.m. - 1 p.m.**, at the Arsenal Island Golf Clubhouse, 1838 Gillespie Street, Rock Island Arsenal, for immediate hiring of security guards. Check-in will be from **8-11 a.m.**, after that we will not be accepting any more resumes for interviews. On-the-spot interviews, tentative job offers, drug testing, and security screening will be conducted for qualifying applicants as part of the Employment Fair. Physicals will be scheduled at a later date. There is no cost to attend and the event is open to the public. In order to qualify an applicant must meet Office of Personnel Management qualifications; as well as Veterans Preference and Veterans Recruitment Authority if applicable. Applicants are required to bring resumes and a valid state issued driver's license; as well as a DD214, and VA letters, if applicable. Interested applicants must tentatively confirm their attendance by emailing first and last name to Cassaundra Powell, Human Resources Specialist, Rock Island CPAC, [cassaundra.d.powell.civ@mail.mil](mailto:cassaundra.d.powell.civ@mail.mil). ([Flyer](#))



### **Blood Drives**

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Nov. 20, 10 a.m. – 3 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. The DMC will host a blood drive from 12 p.m. to 4:30 p.m. on Thursday, **Nov. 19**. The drive will be held on the MVRBC Donor Bus, parked in front of Bldg. 350. This drive is open to all Arsenal employees and their families. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



### **Federal Employees Benefits Open Season**

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

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

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

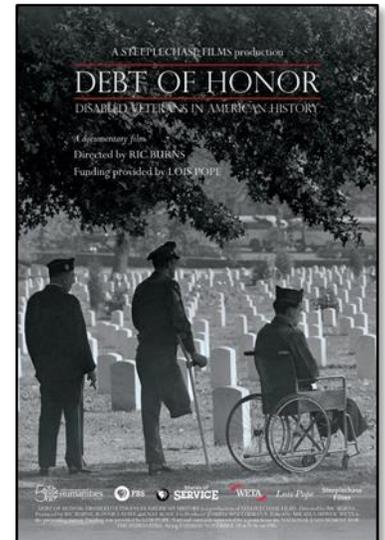
### **ALCOA Informational/Employment Event**

Looking to become part of the ALCOA team? Join us for an information session on their Veterans Affinity Group Wednesday, **Nov. 18, 5:30 p.m.**, at the USO Center (Bldg. 110). Representatives

will present information on the company and be there to answer to questions. Open to active duty, Guard, Reserve and their family members seeking employment. Have your resume ready to hand out. Snacks and drinks provided. Please RSVP to [usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil](mailto:usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil). ([Flyer](#))

### Debt of Honor Premiere Screening

Debt of Honor - a moving movie tribute to the history of disabled veterans, Debt of Honor takes an unflinching look at the reality of warfare and disability, and features moving interviews with some of the country's most prominent disabled veterans including Illinois Representative Tammy Duckworth, former Georgia Senator Max Cleland and former Commander of Fort Belvoir Gregory Gadson. Combined with a deep history as narrated by leading scholars in the fields of disability studies, history and psychology, the film palpably illustrates the human cost of war and sacrifices of military service. It is brought to life through carefully curated stills and archival footage from archives across the country. Premiere Screening: Wednesday, **Nov. 18**, 6 p.m., at the American Legion Post 26, 1111 W. 35<sup>th</sup> Street, in Davenport, facilitated by John Mikleson, Midwest Military Outreach. Airdate on WQPT will be Thursday, **Nov. 19**, at 7 p.m., and will be repeated on Sunday, **Nov. 22**, at 8 p.m. Debt of Honor seeks to understand the societal perception of soldiers and the wars they fight. Above all, it seeks to build a new bridge between military and civilian cultures in the United States, to inspire an important dialogue about how Americans treat their veterans, and to impart a message of compassion and mutual understanding. "Debt of Honor is a powerful film that will advance the understanding of wounded veterans. As a historian I think that the context the film provides is crucial. The disabled from our current wars are part of a long tradition of the deferred and hidden costs of war. I am honored to have had a part in the film." - *James Wright, President Emeritus, Dartmouth College* ([PBS Trailer](#))



### Texas Hold 'Em Poker Tournament

Rock Island JR Rocks Baseball is hosting a Texas Hold 'Em Poker Tournament on Saturday **Nov. 21**, at the Arsenal Island Clubhouse. Doors open at 5 p.m., cards fly at 6 p.m.; \$40 buy-in, \$10 re-buys. Guaranteed prizes to top 10 percent of players. Questions or to purchase tickets: [rockislandjrrocks@gmail.com](mailto:rockislandjrrocks@gmail.com). View our [Facebook event here](#). More information call Joe Fonseca 309-235-3069. Cash bar and food available. No outside food or drink. Walk-ins are welcome.

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

National nonprofit Wreaths Across America is working hard to insure no veteran from the Quad-City Area is forgotten this holiday season. On Saturday, **Dec. 12**, National Wreaths Across America Day, live Balsam remembrance wreaths will be placed at the headstones of fallen veterans at nearly 1,000 locations across the country and overseas. Locally, a remembrance ceremony will be held at the Rock Island National Cemetery on this day to ensure that the 32,000 individuals buried there, who served to protect our freedoms of our country, are never forgotten. The ceremony starts at **11 a.m.** with the laying of ceremonial wreaths to honor each of the military services, POWs and all veterans, past and present. For information to sponsor a wreath contact Wreaths Across America at [www.wreathsassamerica.org](http://www.wreathsassamerica.org). For local information contact Lt. Col. Tom Nielsen, 309-716-8620, [il008@mediacombb.net](mailto:il008@mediacombb.net).



## **Fish Fry and More Every Friday**

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

## **Wounded Warrior J.R. Martinez to Speak in the Quad Cities**

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

## **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees —* **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



## **Arsenal Traffic/Construction**

### **Closure of Sylvan Drive between Beck, Rodman Avenues**

On Monday, **Nov. 16**, Public Works will begin repairing a sink hole on Sylvan Drive just south of Rodman Avenue. The work will require closure of Sylvan between Beck and Rodman. Signs and barricades will be posted to warn and direct track. Parking Lot 2H will remain open with access only from the South. Provisions will be made for safe pedestrian travel across Sylvan, but details are not known and depend on the excavation. The work is expected to last 10-14 days depending on the weather.

## Restriping Leads To Handicapped Parking Improvements

The Directorate of Public Works will restripe parking lots this fall, with plans to install accessible spaces in Parking Lots 0E, 1P, 2H, and 3K. Reserved spaces that are warranted but must be moved to accommodate these new accessible spaces will be relocated as close as practical to their existing location. See attached drawings, and below details for the proposed changes and locations. • Lot 0E: One reserved spaces become one accessible space. • Lot 1P: Eight spaces will be become six accessible spaces. One is currently an accessible space, the rest are currently reserved that will need to be relocated. • Lot 2H: Nine open spaces become six accessible spaces. • Lot 3K: Nine open spaces become seven accessible spaces.

## Rock Island Viaduct Sidewalk Closed to Pedestrians

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



## Building/Space Closures



*There are no announcements at this time.*



## Active Duty/Reserve Zone



### 2015 Military Family Month

Established in 2003 by the Armed Services YMCA, Military Family Month (MFM) is observed in November to recognize and honor Families of service members for their unique contributions and sacrifices while supporting the Army mission. MFM reiterates the Army's commitment to strengthen the readiness and resilience of the Army Family. This year's theme is "Military Families: Keeping Our Army Strong!" The collective strength of the Army depends on the people -- including Family members. Families play a huge role in every phase of the Soldier life cycle. They help Soldiers start strong, serve strong, reintegrate strong and remain strong throughout their careers. Each November, government, military, community and business leaders team up to recognize military Families through events and activities such as Family fun nights, fun runs, discounts at Morale, Welfare and Recreation (MWR)

facilities, sporting events and special recognition during community activities. Active, Guard, and Reserve leaders and Department of Defense organizations such as the Army Air Force Exchange Service and the Defense Commissary Agency frequently team up to conduct activities and events to express their appreciation for military Families. During this month, all commands, installations and



units are encouraged to participate in local engagements designed to draw public attention to and illustrate public support and appreciation for the Army Family. ([More](#))

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## Safety Spotlight



ARMY SAFE  
IS ARMY STRONG



### Garrison Safety Office Provides Bicycle Safety Tips, Requirements

Even with colder temperatures, we still have some who are riding their bicycles to work. Given this fact, we will re-emphasize the Army regulation pertaining to bicycle safety. This guidance appears in AR 385-10, section 11-11(b), it reads: b. Bicycle safety. (1) Bicycle safety will be an integral part of each installation traffic safety program. (2) Bicycle helmets approved by the Consumer Product Safety Commission will be worn by all personnel, including Family members, who ride bicycles on Army installations. Previously purchased bicycle helmets certified by the American Society for Testing and Materials may also be worn but when purchasing a new helmet, riders should look for the Consumer Product Safety Commission certification. Outside CONUS, riders may wear HN helmets if the helmet meets or exceeds Consumer Product Safety Commission standards. (3) For Government-owned three-wheeled bicycles that are operated within operational work areas, commanders may use RM procedures to determine exceptions to the helmet requirement. (4) Wearing headphones, earphones, or other listening devices while bicycling on or adjacent to roadways on DOD installations is prohibited. (5) When bicycling on roadways on DOD installations during hours of darkness or reduced visibility, bicycles will be equipped with operable headlights and taillights, and the bicyclist will wear a reflective upper outer garment.

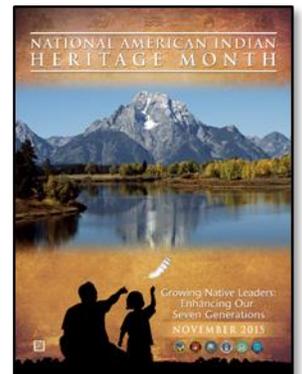
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## Equal Employment Opportunity Focus



### Rock Island Arsenal Native American Heritage Observance

The First Army Equal Opportunity Office invites you to attend the Rock Island Arsenal Native American Heritage Observance on Tuesday, **Nov. 24**, in Heritage Hall, Bldg. 60. The event will begin with sampling various Native American dishes from **12:30-12:55 p.m.**, directly followed by the guest speaker at **1 p.m.**, Russell Begaye, president of the Navajo Nation. Begaye, a graduate of the University of California, Los Angeles, is from Shiprock, New Mexico, and assumed the office of the President of Navajo Nation on May 12. He is the second New Mexican Navajo to hold the Navajo Presidency. The Navajo Nation is a semi-autonomous Native American-governed territory covering 27,425 square miles, occupying portions of northeastern Arizona, southeastern Utah, and northwestern New Mexico. It is the largest land area retained by a U.S. tribe and is managed via agreements with Congress as a sovereign Native-American nation. The Navajo Nation is one of the largest tribal governments of the North American Indian tribes. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Native." For additional information or accommodations please



contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.

### **Senior Leaders Message on Native American Heritage Month**

Throughout the Army's 240 year history, Native Americans have served valiantly and with distinction in times of peace and war, while fighting for the right to be an equal part of our Nation. During Native American Heritage Month, we recognize and celebrate the accomplishments of this country's original inhabitants, explorers and settlers. Native Americans have a distinguished legacy of service in the Army. From the early days of the Revolutionary War to today, thousands have served in critical positions, including as guides with the Lewis and Clark expedition, as Scouts with the U.S. Cavalry and as Code Talkers in World War II. Notably, 27 Native Americans have earned the Medal of Honor for their courage and devotion to our Nation. This legacy of distinguished service continues today as Native Americans serve with honor and distinction around the world. The Army is proud of the lasting contributions Native Americans continue to make as Soldiers, Civilians, Veterans and Family members in professions that will benefit the Nation and the Army for many years to come. Army Strong! ([More](#))

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# Morale, Welfare & Recreation



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

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

### **MWR Text Alerts**

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



### **Paintless Dent Repair Service Available**

The always popular paintless dent repair technician will be available for repairs on Wednesday, **Nov. 18**, at the Auto Skills Shop. 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](#))

### **Thanksgiving Day Buffet**

Come enjoy a delicious Thanksgiving Dinner Buffet Thursday, **Nov. 26**, 11 a.m. - 2 p.m., 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 3 eat free. Call 309-782-4372 for more info and to make reservations. ([Flyer](#))

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# 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](#))

## Star Trek: The Ultimate Voyage Concert Tour 2016

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

Date: **Friday, March 22**

Time: **7 p.m.**

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# Child, Youth & School Services



## Covenant Cottage Child Development Home

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

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# Army Community Service



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

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# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here.](#) [Find us on Facebook click here.](#)

## The Great American Smokeout

Thursday, Nov. 19 is the Great American Smokeout. The Great American Smokeout is an annual event to encourage people to stop smoking for 24 hours, and hopefully their decision to quit will last the rest of their life. Take the first step and try to be tobacco free for 24 hours on the 19<sup>th</sup>. For information on free smoking cessation classes, contact the RIA Employee Assistance Program at 309-782-4357.

## Seasonal Affective Disorder

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

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# Education/Training Review



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

## Education Week Book Drive

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

## Higher Education

Have you ever considered all the "choices" you or your family member will need to make for higher education? What school? What degree? What is the cost? Online, in class or both? Why one school would work better over another? What do I want to do when I "grow up?" All those questions can be answered at the next two-day Higher Education Track portion of the SFL-TAP program. This course is designed to guide Soldiers and Family members through the variety of decisions involved in choosing a school, choosing a degree program and funding considerations. Also completing the admission process. In order to better assist our Soldiers, this course is now available for all Soldiers (active/retired) and their Family members. Transitioning Soldiers will have priority. If you are interested in attending please register through Sharon Lampert, transition services manager at 309-782-7780. Registration for the Higher Education Track ends **Nov. 23**. Hope to see you there. Dates: **Dec. 7-8**; Location: Bldg. 6, Rm. 122  
Time: **8 a.m. - 4 p.m.**

## Area Schools to Visit RIA

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



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](#))

## **Commissary to Host Santa in December**

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

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## **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](#))**

## **This Week in Rock Island Arsenal History – Nov. 9-15**

In November 1918, Hugo Thuerich, an automatic screw machine operator at the RIA was arrested by military intelligence agents and charged with violating the espionage act of World War I. Armistice Day, Nov. 11, 1918, ended the fighting in World War I. On Nov. 12, 1863, the Rock Island Prison Barracks construction was completed.

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## **Healthbeat**



### **Practice Food Safety during the Holidays**

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends. Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind. The U.S. Centers for Disease Control and Prevention estimates that approximately 48 million people get sick from foodborne illness each year. Of those that contract a foodborne illness, 128,000 are hospitalized and 3,000 die. The following are a few food safety tips to keep you, your families and your friends healthy during the holidays. Foods most commonly associated with foodborne illnesses are raw foods of animal origin; that is raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins. Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices. ([More](#))

# Notes for Veterans



## Expansion of Vets' Online Shopping Privileges Gets Support

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



## Around the Q.C.



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

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

