



Nov. 16, 2015

Island Insight

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

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

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ASC Welcomes 2 New Logistic Readiness Centers to Its Command

Three years' worth of planning culminated at the beginning of fiscal 2016 as the U.S. Army Sustainment Command welcomed two new Logistics Readiness Centers to its fold. The



Directorates of Logistics at Joint Base Lewis-McCord, Washington, and Soto Cano Air Base, Honduras -- both formerly a part of the U.S. Installation Management Command -- were officially transferred to ASC/U.S. Army Materiel Command. This means they now come under the full administrative and operational control of ASC. Hence forward, they will now be referred to as LRCs versus DOLs. ASC's Installation Logistics Directorate facilitated 10 integrated planning team meetings, three two-star level Internal Progress Reviews, and coordinated critical shared tasks between ASC primary and special staff, the 404th Army Field Support Brigade (AFSB) and 407th AFSB, and headquarters IMCOM staff for a smooth transition. ([More](#))

First Army Soldier Pins On Sergeant Major Rank

Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 23:** Bldg. 23 begins issuing badges
- 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.
- Nov. 30:** Visitor Control Ribbon Cutting Ceremony, Bldg. 23, 2 p.m.
- Dec. 1:** New RIA Access Control Procedures Begin
- Dec. 1:** New custodial contract begins
- Dec. 1:** CHRA takes over Baylor Complex
- Dec. 3-10:** Trees for Troops, Memorial Field Pavilion
- 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. 9:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11:30 a.m.
- Dec. 11:** MVRBC blood drive, Lock & Dam Lounge, Bldg. 60, 10 a.m. - 3 p.m.
- Dec. 12:** Wreaths Across America, Rock Island National Cemetery, 11 a.m.
- Dec. 12:** Army vs Navy Game, Lock & Dam Lounge, Bldg. 60, 1 p.m.
- Dec. 14-18:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. - 3:40 p.m.
- Dec. 16:** RIA Retirement & Retreat Ceremony, Heritage Hall, 1 p.m.

A First Army Soldier has reached the pinnacle of the enlisted ranks. Sgt. Maj. Michael Miller was promoted from master sergeant during a ceremony on Nov. 13 in First Army headquarters here. Miller serves as the operations noncommissioned officer for First Army's Headquarters and Headquarters Detachment, United States Army Reserve Support Command. Maj. Gen. Paul Benenati, First Army deputy commanding general for support, remarked on how noteworthy it was for Miller to be pinning on his new rank. "By law, only one and a quarter percent of enlisted Soldiers can reach the rank of sergeant major," Benenati said.



"So, Sergeant Maj. Miller, congratulations. You truly are at the top of your game. You have been recognized by the Secretary of the Army as possessing the talents that enable you to assume the duties and responsibilities of this rank." ([More](#))

CG Re-Enlists 4 ASC Soldiers during Mallards Hockey Game

Soldiers swore an oath to serve their nation in front of over 3,500 people during the Quad City Mallards' hockey game at the iWireless Center on Veterans Day, Nov. 11. Maj. Gen. Kevin O'Connell, commanding general, U.S. Army Sustainment Command, re-enlisted four ASC Soldiers as the Mallards led by one during the first period break of an exciting game against the Alaska Aces. O'Connell thanked the audience and the Mallards for holding and supporting a Veterans Appreciation Night. Sgt. Justin Kline, information technology specialist, G-6 (Information Management),



ASC, was one of the Soldiers who re-enlisted. He said he is proud to serve in the Army. "I'm re-enlisting today because I just felt like I needed to continue my service to my country," he said. "No other place in the world can give you this opportunity, and it's great to give back." ([More](#))

SES Duo Meets With Future Leaders

Two members of the Senior Executive Service met with a group of 29 Soldiers and civilians enrolled in a nine-month long leadership course, here, Nov. 17. Melanie Johnson, executive director, Army Contracting Command-Rock Island, and Jay Carr, executive director, Acquisition Integration Management Directorate, U.S. Army Sustainment Command, met with students taking the Journey to Leadership Tier II program. The Journey to Leadership program is a program that prepares high-potential future leaders for key positions through mission overviews, contact with senior leaders, coaching and networking. The program has three tiers: Entry level employees (tier I), mid-level and journeymen (tier II), and supervisors and managers (tier III). ([More](#))



First Army Commander Visits Local VA Centers

Lt. Gen. Michael Tucker, First Army commanding general, visited two Veterans Affairs facilities in the Quad Cities area, Nov. 9 and 10. In his first stop, Tucker went to the Quad Cities Veterans Affairs Community Based Outpatient Clinic in Bettendorf, Iowa, Nov. 9. Andrea Moen, the clinic's primary care administrator, and Jennifer Hughes, a registered nurse, escorted him and explained the clinic's services. During the tour, Tucker spoke with registered nurses, mental health case managers, physicians and medical technicians and explored the clinic's amenities. "We showed Lt.



Gen. Tucker the use of our Telehealth System. He was fascinated with what this system offers to veterans," Moen said. ([More](#))

EUCOM Implements Travel Restrictions to France

United State European Command has implemented travel restrictions to France that apply to all Department of Defense personnel. Specifically, unofficial travel (leave, liberty and special pass) to France is prohibited. This EUCOM policy applies to United States military personnel, DoD civilian employees, contractors and command-sponsored dependents and family members. Paris travel: This prohibition is for unofficial travel to Paris, France, and includes a 50-kilometer radius around the city. For those requesting official travel or emergency leave travel to Paris (or within a 50-kilometer radius of the city), approval from the first general/flag officer (or SES) in the chain of command is required. Elsewhere in France: Official travel and emergency leave travel to France requires approval from the first general/flag officer (or SES) in the chain of command. Again, this EUCOM policy applies to United States military personnel, DoD civilian employees, contractors and command-sponsored dependents and family members. ([More](#))



Pay Council: Federal Salaries Lag Behind Private Sector By 35 Percent on Average

Salaries of federal employees continue to lag behind those of similar private-sector jobs by 35 percent on average, an advisory committee has said in presenting what amounts to the latest data point in a long-running debate over how the two sectors compare. The 34.92 percent “pay gap” reported Friday essentially duplicates the 35.37 and 35.28 percent numbers reported the last two years by the Federal Salary Council and is close to those of other recent years. The council, consisting of federal employee union representatives and outside compensation experts, oversees the General Schedule pay system for the 1.5 million white-collar employees below senior levels. In the so-called GS system, rates vary by locality, with separate schedules for both Alaska and Hawaii, for designated metropolitan zones, and a catchall “rest of the U.S.” for elsewhere. ([More](#))



New Hatch Act Rules Affect Feds on Social Media

If you work for the federal government, your Twitter or Facebook profile can show a photo of you hugging Ben Carson or Hillary Clinton. But you can't share, tweet, "like," friend, follow, comment on or retweet anything your candidate says or does when you're on the clock. If your job is in intelligence or law enforcement, you can "like" or comment on a tweet from a candidate when you're not working — but you can't share or retweet it even when you're off duty. And if you're on a coffee or lunch break at the office, you must walk out of your building to post anything on social media that would be considered partisan, even from your personal smart phone or laptop. Even from the bathroom or cafeteria. These are the rules of the road issued Thursday for federal employees this presidential campaign season. With so much of the action by candidates and political groups on Facebook, Twitter and other digital platforms, federal officials say they've been inundated with questions from employees about what they can and cannot do. ([More](#)) ([U.S. Office of Special Counsel Release](#)) ([Hatch Act Social Media FAQs](#))



Army Retirement Services Celebrates 60 Years of Helping Vets

Today's veterans who've served throughout the last 14 years of continuous war, "are the finest team of Soldiers yet assembled on the face of this planet," Army Vice Chief of Staff Gen. Daniel B. Allyn said. "These Soldiers for life - who like all generations of Soldiers before them - answered this nation's call to duty," he said. "They're experienced leaders, who are accustomed to building and leading diverse teams to solve complex problems for the nation, and, they are resilient. "Our Army's and our nation's commitment to these brave men and women cannot stop when they take the uniform off. ([More](#))



Carter Starts Overhaul of Defense Personnel System with Low-Hanging Fruit

Defense Secretary Ash Carter rolled out the first tranche of what he said would be a series of reforms to the Pentagon's personnel systems Wednesday, saying the military needs to adapt to a competitive recruiting landscape if it intends to keep attracting the level of talent it enjoys today. The first round of changes are not exactly revolutionary, despite the nine months the Pentagon has devoted to studying its personnel systems, and almost none of the reforms would require further action by Congress. Heated topics like reforming the military's up-or-out approach to promotion and retention and creating a new civilian personnel system are being put off until later. The department characterized the personnel directives Carter ordered Wednesday as the "first link" in what he has branded a "Force of the Future" since the day he took office in February, and said the secretary has approved 20 out of the 80 proposals on his desk for immediate action. ([More](#))



IMCOM's Personnel Program Gives Employees Application Option

The Installation Management Command's Voluntary Placement Program gives first consideration to internal employees wishing to move overseas or return to the continental U.S. from an overseas position. Under IVPP, which began June 30, eligible permanent IMCOM employees GS-09 and above (or wage grade equivalent) are able to apply for positions posted on an AKO portal on a weekly basis. The goal of the program is to allow current employees an opportunity to volunteer for career-broadening assignments within the command before considering outside applicants. At this time, the program does not include opportunities for CONUS to CONUS or OCONUS to OCONUS movement, and does not extend to non-appropriated fund (NAF) employees due to regulatory requirements. Employees may apply for multiple positions, but are limited to using a single resume during any given week. In accordance with DoD PPP policy, valid job offers made under the IVPP will be considered legitimate for IMCOM OCONUS employees registered in PPP. Declining a valid IVPP job offer may result in removal from PPP and may subject the employee to adverse action. OCONUS PPP registrants should submit resumes only for positions they are prepared to accept. ([More](#))



Location Changes for the Issuing Of On-Post ID Badges

Effective Monday, **Nov. 23**, all installation access badges will be issued at Bldg. 23, adjacent to Moline Gate. Badges are currently being issued out of Bldg. 225, the local MP station. Badges will be issued from 6 a.m. until 3:30 p.m., Monday through Friday.

New Custodial Services Contract

A new custodial services contract will be going into effect **Tuesday, Dec. 1**. A few of the changes are:

- All entry vestibules will be swept/vacuumed/mopped on a daily basis during November through March to prevent winter material build-up (snow, ice and salt).
- All employees will be responsible for moving office, conference room and other separate space trash to common area trash cans (hallways, kitchen/breakrooms, restrooms). Common area trash cans will be emptied once per day.
- Restrooms are stocked with supplies daily and cleaned every other day.
- Kitchen/Breakroom cleaning is the responsibility of the users, the custodial contractor will not clean these areas.
- Child, Youth & School Services, fitness center, cafeteria and health clinic cleaning will be minimally effected by the new contract.



Additional information regarding other changes such as frequency of service can be obtained through your chain of command. [USAG-RIA DPW POC](#) or 309-782-5007

Baylor Complex Transitions from Garrison to CHRA

Effective **Tuesday, Dec. 1**, the Baylor Complex Conference rooms will be reassigned to CHRA in accordance with EXORD 164-15, Reduce the Footprint. The transition from Garrison to CHRA will be virtually seamless. The Baylor Complex will continue to be available for island-wide use on a first come basis. Existing reservations will remain unchanged. Rock Island Arsenal personnel wishing to use the Baylor Complex will request their reservations through [CHRA's SharePoint - Baylor Conference Room Reservation Site](#). Availability of the room will be reflected in the calendar. Reservation holders will be responsible for scheduling, checking out room keys, unlocking/locking, providing their own desktop/laptop, and safe operation of existing equipment. The Baylor Conference Room SOP, user manual, request form, and request link are located on the SharePoint site. If you have general transition questions, please contact: [IMRI-PL](#) at 309-782-2979; if you have SharePoint or scheduling questions, please contact: [PECH-NCR-L](#) at 309-782-0073; if you have key check-out questions, please contact: [PECH-NCR-A](#) at 309-782-5392.



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. 8**. Donations received after **Jan. 8**, 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.

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.

VIOS Schedule for December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **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](#).

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Dec. 11, 18, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.

The 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.

Trees for Troops

As a small way of saying thank you for your service, MWR is once again proud to offer free live Christmas trees through the Trees for Troops program to all active duty military members (including Guard and Reserve components) this season **Thursday, Dec. 3 through Thursday, Dec. 10**. The trees (140 of them) will be available by self-service pick up at the Memorial Field Pavilion on a first come first serve basis to eligible individuals. Any remaining trees will be



made available on **Friday, Dec. 11**, to the rest of the Arsenal Island workforce (civilians and contractors). For additional information or questions please call 309-782-4420. This year the program has partnered with 65 military installations and will deliver more than 18,000 trees. Since 2005, more than 139,000 farm-grown Christmas Trees have been delivered.

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.wreathscrossamerica.org. For local information contact Lt. Col. Tom Nielsen, 309-716-8620, il008@mediacommb.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 — **Infinity Salon & Spa:** Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen

Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Closure of Sylvan Drive between Beck, Rodman Avenues

Effective 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 traffic. 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 space become one accessible space. • Lot 1P: Eight spaces will 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



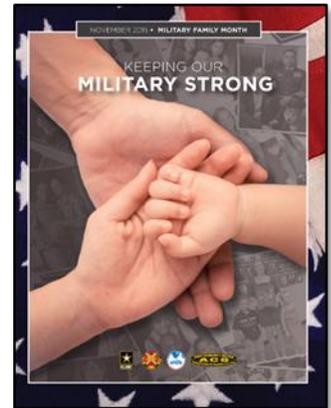
There are no announcements at this time.

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](#))

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



Garrison Safety Office Provides Bicycle Safety Tips, Requirements

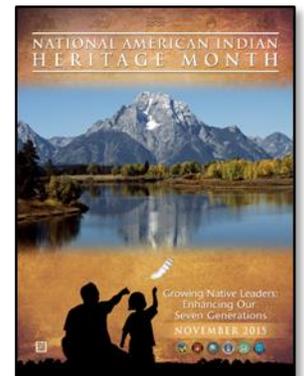
Even with colder temperatures, we still have some who are riding their bicycles to work. Given this fact, we will re-emphasize the Army regulation pertaining to bicycle safety. This guidance appears in AR 385-10, section 11-11(b), it reads: b. Bicycle safety. (1) Bicycle safety will be an integral part 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.

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](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

MWR Text Alerts

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



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](#))

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.**

Child, Youth & School Services



Covenant Cottage Child Development Home

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

Army Community Service



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

Employee Assistance Program



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

Seasonal Affective Disorder

The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder, or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include:

- Excessive sleeping or feelings of extreme fatigue;
- Overeating and weight gain during the fall or winter;
- Inability to maintain regular lifestyle schedule;
- Depression (feelings of sadness, loss of feelings, apathy) and irritability;
- Lack of interest in social interactions, losing interest in activities of enjoyment;
- Remission of symptoms in the spring and summer months.

SAD is a diagnosable disorder that may require

treatment, so this November the Rock Island Arsenal Employee Assistance Program invites you to take advantage of confidential counseling services offered at no cost. The RIA EAP is located in Bldg. 56, Room 104. You may contact the EAP by calling 309-782-4357 to schedule an appointment. You can also access an anonymous free mental health screening at www.militarymentalhealth.org.

Education/Training Review



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

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, **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.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Commissary to Host Santa in December

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

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Rock Island Arsenal Historical Society Meeting

The Rock Island Arsenal Historical Society will have its monthly meeting at 6 p.m. on Thursday, **Dec. 3** in the Veranda Room of the Arsenal Island Golf Course Clubhouse. The menu for the dinner includes a garden salad, lemon thyme chicken, rice pilaf, corn and peppers, and gingerbread muffins for dessert. All dinner include rolls and breadsticks, coffee, tea and water. The total cost is \$14 including tax and tip. Our event is open to members and non-members. Interested parties may choose to attend only the program portion of the meeting at 7 p.m. at no cost. For reservations call Monica at 563-650-4349 or Linda at 563-355-6165 or email chiicaliinda@aol.com. Reservations are due by Noon on Monday, **Nov. 30**. Cancellations must be made by the reservation deadline or you will be liable for cost incurred and billed accordingly. If further clarification is required on this notice, please call Kris Leinicke at 309-782-3518.

This Week in Rock Island Arsenal History – Nov. 16-22

On Nov. 17, 1889, Col. James Whittmore assumed command of the RIA. He served as RIA commander until February 1892. On Nov. 18, 1872, an ice blockade formed in the Mississippi River halting ferry traffic cross the river. On Nov. 19, 1872, Maj. D. W. Flagler, the RIA Commander, responded to citizen appeals and opened the newly constructed government bridge to the public.

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](#))

Fact vs. Fiction: How Psychological Health Care Can Affect Your Security Clearance

If you're in the military, you already know that many military and government jobs require a security clearance. To get or maintain a clearance, you must complete Standard Form 86, "Questionnaire for National Security Positions." Section 21 of the form, "Psychological and Emotional Health," asks if the applicant has consulted with a health care professional about an emotional or mental health condition in the previous seven years. This question may raise concerns for those who received care in the past or those who hold an active clearance and are considering seeking care. Below are key questions and answers related to Question 21. ([More](#))

Notes for Veterans



Senate Oks Medical Marijuana for Veterans

For the first time, Veterans Health Administration doctors will be able to authorize medical marijuana use for patients. Just one day before veterans marched to the White House to lobby for medical marijuana as a treatment for war trauma, the Senate passed legislation allowing doctors to discuss medical cannabis as a treatment option for patients in 23 states. Wednesday's march began at D.C.'s Veterans Affairs Headquarters and headed down Pennsylvania Avenue to the White House. As part of the protest, the group of veterans threw thousands of empty prescription pill bottles onto the sidewalk. According to organizers, the bottles were collected from across the country in memory of those "whose sacrifices did not end on the battlefield." ([More](#))

Around the Q.C.



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Nov. 26: [Scott County Family Y McCarthy Bush Turkey Trot](#) (Davenport YMCA, 606 West 2nd Street)

Nov. 27-29: [25th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA, Rock Island)

Dec. 4-5: [Christmas in the Village](#) (East Village, Davenport)

Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)

Dec. 6: [Holiday Open House](#) (Quad City Botanical Center, Rock Island)

Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)

Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)

Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)

Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)

Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)

Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)

Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)

Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)

Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)

Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)

Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)

March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)

April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)

April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)

May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)

Island Insight

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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.](#)

