



Nov. 30, 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: www.usagria.army.mil/News/II.aspx

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2015 Illowa Bi-State Combined Federal Campaign Heads Into Home Stretch

Heading into the home stretch of the 2015 Illowa Bi-State Combined Federal Campaign, federal government employees have been donating generously to CFC charities to make a difference for people in the Quad City Area and beyond.

They're taking to heart this year's CFC campaign slogan, "You can change a life." "An amazing statistic this year is the fact that 41 percent of donations so far are from people who have not donated before," said Rick Widdel, from

United Way, the Principal Combined Fund Organization that manages Illowa Bi-State CFC's funds. "Already, employees have donated almost \$234,000 to those in need." The "work horses" of the campaign are the four loaned executives, who are the only full-time workers on the campaign, and the multitude of key people at each organization, who ask their office mates to consider making a donation to CFC. The four LEs are volunteers on loan from their respective organizations for a three-month assignment. They give speeches, present rallies, distribute materials, and collect pledges at all federal and postal organizations within the 37-county bi-state area that makes up the



Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Dec. 3-10:** Trees for Troops, Memorial Field Pavilion
- Dec. 5:** Covenant Cottage Child Development Open, 9 a.m. – 3 p.m.
- Dec. 5:** Santa at Commissary, 1-4 p.m.
- Dec. 8:** Immaculate Conception Service, Lock & Dam Lounge, Bldg. 60, 12-1 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. 11:** Christmas Candlelight Service, Arsenal Island Golf Clubhouse, 12-1 p.m.
- Dec. 11:** Illinois Coalition of Community Blood Centers Blood Drive Awards, Lock & Dam Lounge, Bldg. 60, 1 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. 13:** Christmas Tea & Tour, Quarters One, 12 & 3 p.m.
- Dec. 14-18:** DA Photos, Bldg. 90, Basement, B11, 7:20 a.m. – 3:40 p.m.
- Dec. 16:** RIAWC Favorite Things Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Dec. 16:** RIA Retirement & Retreat Ceremony, Heritage Hall, 2 p.m.
- Dec. 17:** RIA DeCA, AAFES and FMWR Advisory Council Meeting, Bldg. 90, Rm. 25, 1 p.m.

local CFC. Their agencies continue to pay their salaries, thereby allowing CFC to lower its administrative costs. ([More](#))

President Releases Fed Employee Pay Plan and Locality Pay Rates for 2016

President Barack Obama released the alternative pay plan for 2016. No doubt, this will be of considerable interest to the large number of federal employees in new and existing locality pay areas as well as to those in the “rest of the U.S.” (Check out this link to the FedSmith 2016 GS Pay Calculator reflecting the estimated 2016 pay rates, including those in the 13 new locality pay areas.) The president’s complete message is attached to this article and available below.



According to the president: “Under current law, locality pay increases averaging 28.74 percent and costing \$26 billion would go into effect in January 2016. Federal agency budgets cannot sustain such increases.” The net result is: “[L]ocality-based comparability payments for the locality pay areas established by the President’s Pay Agent, in the amounts set forth in the attached table, shall become effective on the first day of the first applicable pay period beginning on or after January 1, 2016.” ([More](#))

CID Expands Eligibility to Become Sworn Federal Law Enforcement Officers

The U.S. Army Criminal Investigation Command, also known as CID, has announced new initiatives that expand the eligibility pool of special agent warrant officer candidates to select commissioned officers, warrant officers from other technical fields and military police investigators, or MPI. "The changes we are making will allow us to maintain a high level of excellence in our organization by bringing the best and brightest officers, warrant officers and military police who have a passion for criminal justice into our ranks," said Col. John Voorhees, CID deputy commander. ([More](#))



Army's Senior Executives Engage the Civilian Education System

In January 2015, at the suggestion of the Deputy Assistant Secretary of the Army for Civilian Personnel, Ms. Gwendolyn DeFilippi, the Army Management Staff College partnered with the Civilian Senior Leader Management Office to stand up a program to engage Army Civilian Senior Executive Service (SES) leaders in the Army Civilian Education System. Referred to as the "SES Engagement Program," a senior executive from across the Army Enterprise spends a full week with an Advanced Course class. The four-week Advanced Course is the required leader development course for all Army Civilians in grades GS-13, GS-14, and GS-15. The course curriculum offers learning experiences to promote leading complex organizations in support of national security and defense strategies; integrating Army and Joint systems in support of the Joint Force; inspiring vision and creativity; implementing change; and managing programs. ([More](#))



Elect Now To Maximize 2016 TSP Contributions

Each year the Army Benefits Center-Civilian (ABC-C) posts Thrift Savings Plan contribution charts which specify the dollar amount an employee needs to contribute each pay period to reach the maximum annual TSP contributions. The maximum TSP contribution amount for 2016 is \$18,000. The maximum contribution for TSP Catch-up is \$6,000. Employees must be age 50 or older during 2016 and be contributing the maximum contribution to their regular TSP account to be eligible for TSP Catch-up. TSP contribution charts can be found at

<https://www.abc.army.mil/TSP/TSP.htm>. Army employees may make 2016 TSP elections during the pay period beginning Nov. 29, 2015, to take advantage of the full 26 pay periods. DCMA employees must wait until the pay period beginning Dec. 13 to make a TSP election for 2016. The TSP contribution year is based on the date the pay is received, not when the pay is earned. NOTE: These charts are only valid if an employee has not already made contributions during the contribution year. Employees who have already made contributions during the contribution year and who would like assistance calculating the amount of contribution to elect may contact a Benefits Specialist for assistance from 6 a.m. to 6 p.m. (CST) at 877-276-9287, 785-240-2222 or by DSN at 520-2222.



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.

New Custodial Services Contract

A new custodial services contract is now active effective 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 are now 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

Daily Dining in Bldg. 60

Effective Nov. 2 seating for daily dining in Bldg. 60 has been 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.

Trees for Troops

As a small way of saying thank you for your service, MWR in conjunction with the Christmas Spirit Foundation and Fed-Ex is once again proud to offer free live Christmas trees to all active duty military members (including Guard and Reserve components) this season. The trees will be available beginning at 12 p.m. on **Dec. 3 through Dec. 10**, or until the supply is exhausted, first come, first served so don't wait. During this time period the trees are available only to active duty (including Guard and Reserve) and their families. Self-service pick up is available 24/7, so bring the family when it is convenient for you and pick out the perfect live tree to brighten your holiday season. If there are trees available after Dec. 10, they will be made available to the rest of the Island workforce & military retirees beginning on **Dec. 11**. Pick up location is the Memorial Field Pavilion. Please call 309-782-4420 for more info. ([Flyer](#))



Immaculate Conception Service

The ASC Chaplain's Office is teaming up with the Sacred Heart Cathedral Parish of Davenport in order to provide this year's Immaculate Conception service. The service will take place on Tuesday, **Dec. 8**, 12-1 p.m., at the Lock and Dam Lounge (formerly known as the Arsenal Club) in Bldg. 60. All RIA personnel, military and civilian, are invited to come celebrate the Immaculate Conception of the Virgin Mary with us this year. Please bring your family and friends to celebrate this joyous holiday. Thank you very much for your time and I hope you have a wonderful holiday season. God Bless. Questions contact [Sgt. Henrique Magalhaes](#), ASC Religious Affairs/ Operations NCO, at 309-782-0910.



RIA To Be Recognized Through ICCBC Annual Blood Drive Awards Program

The Illinois Coalition of Community Blood Centers has chosen Rock Island Arsenal for recognition in its annual Blood Drive awards program. The event and presentation is being organized as a news conference that will be conducted on Friday, **Dec. 11**, at 1 p.m., in the Lock & Dam Lounge, in Bldg. 60. The event will also help raise awareness of the Island workforce's longstanding support of the blood supply and provide an opportunity for the Mississippi Valley Regional Blood Center to emphasize the need for additional donors during the holiday season. Blood is like a parachute... if it's not there when you need it, it's too late!



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](#).

Christmas Candlelight Service

The Army Sustainment Command Chaplain's Office would like to cordially invite you to attend the FY15 Christmas Candlelight Service on Friday, **Dec. 11**, 12-1 p.m., in the Arsenal Island Golf Clubhouse Banquet Room. All RIA personnel, military and civilian, are invited to come celebrate this festive event with us this year. Please bring your family and friends to celebrate this joyous holiday. Thank you very much for your time and we hope you have a wonderful holiday season. God Bless. ([Inquiries about the event](#))



Jason's Box to Host Inaugural Chili Challenge Supper at Patriot Place North

Jason's Box, a veteran-centric not-for-profit 501(c)3 organization, is hosting its Inaugural Chili Challenge Supper on Friday, **Dec. 11**, at 5:30 p.m., at the organization's Patriot Place North facility located at 5415 180th Street North in East Moline. Bring a pot of your favorite homemade chili from your best recipe - with the fixings! In addition, bring your chili in a slow cooker or with a hot plate to keep it warm. Anyone wishing to bring an entry may do so; beverages, bowls, and utensils will be provided. There will be prizes for 1st, 2nd and 3rd place chili recipes. For more information contact J.R. Nelson, at 563-271-3472. Jason's Box is a non-profit organization whose mission is to improve the health and well-being of the nation's military men and women. They provide physical support and emotional encouragement by sending deployed troops items they miss from home; and when they come home, the organization is there to support their transition from military to civilian life. Jason's Box was founded by Teri Johnson, in honor of her son Cpl. Jason G. Pautsch, Killed in Action April 10, 2009, in Mosul, Iraq. The Patriot Place North facility is the first veterans' resource center in Illinois and is a place where veterans can go to connect with the resources they need. Staffed by volunteers, it is located in a quiet, wooded area of Rock Island County near the Mississippi River, a location that provides privacy for visiting veterans. ([Jason's Box](#))



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@mediacommbb.net.



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](#).

RIA Award, Retirement, and Retreat Ceremony

Maj. Gen. Kevin O'Connell, senior commander, Rock Island Arsenal, commander, Army Sustainment Command, cordially invites you to attend the 1st Quarter FY16 Award, Retirement, and Retreat Ceremony, Wednesday, **Dec. 16**, at 2 p.m., in Heritage Hall, Bldg. 60. The ceremony is in honor of: • Susan Carroll, JMC; • Greg Zelnio, JMC; • Maj. Mark DeSander, ASC; • Sgt. First Class Lancelot Bacchus, ASC; • David McKillip, ASC. Uniform for personnel not participating in ceremony - Military: Duty Uniform & Civilian: Casual.

Retired General to Speak at Farmer2Farmer

Join Lt. General Jim Huggins, U.S. Army (Ret.), at Farmer2Farmer taking place **Dec. 15-17**, at the Quad City Waterfront - Convention Center in Bettendorf, for a fascinating talk on how analytics are changing the 21st century battlefield. Warfare is a challenge in managing complex environments, factors beyond your control, and making important decisions with imperfect information - just like farming. No one knows this better than Lt. General Jim Huggins, who commanded at nearly every echelon of the Army, participated seven combat tours, and is a six-time Bronze Star recipient. Lt. General Huggins most recently was Deputy Chief of Staff for Operations & Strategy, where he coordinated U.S. Army operations and strategy for the Secretary of the Army and Chief of Staff of the Army. Huggins previously commanded the historic 82nd Airborne Division, and multinational NATO-ISAF forces in Afghanistan, where he led 22,000 American and 9,000 coalition forces in combat operations across six Afghan provinces. Military and Government employees can register by using the code Military after clicking on [Reserve Your Tickets](#).



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.

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: **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



Sylvan Road Work Complete

Road work on Sylvan Drive is mostly complete, and the road is reopened as of Tuesday, **Dec. 1**. Because of recent rains, some backfill work will continue in the area, to be completed as weather permits.

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



Closure of Bldg. 212 West Turnstile

On Nov. 30, DPW closed the west turnstile south of Bldg. 212. The closure is required to repair/replace the underground heat tape system and commenced on Nov. 30. It is anticipated that the turnstile will be reopened for normal use on or before Friday, **Dec. 11**.

Active Duty/Reserve Zone



Military Promotions Need an Overhaul Next, Experts Say

Now that Congress has updated military retirement benefits to be closer to private-sector offerings, outside experts are hoping lawmakers will do the same for the armed services' promotion and personnel systems. "This is not about one particular constraint, it's about the idea that everyone's (military) career should look the same," former Defense Undersecretary for Personnel David Chu told members of the Senate Armed Services Committee on Wednesday. "We're grooming all our officers to be chief of staff. They're not all going to do that. But many are looking for a career in middle management that they can perform for a long period of time." Wednesday's hearing is part of a larger effort by the committee to consider holistic reforms throughout the Defense Department, including talking to internal and external experts about ways to improve acquisition, readiness and fiscal responsibility. ([More](#))

Higher Drug Co-Pays among New Military Health Care Changes

Congress is promising to launch a sweeping reform of the military health system next year, but lawmakers still made a few near-term tweaks to military medical policy in the 2016 Defense Authorization Act signed by President Obama just before Thanksgiving. Among those tweaks: An increase in the amount some Tricare beneficiaries will pay for prescription drugs, and new programs designed to improve patient care. Under the new law, Tricare beneficiaries who fill their prescriptions at retail pharmacies or order brand-name medications through the mail system will see their co-pays rise in the coming weeks. A 30-day prescription for generic drugs from a network pharmacy will rise to \$10, a \$2 bump, while a brand-name prescription will rise to \$24, up from \$20. ([More](#))

NCO Evaluation Report

The redesigned Army NCO Evaluation Report (NCOER) aligns the evaluation system with current Army doctrine, establishes and reinforces rating official accountability to eliminate evaluation inflation, and differentiates among three levels of NCO career achievement. It helps identify the best talent available to the force and encourages leaders to seek self-improvement. Approved key changes apply to all Army components: Active, Reserve, and Guard. The Army began reviewing its evaluation reporting systems in 2010 at the direction of the Chief of Staff of the Army (CSA), initiating the first overhaul of the NCOER since 1987. A new NCOER will launch Jan. 1, 2016.

U.S. Army Human Resources Command in coordination with U.S. Army Training and Doctrine Command (TRADOC), U. S. Army Forces Command (FORSCOM), Center for Army Leadership, the Sergeant Major of the Army (SMA) and his senior enlisted council, incorporated input from all levels of the Army. Results were validated by a council of colonels and General Officer Steering Committee in June 2012. Final recommendations were submitted to the SMA in April 2014 and approved by the CSA and Secretary of the Army Aug. 1, 2014. ([More](#))

Military Fatherhood Program

Calling all military dads... join us Thursday, **Dec. 10**, 5:30 - 7:30 p.m., at the Bettendorf Family Museum for a night of exploration and fun. We will have full access to all the exhibits on display as well as food and an opportunity to make a small gift for a loved one. Call 309-782-3049 for more info or to RSVP. ([Flyer](#))



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Winter Walking Safety Tips – Tune Yourself Up for Winter Walking

You wake up one morning to the heaviest snowfall of the season. You have to shovel the car out of the driveway. When you arrive at work, you realize no one has even cleared the snow away from the parking lot, walkways, or even building entrances. It's then that you realize that you should have worn snow boots. With the impending onset of winter, many of us are focused on getting vehicles and driving habits tuned up for the next few months of snow, slush, and ice. That's great, but many people forget that they have to walk from public transportation or their cars to work and often as part of their job, too. Those who aren't prepared can put themselves at risk for not only hypothermia, but also nasty falls and other injuries. ([More](#))



Equal Employment Opportunity Focus



Army Diversity and Inclusion Roadmap

The U.S. Army's Diversity and Inclusion Roadmap (ADIR) supports Force 2025 and Beyond and contributes to mission readiness while transforming and sustaining the Army as a global leader in diversity. The new ADIR is scheduled to be published in fiscal year 2016. An inclusive mindset is crucial to recruiting, retaining and developing the human talent necessary to maintain readiness. A diverse Army represents the American people and demonstrates the strength of the committed men and women from different backgrounds working together to support the nation's defense. The Army's commitment to diversity facilitates cultural understanding and exemplifies the American principles. ([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](#))



Holiday Craft Fair

Get some of your holiday shopping in at our MWR Craft Fair Wednesday & Thursday, **Dec. 9 & 10**, 9 a.m. - 1 p.m., in Heritage Hall (Bldg. 60). We will have items from home baked goods, jewelry, handmade quilts and soaps just to name a few. We will have more than 30 vendors to shop from. Also if you're looking to set up a booth please feel free to call for more info, 309-782-5890. ([Flyer](#))

Army Navy Game Viewing Party

Call up your service buddies and come cheer for your team Saturday, **Dec. 12**, 12:30 p.m., in the Lock & Dam Lounge (Bldg. 60), as we watch the Army Black Knights take on the Navy Midshipmen in this annual grudge match between these two fierce rivals. The doors to the Lock & Dam Lounge (formerly the Arsenal Club) in Bldg. 60 will open at 12:30 p.m. and kick-off is at 2 p.m. There will be food and drink specials and there will also be free chicken wings courtesy of our sponsor, AUSA. This event is open to the public. For more info call 309-782-4372. ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on Wednesday, **Dec. 16**, 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](#))

Time with Teddy

Parents, gather the kids and their favorite teddy bears, dolls, stuffed animals, etc. and join us Saturday, **Dec. 19**, 1-3 p.m., at Historic Quarters One, for a fun, social event featuring arts and crafts, a movie with popcorn and other snacks, a photo area, goodie bags and a special visitor from the North Pole. Cost is \$20 for one child and one adult, additional guests to your group are just \$5 each. Call to reserve your spots at 309-782-5890. ([Flyer](#))

Group Fitness Class Instructors Needed

Are you looking for some extra cash for holiday shopping? The Rock Island Arsenal Fitness Center is looking for group fitness instructors. Call us today at 309-782-6787 or tell someone you know who might want to join our team. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time.

([Menu](#))

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](#))

Bus Trip to Downtown Chicago & Christkindlmarket

Take the MWR bus to downtown Chicago to experience the Christkindlmarket Saturday, **Dec. 12**, 6:30 a.m. - 8 p.m. Price is \$41/person and admission to the market is free. Call 309-782-5890 for more info and to reserve your seats. ([Flyer](#))

A Timeless Tale. A Haunting Score. A Stunning Production.

The mesmerizing phantom is a sensation that enraptures with beautiful songs and characters more richly developed than in any other version, including the original novel. The story traces the obsession of the disfigured composer who falls in love with his protégé only to be undone by his passion. A theatrical rendition of Gaston Leroux's classic novel. Seats are \$46 and on sale until **Feb. 2**.

Event Date: **Saturday, Feb. 20**

Event Time: **5:45-9 p.m.**

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**.

Military Fatherhood Program

Calling all military dads... join us Thursday, **Dec. 10**, 5:30 - 7:30 p.m., at the Bettendorf Family Museum for a night of exploration and fun. We will have full access to all the exhibits on display as well as food and an opportunity to make a small gift for a loved one. Call 309-782-3049 for more info or to RSVP. ([Flyer](#))

Couples Communication Class

The holidays can be a stressful time and can be hard on relationships, get your partner and get signed up for our next couples communication class Friday, **Dec. 11**, 1:30 - 2:30 p.m., ACS Training Room (Bldg. 110), and gain knowledge and learn skills that will enhance communication in your relationships. Parents can earn two CYSS participation points for attending. Class subject to cancellation if minimum registration is not met. Participants need to RSVP to ACS 309-782-0829. ([Flyer](#))

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.](#)

National Drunk and Drugged Driving (3D) Prevention Month

The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This holiday season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.



Keep Your Mental Health in Check during the Holidays – December 2015

Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy... whether it is the most joyous time of year is up for debate, but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression, anxiety, and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues could be a sign of an underlying mental health condition, contact the Rock Island Arsenal Employee Assistance Program at 309-782-4357 to schedule an appointment. The EAP is located in Bldg. 56, Room 104. All services are confidential and offered at no cost.

Education/Training Review



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

Rock Island Arsenal Welcome Club Scholarship Applications

Rock Island Arsenal Welcome Club Scholarship Applications are now available. Applications can be picked up at the Arsenal Attic Thrift Shop, Bldg. 60 basement; or the Education Center, Bldg.

56. You can also [access the applications online here](#). The applications list the specific eligibility requirements for applicants. Please note that all RIA active duty military, civilians, and contractors, and all of their dependents, are eligible to apply, as well as those who regularly volunteer on the Arsenal. Please email RIAWC Scholarship Chair Nicole Kirschmann at RIAWCScholarships@yahoo.com with any questions.

Honoring Our Service Members & Veterans With One Year Free Learning on Lynda.com

When Secretary of Defense Ash Carter visited LinkedIn a few months ago, he challenged us and other Silicon Valley companies to play a more active role in supporting service members and veterans. As Veteran Program Manager at LinkedIn and a proud veteran myself, I'm honored to report this Veterans Day that we are answering that call to duty by renewing and expanding our commitment to the military and veteran communities. To that end, I'm excited to share that we have expanded our veterans program to include online learning with Lynda.com — the gold standard for on-demand learning with more than 4,000 expert-led courses teaching business, creative and technical skills. Lynda.com offers a range of courses to suit the needs of active duty service members, transitioning veterans and those veterans already in the private sector. This is a tool to empower you as a professional to connect with opportunity and build your future. ([More](#))

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, **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](#))

Quarters One Opens for Christmas Tea & Tour

Quarters One on Arsenal Island opens for a Christmas Tea & Tour on Sunday, **Dec. 13**, hosted by the Colonel Davenport Historical Foundation. New this year will be two seatings, one at 12 p.m. and one at 3 p.m. Attendees of the Christmas Tea will enjoy savory and sweet delights, several types of teas, and a guided tour of the historic Quarters One mansion decorated for the holidays. Tickets are \$25 per person, and may be purchased online at www.davenporthouse.org or by calling Judy Tumbleson at 309-786-5980. Please indicate which time you'd like to attend. There are a limited amount of tickets available the day of with no advanced reservations for \$30. Only paid attendees of the Christmas Tea will be able to tour Quarters One.

This Week in Rock Island Arsenal History – Nov. 30-Dec. 6

On Dec. 3, 1863, the first confederate prisoners arrived at the RIA Prison Barracks. On Dec. 3, 1918, the newly constructed cafeteria, situated behind the fire station, was opened for RIA employees. The cafeteria was divided into a large men's dining room, a women's dining room, and a room for officers. On Dec. 5, 1905, Secretary of War William H. Taft signed a license granting the RIA Golf Club continued use of the links and permission to erect a new club house. In December 1944, the new post restaurant opened in Shop B (Bldg. 60).

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](#))

Medical Readiness Assessment Tool

The Medical Readiness Assessment Tool (MRAT) is a cloud-based, three-applications-in-one electronic decision support and screening tool that allows U.S. Army clinicians and non-clinician leaders to more proactively maintain Soldier readiness. The primary objective of the MRAT is to provide timely holistic assessments and interventions to preserve unit readiness to at-risk Soldiers. Within the constraints of Health Insurance Portability and Accountability Act and privacy rules, the MRAT provides leaders and clinicians a powerful tool for mitigating factors that threaten individual medical readiness. The program office responsible for the MRAT, the OTSG/MEDCOM, G-8/9, Innovative Clinical Analytics (ICA) team, has developed a fully operational tool and a sustainable process for ensuring high quality information is displayed in the MRAT. This includes the processing of 28 million rows of data using 10,000 lines of code to clean the data and calculate Medical Non-Deployment risk for all active component Soldiers each month. The ICA team developed a complete training package, including a 94 page How-to handbook and highly rated instructor-led, hands-on learning. Finally, the ICA team has rolled out the MRAT to Army Medical Department (AMEDD) leadership and clinical staffs at 15 Army installations. Finally, the ICA team has rolled out the MRAT to Army Medical Department (AMEDD) leadership and clinical staffs at 15 Army installations. ([More](#))

Notes for Veterans



Disabled Veteran Leave Law Only Applies to New Title 5 Feds

The new law providing a full year's sick leave up front to new federal employees who are disabled veterans only applies to those hired on, or after Nov. 5, 2016. The 2015 Wounded Warriors Federal Leave Act gives 104 hours of sick leave up front to first-year feds who are vets with a service-connected disability rating of at least 30 percent to attend medical appointments related to their disability. It also only applies to those new feds who are covered under Title 5 leave provisions, and including employees of the Postal Service and Postal Regulatory Commission. Non-Title 5 disabled veteran employees hired on or after Nov. 5, 2016, including those at the Federal Aviation Administration and Transportation Security Administration, are not eligible for the new benefit. Many jobs at the Veterans Affairs Department, for instance, also are not covered under Title 5. Title 5 governs most, but not all, of the federal personnel system. Current federal employees who are disabled veterans also are not eligible for the new type of leave. Obama signed the bill into law on Nov. 5, 2015, and it applies to those hired a year after its enactment. ([More](#))

Around the Q.C.



- Dec. 4-5:** [Christmas in the Village](#) (East Village, Davenport)
Dec. 4-6: [Heartland Emergency Response Conference Expo](#) (QCCA)
Dec. 5: [2nd Annual Radish Winter Wellness Festival](#) (Genesis HealthPlex, 3900 28th Ave., Moline)
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)
Feb. 27: [Havana Daydreamn' by the Quad City Parrot Head Club](#) (Waterfront Convention Center, Bettendorf)
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

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