

Oct. 29, 2012



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 Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>



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In Rare Ceremony, First Army Senior Leaders Receive Second Stars:

First Army Commander, Lt. Gen. Mick Bednarek, promoted Brig. Gen. Kendall W. Penn and Brig. Gen. Michael R. Smith to the rank of major general in a rare joint promotion ceremony at First Army's Headquarters, Oct 29. As the First Army Deputy Commanding Generals, Penn's and Smith's duties include assisting the First Army commander and leadership with

training, readiness and mobilization of all Army Reserve and National Guard Soldiers from across the United States. Between the general officers, they have more than 64 years of combined military experience. "First Army is truly a multi-component command," Bednarek said. "Promoting our Reserve Component senior leaders is a testament to not only their key leadership qualities and potential, but also validates the critical support that the reserve forces provide to

our Army. Kendall and Mike are the quintessential 'citizen-soldier-leaders' that are prevalent in the modern Reserve Component." Penn reflected on what the day meant to him. "This is a huge honor, not just in terms of the promotion, but in terms of the people I



get to work with every day. I am fortunate to work with some of the best people, such as the teammate I got promoted with today," he said. "I joined the Guard 30 years ago to pay for college. I figured I would get out when that was over. I woke up 30 years later and here I am. Time goes by quick."

[\(More\)](#)

RIA Fire Department, ASC, Offer At-Risk Youth Good Choices for

Successful Life: Members of the Army Sustainment Command headquarters staff and the Rock Island Arsenal Fire Department met with residents of the Arrowhead Ranch Oct. 24-25 to share their message of making good choices to succeed in life. Arrowhead Ranch is a private, not for profit, non-sectarian treatment facility positioned on 225 acres serving at-risk youth aged 12-21. Operating since 1945, it is located in a rural setting just outside of Coal Valley, Ill., only a few miles from the Quad Cities where RIA is located.

[\(More\)](#)



Six Tours of Duty: Army civilian, Tyson Miller, has completed six tours in the Middle East. He's been to Kuwait twice, Iraq three times and he just got back from a tour in Afghanistan. "I just want to be able to go back home, that's my vacation, that's my happy place," Miller said. He's a military instructor. Miller trains the troops on new weaponry. "I learn how to use it, and fix it," said Miller. "Then I go wherever the war is, the fight is, I go and I teach them how to use it." If the equipment breaks, he fixes it. "Gets blown up, shot. I'm with the soldiers," said Miller. "I'm out there fixing it right there with them." [\(More\)](#)



Experts Say Sequestration Would

Target Civilian Jobs: The potential for layoffs in the defense contracting industry is taking center stage in the congressional showdown on how to avoid the "fiscal cliff," but experts say that sequestration's most immediate workplace cuts would be felt by civilian defense employees. War funding and military



Upcoming Dates

Oct. 28-Nov. 3: Massage Therapy Awareness Week

Oct. 30: National Weatherization Day

Oct. 31: Halloween

Oct. 31: 71st Anniversary Completion of Mount Rushmore

Nov. 2: Day of the Dead

Nov. 2: Plan Your Epitaph Day

Nov. 3: Start! Eating Healthy Day!

Nov. 3: National Cliché Day

Nov. 4: Daylight Saving Time Ends

Nov. 4: National Men Make Dinner Day

Nov. 4-11: National Animal Shelter Appreciation Week

Nov. 6: Election Day

Nov. 8: Honor Flight of the Quad Cities [📍](#)

Nov. 9: 23rd Anniversary - Fall of the Berlin Wall

Nov. 10: U.S. Marine Corps 237th Birthday

Nov. 10: Sadie Hawkins Day

Nov. 11: Veterans Day

Nov. 11: Disabled American Veterans 92nd Anniversary

Nov. 11-17: American Education Week

Nov. 11-17: National Stress Out Week

Nov. 12: Veterans Day Holiday (*For most federal employees this will be treated as a holiday for pay and leave purposes*) [📅](#)

Nov. 12: World Pneumonia Day

Nov. 13: 30th Anniversary – Vietnam Veterans Memorial Dedication

Nov. 12-16: Bullying Awareness Week

Nov. 15: America Recycles Day

Nov. 15: Great American Smokeout

Nov. 17: Family Volunteer Day

Nov. 17: National Unfriend Day

Nov. 19: National Ammo Day

Nov. 22: Thanksgiving (*Federal Holiday*)

Nov. 23: Black Friday

Nov. 23: National Day of Listening



personnel will be protected from sequestration — which is set to take effect Jan. 2 if Congress doesn't take action — but as many as 108,000 civilian defense employees could be furloughed a few weeks after sequestration hits, said Todd Harrison, a senior fellow at the Center for Strategic and Budgetary Assessments, a Washington, D.C.-based think tank. The furloughs could last through Sept. 30, 2013, the end of the fiscal year. ([More](#))

On-Post Trick or Treating: Trick or treating in on-post neighborhoods will be allowed on **Oct. 31**, 5-7 pm. Have a happy Halloween. POC: [Garrison Public Affairs](#), (309) 782-1121.



Army Benefits Center-Civilian's Newest Benefit Tool – eRetirement:

ABC-C is excited to offer the new eRetirement web application located in the Employee Benefits Information System. This tool will allow you to fill out your retirement application with ease. On Oct. 29, the Army



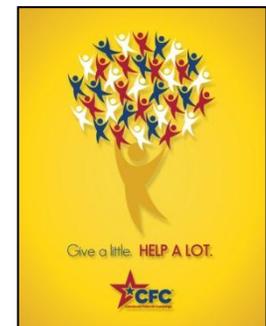
Benefits Center-Civilian launched a new benefit tool called eRetirement. If you are an Army serviced employee within one year of voluntary retirement, you can fill out your retirement application on ABC's secure website. First, you will need to [logon to ABC's website](#) with your Common Access Card and select the EBIS link on the right hand side. You will then enter your Social Security Number and your six-digit Personal Identification Number to access the EBIS website. If you have forgotten your pin there is an option to reset your pin. Once you have accessed the EBIS website, click on eRetirement. You will need to complete all the forms listed. Once you have finished, simply print off each form individually, review closely, and sign any applicable forms. Lastly, send it off to the ABC-C at 301 Marshall Avenue, Fort Riley, KS 66442. ABC will review your application closely and send you a letter stating they have received your application. If you have any questions on eRetirement, please contact a benefits counselor at ABC at 1-877-276-9287, 6 a.m. – 6 p.m. CT or our local benefits POC, Amber Ehrecke, (309) 782-1206.

End of Year Donations: For those desiring to donate annual leave to another federal employee in a personal

or family medical emergency, please complete Leave Donor form (RIA 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. 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. End of year donations must be received in the CPAC no later than **Dec. 11** in order to be processed within this calendar year. The POC is Janine Couppee at (309) 782-1278.

A Great Walk, a Great Start, the Combined Federal Campaign is Well Underway:

On Wednesday, Oct 3, the Illowa Bi-State Combined Federal Campaign held its official kickoff event. It was a beautiful day to "Walk a Little, Help a Lot." The festivities began with a wonderful rendition of the Star Spangled Banner sung by Samantha



Behr, daughter of Pat Behr who chaired CFC the past two years. Joel Himsl, Garrison manager, U.S. Army Garrison-Rock Island Arsenal, introduced the featured speaker, Scott Welker, deputy to the commander of Army Sustainment Command. His inspiring speech informed folks that CFC's goal this year is to reach out and contact every federal employee in the bi-state area. Everyone visited the informational booths of local charities, ate walking tacos for lunch, and sampled the firefighters' wonderful salsas. I can personally tell you that all of the salsas were awesome and it was tough to choose a winner. Thank you to Jonathon Ramsdell, director of Emergency Services, for allocating parking spaces for the various charities and also to Fire Chief Terry McMaster for providing space in the RIA Fire Station for the booths. Thank you to our firefighters for setting up and tearing down all the needed tables and chairs; and, thank you to all the volunteers who helped to make this event possible. I look forward to a successful 2012 campaign. - *Matthew Kopel, 2012 Illowa Bi-State Combined Federal Campaign Chair* ([website](#))

More Feds Straying from Traditional Health Care Plans: More federal employees are opting for lower-cost

health care plans, as premiums for the 24 available coverage options increase, Federal Times reports. According to the article, fewer feds have been signing up for the most popular traditional Federal Employees Health Benefits Programs — enrollment has been down 15 percent since 2007— and are instead choosing plans where the employee bears most of the risk; enrollment in those plans has jumped about 135 percent. ([More](#))

Health Providers Benefit Fair Federal Benefits Health Fair:

This year's Health Providers Benefit Fair will be held **Nov. 5-7, 9** a.m. – 1 p.m. in Bldg. 60. POC: [Amber Ehrecke](#), (309) 782-1206. *Situational*

Awareness – The annual federal benefits open season will run **Nov. 12 – Dec. 10** this year. During that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures this year will have a separate section on deductibles, copayments, coinsurance, out-of-pocket limits and other costs; covered services, examples of covered services, and excluded services; and rights to continue coverage and grievance and appeal



rights. OPM also is revamping its own brochure to make it more concise and easier to understand. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program. You can find more information about these programs at www.opm.gov/insure.

VIOS Schedule for November: Official DA Studio Photography (DA, government passport and command

photos) will be offered at Rock Island Arsenal **Nov. 6, 7 and 8**. Appointments may be scheduled online by submitting a DA3903 Work

Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **Nov. 6**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Nov. 7**, 7:20 a.m. – 3:40 p.m.; Thursday, **Nov. 8**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked



Questions" for more information. Walk-In Appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, Basement, by elevator). Priority is: 1. Active Duty Soldier's DA Photos 2. Official government passport photos 3. Official command photos 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an Official Government Passport Photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Rock Island Arsenal Community Health Promotion Council Meeting:

The next CHPC meeting will be held on Thursday, Nov. 1, 1:30 - 3 p.m.,



in the Arsenal Club, Bldg. 60, 1st floor. ASC will chair the meeting. Rock Island Arsenal established a CHPC in order to better serve our active and reserve military members, all civilian employees and all family members. The CHPC is designed to build a comprehensive approach that addresses the physical, mental, social, emotional and spiritual needs of our Arsenal community. The CHPC allows our installation to combine efforts with several community support agencies, resulting in a more effective and efficient way to serve our total force. The participation of our installation tenant organizations as CHPC members is critical to our success. If you may be interested in participating as a team member please contact the USAG-RIA Action Officer: [Lori Griffin](mailto:Lori.Griffin@ria.army.mil), (309) 782-2551.

Honor Flight Network – WWII Veterans Still Sought for Trips to

D.C.: Honor Flight of the Quad-Cities has flown nearly 2,000 veterans to the nation's capital to see their war monuments, but organizers want to make sure every area World War II veteran has a chance to make the trip. Preparation for the next trip, the last for



2012, is underway and is scheduled for **Nov. 8**. To apply, veterans should visit www.HonorFlightQC.org for an application. Information is also available at Ridgecrest Village, 4130 Northwest Blvd., Davenport. All honor flights depart on a non-stop charter from the Quad City International Airport to Washington, D.C., and return the same evening at approximately 10 p.m. If you know a WWII veteran from outside the area and need information from the national Honor Flight Network go to: www.honorflight.org

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

(First Floor, Bldg. 60), on **Friday, Nov. 9, 10 a.m. – 12 p.m.** If you

would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Nov. 2**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 7**. To sign up for a blood drive held



on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Charlie Corpuscle Says, "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

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.](#)

Arsenal Attic Thrift Shop & Boutique:

Arsenal Attic Thrift Shop has large selection of brand new plus size women's clothing. All at very reasonable prices. If you need a new wardrobe for fall and winter, come in and try shopping with us. Open Tuesday and Thursday, 9 a.m. – 3 p.m. Located in Bldg. 60 Basement. POC: (309) 782-6977.

All Saints Day Service: Father Brothersen will conduct a special service for this Holy Day of Obligation and offer Catholic Mass for those who would like to attend. Sponsored by



the First Army, Army Sustainment Command, and Joint Munitions Command Chaplain's Office. POC for the event is Sgt. Dara DeLong, (309) 782-0910.

Date: **Thursday, Nov. 1**
Time: **12-12:45 p.m.**

QC Jr. Flames Military/Civilian

Appreciation Discount: The QC Jr. Flames Hockey Team is offering discounted admission of \$3 to all military/civilian personnel (and families) for Saturday night home hockey games. Show your RIA ID/CAC at the admission table to get the discount. Visit their [website](#) for the schedule. All games are played at River's Edge, in Davenport.



Arsenal Traffic/Construction



Closure of Parking Spaces in Lot 3B:

The west row of parking in Lot 3B adjacent to Bldg. 390 is closed due to sidewalk replacement. Demolition started on Oct. 22. This project is expected to take approximately two weeks total, effective Oct. 22, running through approximately **Nov. 2.**

North Avenue Repair & Closures:

Beginning on or about **Sept. 19**, the Directorate of Public Works will begin a project to repair North Avenue between East Avenue and Gillespie Street. The repair will include the replacement of the paving, sidewalk and adjoining intersections. The project is scheduled to be completed by **Jan. 12**. Work will be completed in a phased approach to minimize the effect on traffic flow and parking. Signage, safety barriers, and temporary pedestrian crosswalks will be positioned at appropriate locations. Please see the enclosed map for phases. Doing the work in phases to ensure that we maintain as much access to parking lots and loading areas as possible throughout the duration of the project. The majority of parking in the courtyards and along the North Avenue frontage road will not be affected in phase 1, however, the courtyard of buildings 66 and 68 will be affected. During phase 2, access to the western courtyards will be from the Gillespie Road driveway in the vicinity of Bldg. 60. Parking spaces to the north of Bldg. 61 will be closed to allow construction of a bus turnaround point for the RIA Museum. During phase 3 employees will be able to use the new access points along North Avenue. Access to parking lots north of North Avenue will be



through Gillespie Street. Employees should cross North Avenue at the designated pedestrian crosswalks.

Building/Space Closures

☉ **Closure of Third Floors in Bldg. 61, Bldg. 62:** The Directorate of Public Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

Active Duty/Reserve Zone

☉ **Soldiers Go Unpaid Thanks to Army Payroll Problems:** Deficiencies in the Army's payroll system have left many active-duty military members waiting months for paychecks and could hamper the Defense Department's ability to

achieve audit readiness in coming years. A joint House and Senate Oversight committee heard testimony from Defense Department officials and an Ohio Army National Guardsman on Thursday. The guardsman, Lt. Col. Kirk Zecchini, said pay problems have become "a normal part of Army life." ([More](#))

Developing Leaders Tops Army's Priorities: Soldiers, having experienced the "crucible" of the last 11 years of an Army at war, where "discipline, initiative, freedom of action, adaptability and decentralization" have been the norm, are today "professionally advanced (in leadership) way beyond their years in any grade -- noncommissioned officer and officer," said retired Army Gen. Frederick M. Franks Jr. "The challenge facing us today as we transition is how does the Army keep that goodness (in its leaders) as we deploy less and make do with less resources," he said. ([More](#))

Safety Spotlight

☉ **Make Safety a Priority for Everyone This Halloween:** When I think back to Halloween as a child, I'm easily recalling some of my favorite memories.

There was magic in the air at this time of year, with Thanksgiving and Christmas just around the corner and the trees seeming to catch fire with the colors of autumn. It was cooler, but walking outside at night in my new costume, knowing that all the houses on the journey had treats waiting for me, or a surprise trick in the decorations surrounding their front doors, was well worth braving the chill. I can recall my younger brother and I climbing the hills winding through our neighborhood, tirelessly stopping at familiar houses transformed into haunted passage ways with jack-o-lanterns, clattering skeletons and the eerie wail of ghouls guarding our sugary rewards. Yet, we weren't scared. We were thrilled by the conquest of candy and the various costumed children on a similar search crossing paths with us. I knew I was safe and because of this; it was an event I was free to enjoy and remember fondly today. ([More](#))

Halloween Safety and Quad City Trick or Treat Times: Every Halloween, many young people take to the sidewalks and streets as soon as the sky grows dark to make their candy-gathering circuit through the neighborhoods, and much of the older crowd takes advantage of the occasion



to attend local parties and celebrate into the late hours. Like any occasion during which large numbers of people are out and about after dark, Halloween brings with it certain hazards. With many children crossing streets and often approaching the homes of strangers, and with many adults (and unfortunately teens) partaking in alcohol, safety organizations strongly urge participants in the festivities to use common sense and caution. ([More](#)) ☞ In the Quad Cities, as in any community, it's good for everyone to be aware of when the Trick of Treat times are for your city whether you have children participating, you're giving out candy, or even if your porch light is off and you have the blinds drawn. In the QC the time are: Rock Island Arsenal, **Oct. 31**, 5-7 p.m.; Bettendorf, **Oct. 31**, 5-7 p.m.; Davenport, **Oct. 30**, 5-8 p.m.; Moline, **Oct. 31**, 5-8 p.m.; and Rock Island, **Oct. 31**, 5-8 p.m. ([additional cities](#))

NFPA Halloween Tip Sheet: It is safest to use a flashlights, glow stick or battery-operated candle in a jack-o-lantern. If your children are going to Halloween parties at other people's homes, have them look for ways out of the home and plan how they would get out in an emergency. Get more Halloween fire safety tips ([More](#))

Please Obey All Construction Safety

Barriers: An Arsenal employee ignored safety barriers Thursday, stepping into a section of unfinished concrete in the construction area on North Avenue. There are obvious safety issues involved with ignoring the barriers and entering a construction zone, but there are also legal issues. If damage to the concrete is sufficient, the contractor will have to remove the affected section of concrete and replace it -- the "insignificant" incident amounts to damage to government property and expense to the Army in a time of tight budgetary constraints. Employees are cautioned to be aware of, and obey, all safety barriers surrounding construction on the island. They are there to protect both you, and the Army as a whole. POC: Garrison Safety Office, (309) 782-0207

North Avenue Construction Safety

The Arsenal Island workforce is reminded to stay clear of North Avenue construction. The Garrison Safety Office has received reports of people ignoring barriers and entering and crossing the construction site. These actions pose a serious hazard to the people performing this unsafe act. We really appreciate your support in accident prevention. Have a good day and great week.

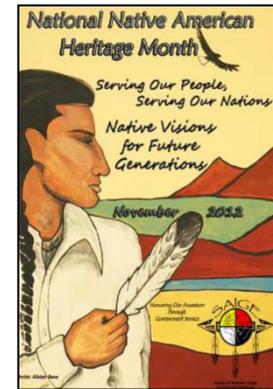
←-----→ **Equal Opportunity Focus**



National Native American Indian

Heritage Observance: First Army and the Army Sustainment Command's Equal

Opportunity Office invite you to our National Native American Indian Heritage Observance event on **Nov. 1**, 11 a.m. - Noon, in Bldg. 60 (Heritage Hall).



The guest speaker will be Preston Duncan with a performance by the Brown Otter Song and Dance Group Meskwaki Nation. The event will be followed by a food sampling from 12-12:30 p.m. Register in [TEDs](#) using the keyword "Native American Observance." For any additional information or accommodations please contact Sgt. First Class Evadne Benson at (309) 782-9060 or Sgt. First Class Raymond Gonzalez at (309) 782-3021. For more information on Native American Heritage Month please visit the [Society of American Indian Government](#)



Employees. The theme for this year's observance is "Serving our People, Serving our Nations; Native Visions for Future Generations." Let's celebrate Native American Indian and Alaskan Natives contributions to our country.

National Disability Employment

Awareness Month: Each year, the month of October is celebrated as "National Disability Employment Awareness Month" to remind both employers and job seekers alike of the employment contributions and needs of individuals with disabilities. This year's theme, A Strong Workforce is an Inclusive Workforce: What Can YOU Do? is meant to emphasize how our workforce can be improved and be strong when we all work together to ensure we are inclusive of individuals with disabilities. ([More](#))



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

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

All-Army Digital Photography

Contest: Calling all ubercreative photographers to submit entries to the Army Digital Photography Contest during the contest submission period from **Oct. 15 - Nov. 30.** ([For more information](#))

New 6-Week Sessions of Fitness

Center Classes Start: The holiday season is just around the corner and you know what that means... shorter days, being stuck inside during the colder weather, and of course lots of not so low calorie meals and snacks. Get signed up for one of our new 6-week sessions of Fitness Center classes and get into an exercise routine that will have you feeling just a little bit better about that extra slice of pumpkin pie. New sessions of Zumba, rowing and bootcamp classes started the week of Oct. 29, and spinning and yoga will start the following week (week of **Nov. 5**). Check out the class times and descriptions in [this flyer](#).

Ghost Hunters' Dinners at Historic Quarters

One: The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the



Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The remaining date planned for 2012 is **Oct. 31.** Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601 for more info and to reserve your spots. ([Flyer](#))

Discontinue Food Service in Bldg.

299: Effective **Nov. 1,** MWR will no longer provide food service in Bldg. 299 during the winter months: November - February. POC is Debbie Powell at (309) 782-8603.

Trivia Night: Join MWR, Thursday, **Nov. 1,** at 6 p.m., in Heritage Hall (Bldg. 60), for the return of our monthly trivia night. Our new trivia night format presented by Mixx Master Entertainment features a wide variety of multi-media questions including audio and video clues. Cost is \$10/person with a maximum of eight players per team. Prizes include Best Buy gift cards and lots of door prizes and giveaways. Call (309) 782-6319 for more info and to sign up.



Reopening Arsenal Club Bar Bldg. 60:

Arsenal Club Bar Bldg. 60 will reopen on Thursday, **Nov. 1**. Hours of operations will be Thursdays and Fridays, 3-7 p.m. Bldg. 312 clubhouse bar will be closed for the season.

Beer Pairing Dinner: Join us for a delicious evening of select micro brews from Great River Brewery that are perfectly paired with our fine cuisine on Friday, **Nov. 9**, 6:30 p.m. This 6-course meal will include six different beers that have been carefully selected to complement and enhance the food. Cost is \$45/person and reservations are required. Call (309) 782-4372 for more info and to reserve your seats. ([Flyer](#))

MWR's Island Oasis Outdoor Grill

Still Open: The MWR grill outside Bldg. 67 (Fitness Center) will continue outside operations until the weather forces us inside for the season. This foodservice option is available Monday - Friday, 6:30-9 a.m., for breakfast inside the Fitness Center and, 11 a.m. - 1 p.m., outside on the lawn (except during inclement weather). An announcement will be made when we decide to move inside for the winter months, until the come by and see us at the grill for some great food.

Seasonal Grills at Buildings 299 and 350: Effective Oct. 4, the seasonal grills at buildings 299 and 350 closed for the season. POC: Jeff McMahon, (309) 782-3956.

Oil Change Special at the Auto Shop:

The Auto Shop is offering an Oil Change Special in celebration of October being Car Care Month. Stop in anytime in October and receive standard oil and filter change (up to 5 quarts) for only \$20. Please call (309) 782-8631 to schedule an appointment.

US Army Soldier Show Nominations

Now Being Accepted: The IMCOM, U.S. Army Entertainment Division is accepting nominations for performers and technicians to participate in highly visible and prestigious US Army Soldier Show for the 2013 season. For more information please review the OPRD and its Annexes by visiting [this link on AKO](#).

Now Booking Holiday Parties at the

Golf Clubhouse: The holiday season will be upon us before we know it ... it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your

party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

New MWR Website: Come check out our new and improved MWR website at www.riamwr.com for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the MWR marketing office for assistance at (309) 782-4420.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

←-----→



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Woodfield Mall Shopping Trip: Join us for a fun day of shopping at the Woodfield Mall in Schaumburg, Ill. More than 300 stores and restaurants to choose from. Get your seat soon because this bus trip is a sellout. ([Flyer](#))

Date: **Saturday, Nov. 10**

Time: **6:30 a.m.**

Tenth Avenue North: Tenth Avenue North will be at the Adler Theatre for a one night performance. Get your discounted tickets at the Leisure Travel Office. Seat location is on the Floor Row J and L for \$19. For more information contact the Leisure Travel Office at (309) 782-5890.

Date: **Saturday, Nov. 10**

Time: **7 p.m.**

iWireless: Holiday Pops: Don't miss this electrifying holiday tradition at the iWireless Center. This year's Holiday Pops concert will feature: Mark Wood, founding member of Trans-Siberian Orchestra. Seats on sale for \$35.

Date: **Saturday, Nov. 17**

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

12 Gifts of Christmas: Christmas is a time for friends and family, so gather yours for an evening you won't forget. You'll hear the stories and songs of Christmas in a way you might never have heard them. Grammy award winners Steven Curtis Chapman and Laura Story are joined by the best storytellers around.

Date: **Friday, Nov. 30**

Time: **7 p.m.**

Circa Under 21 Presents: Freckleface

Strawberry: This upbeat children's musical is based on the beloved New York Times bestselling book by celebrity Julianne Moore and teaches a wonderful lesson about loving the skin you are in. Reserve your seats today for only \$10. Limited seating available. On sale until **Nov. 17.**

Date: **Saturday, Dec. 1**

Time: **10 a.m.**

Disney On Ice: 100 Years of Magic:

Join the celebration as 65 of Disney's unforgettable characters from 18 beloved movies come to life. Be captivated by many Disney Princesses. Be thrilled by moments from Lion King, Mulan, Finding Nemo, and Toy Story films. Leisure Travel has many show

times to choose from. Seats on sale until **Nov. 12.**

Date: **Thursday, Dec. 13**

Time: **7 p.m.**

Downtown Chicago Shopping Trip:

Let the Leisure Travel Office handle the transportation and you concentrate on the shopping. Cost is \$41 per person ... sign up now.

Date: **Saturday, Dec. 15**

Time: **6:30 a.m.**

Miracle on 34th Street: This joyous, heart-warming musical is pure family entertainment, and the perfect holiday treat. Discounted seats are \$43.50 and on sale until **Dec. 1.**

Date: **Saturday, Dec. 15**

Adler: West Side Story: From the first note to the final breath, West Side Story soars as the greatest love story of all time and remains as powerful, poignant and timely as ever. Leisure Travel has discounted floor seating for \$62. On sale until **Dec. 21.**

Date: **Monday, Feb. 18**

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

Free Universal Military Only: Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military



identification. Admission is valid for up to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30**. Contact LTO at (309) 782-5890.

Adler: Rock of Ages: In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50
Date: **Wednesday, April 24**
Time: **7:30 p.m.**

MWR Outdoor Recreation Seasonal Entrance Change: With the end of the summer season, Outdoor Recreation patrons are asked to use the South Entrance to the Equipment Checkout Center in Bldg. 333.

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)

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



Remodeling in Army Community Service Center: Pardon our mess. The ACS Center remodeling continues through all of November. The center is open during the construction period. Please be patient as we have reduced work space.

Employee Assistance Program

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

Seasonal Affective Disorder – November 2012: The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of



extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program invites you to take advantage of free, confidential short-term counseling, referral services and follow-up. The RIA EAP is located in Bldg. 56, 1st floor, East Wing. You may contact the EAP by calling (309) 782-4357 to schedule an appointment.

PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Smoking Cessation Group: Need help to quit smoking? Good news! The Employee Assistance Program offers an

ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday 3-4 p.m. at the EAP office located in Bldg. 56, 1st floor, East.



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.

Army Continuing Education System Celebrates American Education

Week: In honor of American Education Week, ACES joins the National Education Association in celebrating and promoting the values of continuing education and lifelong learning. On Thursday, **Nov. 8**, 10 a.m. - 1:30 p.m., an Education Fair will be held in Bldg. 60 (Heritage Hall). This event will offer military personnel, DoD civilians, and family members the opportunity to learn more about educational opportunities afforded them at a number of colleges and universities. School representatives will be available to answer questions

and provide information on educational programs, and drawings will be held for free college/university items and apparel. Schools and organizations attending include: Black Hawk and Scott Community colleges, Augustana College, Western Illinois, St. Ambrose, and Upper Iowa universities, University of Iowa, American Intercontinental, DeVry/Keller, Kaplan and North Central universities, Trinity School of Nursing and Health Sciences, Palmer College of Chiropractic and Health Sciences, Hamilton Technical College, Troops to Teachers, the Illinois VA Education Center, and more. Please join us to learn more about educational opportunities and how they may benefit you. For further information the point of contact is [Stephanie Allers](#), Guidance Counselor, or (309) 782-5895. For additional information on American Education Week, visit www.nea.org/aew.

ACES Education Fair: There will be a ACES Education Fair, Thurs., **Nov. 8**, 10 a.m. - 1:30 p.m., in Bldg. 60 (Heritage Hall). Military personnel, DoD civilians, and family members are invited to learn more about local and online colleges and universities. School and veteran service representatives will be available to answer questions and



provide information. A drawing will be held for free college items.

Get Ready, Get Set, Go-Go-Go to School!: Seeking or pursuing a college degree? Have questions? The Army Education Center will be hosting on a monthly basis the following schools: 1st Monday of each month - **Nov. 5:** Upper Iowa University (POC: [Daniel Marvin](#), (563) 359-7111); 3rd Monday of each month - **Nov. 19:** Trinity College of Nursing & Health Sciences (POC: [Christiana Headley](#), (309) 779-7774); 2nd Wednesday of each month - **Nov. 14:** Kaplan University (POC: [Jason Wilebski](#), (563) 441-2485); 3rd Wednesday of each month - **Nov. 21:** St. Ambrose University (POC: [Bill Gleason](#), (563) 333-6354); 1st Thursday of each month - **Nov. 1:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA), (POC: [Rebecca Geiken](#), (563) 441-4060); 2nd Thursday of each month - **Nov. 8:** Black Hawk College (POC: [Susan McPeters](#), (309) 796-5027); 3rd Thursday of each month - **Nov. 15:** Ashford University (POC: [Derek Phillips](#), (800) 798-0584 ext 3077). Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary, unless specified. All scheduled times are 10 a.m. - 2 p.m. in

Bldg. 56, 1st Floor, Room 120.
Education Center POC: [Stephanie Allers](#), (309) 782-5895.

Defense Commissary Agency / PX

The Rock Island 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](#))

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

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.

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, on **Nov. 9**, Sam Heilig or Mike McKean, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. **Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m.** As these presentations occur



during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50. Upcoming presentations include: On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The Rock Island Civil War Prison: Andersonville of the North?](#)"

This Week in Rock Island Arsenal History – Oct. 29-Nov.4: On Oct. 30, 1882, construction work on Shop G (Bldg. 108) was completed. Much of the RIA's early work involved cleaning, repairing, and refurbishing surplus equipment that had been used in the Civil War. On Nov. 1, 1875, leather workers at the RIA were recovering saddles with new leather. On Nov. 2, 1917, Special Order #351 sent six additional RIA representatives to France to study methods of manufacturing recoil mechanisms for gun carriages. William Henry Harrison negotiated and signed for the U.S. a treaty with several minor Sauk and Fox Indian chiefs in St.

Louis. The ceded land included Rock Island. In November 1902, the RIA organized a drafting room.

Healthbeat

☪ **354 Cases in Fungal Meningitis Outbreak; 25 Deaths:** Fungal meningitis and other infections linked to contaminated injection drugs continued to rise Monday, with 354 cases in 19 states, with Rhode Island reporting its first case. Deaths held steady at 25, the Centers for Disease Control and Prevention reported. Cases of fungal meningitis, stroke presumed to be caused by the infection or other central-nervous system infections climbed to 347. Another seven infections have been reported in people who received mold-tainted injections in joints such as the hip, knee, elbow or shoulder. ([More](#))

Early Obesity Intervention Helps Kids Grow Up Slim: Weight-loss programs can help even very young children slim down, and it appears that acting early may improve the odds of success, according to two European studies. Excessive pounds in childhood often stay into adulthood, where they have been linked to heart disease,

diabetes and other health problems. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed **Nov. 12, 22** due to holidays. Clinic closed, Thursday. Staff meeting/training – **Nov. 30** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

☪ **VA Offers a New Tool to Help Veterans Prevent Diabetes:** The Department of Veterans Affairs today announced the implementation of a pilot version of the Diabetes Prevention Program (DPP), a program being promoted nationally by the Centers for Disease Control and Prevention, aimed at reducing the number of Veterans who develop diabetes. "The Diabetes Prevention Program will provide Veterans with another tool to help them lead healthier, fuller lives, reducing their risk for diabetes," said Secretary of Veterans Affairs Eric K. Shinseki. ([More](#))



Car Pooling Announcements

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

Car Pool:

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.
- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2nd shift 2:15-10:30 p.m. Starting in the middle April. [Email](#) or call (815) 651-4624.
- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period. [Email](#) or call (309) 782-5472.

Around the Q.C.

Oct. 31: [Davenport Halloween Parade, 7 p.m.](#) (Downtown Davenport)

Nov. 8: [Honor Flight of the Quad Cities](#) (Quad City International Airport to D.C.)

Nov. 11: [Doll Show](#) (Mississippi Valley Fairgrounds)

Nov. 16-25: [Quad City Arts Festival of Trees](#) (RiverCenter)

Nov. 17: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 17: [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)

Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 7: [Gallery Hop!](#) (The District)

Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)

Island Insight

Joel Himsl, Garrison Manager; 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 processor 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.

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The discipline to disconnect.

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*The signs are all around.
It's up to YOU to recognize
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