

Nov. 7, 2011



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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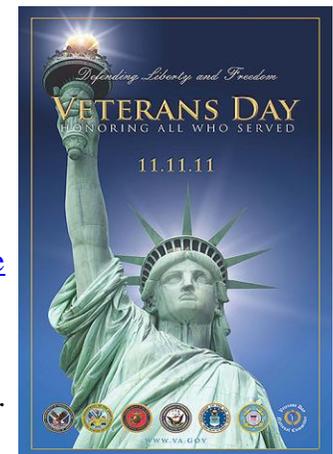


Rock Island National Cemetery to Commemorate Veterans Day:

The Rock Island National Cemetery will have a Veterans Day Ceremony on Friday, **Nov. 11**, at 1 p.m. Due to construction, the ceremony will be held at the Women's Memorial behind the administration building. The keynote speaker for the Veterans Day ceremony will be Lt. Gen. Michael Bednarek, Commanding General, First Army. The ceremony will include wreath

placement, an honor salute, an echo salute, and taps by Bill Hall, Bugles Across America. Veterans Day is an annual United States holiday honoring military veterans and a federal holiday observed nationwide on Nov. 11. It is also celebrated as Armistice Day or Remembrance Day in other parts of the world, falling on Nov. 11, the anniversary of the signing of the Armistice that ended World War I. In the United States, Veterans Day is a

celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. ([More on Veterans Day](#)) *More than a dozen restaurant chains are offering free meals or specials to veterans*



and service members over the Veterans Day weekend and many other businesses are giving discounts in honor of military service. ([Article](#)) ([IMCOM](#)) ([StandTo!](#))

Arsenal Works to Save 9 Firefighter-Paramedic Jobs:

The Rock Island Arsenal's garrison is working to save nine firefighter-paramedic positions. The positions are among about 74 expected to be cut as part of attempts to meet the Army's budgetary requirements by October 2012, the start of the federal 2013 Fiscal Year. The eliminations will be accomplished through attrition: retirements, transfers and not filling positions people leave to pursue other work. Garrison manager Joel Himsl said he is trying to retain the firefighter-paramedic jobs because they are considered critical to operations. He said he first sought funding through another command, but was unsuccessful. ([More](#))



Quad City Area Vets Take 17th Honor Flight:

For 89 Quad City area World War II veterans and 70 Honor Flight escorts, Nov. 2 was a night of anticipation at Hy-Vee's Northgate Place, where a dinner was served in their

honor. The next day, the veterans would head to Quad City International Airport to board a flight to Washington, D.C., where they would visit the National World War II Memorial for the day. "I'd heard about the Honor Flight program," said Maj. Gen. Patricia McQuiston, Army Sustainment Command commanding general, "But I never understood what it meant to the veterans until now." ([More](#))

JMC Creates Ammunition Hall of Fame:

Announcing the establishment of the Ammunition Hall of Fame. The Hall of Fame will honor and memorialize former civilian and military personnel who have made significant, lasting contributions to the U.S. Army ammunition mission. The program's intent is to preserve history and give members of the ammunition community a sense of heritage, honor, pride, and belonging. ([More](#))



House Committee Approves Bill to Cut 10% of Workforce By 2015: The House Oversight and Government Reform



Upcoming Dates

- Nov. 6-12:** National Animal Shelter Appreciation Week [📅](#)
- Nov. 7-11:** Kids' Goal Setting Week [📅](#)
- Nov. 8:** National Parents as Teachers Day [📅](#)
- Nov. 8:** National Young Readers Day [📅](#)
- Nov. 9:** 22nd Anniversary, Fall of the Berlin Wall [📅](#)
- Nov. 10:** 236th U.S. Marine Corps Birthday [📅](#)
- Nov. 11:** Veterans Day (*Federal Holiday*) [📅](#)
- Nov. 11:** 91st Disabled American Veterans Birthday [📅](#)
- Nov. 11:** Take a Veteran to School Day [📅](#)
- Nov. 11:** 73rd Anniversary of First Performance of "God Bless America" [📅](#)
- Nov. 12:** World Pneumonia Day [📅](#)
- Nov. 13-19:** American Education Week [📅](#)
- Nov. 13-19:** National Stress Out Week
- Nov. 14-18:** Bullying Awareness Week
- Nov. 15:** America Recycles Day [📅](#)
- Nov. 15:** National Invite Parents to School Day [📅](#)
- Nov. 16:** National Educational Support Professional Day [📅](#)
- Nov. 17:** National Unfriend Day [📅](#)
- Nov. 17:** Great American Smokeout [📅](#)
- Nov. 19:** National Ammo Day
- Nov. 19:** 21st Anniversary, End of the Cold War
- Nov. 19:** Family Volunteer Day [📅](#)
- Nov. 19:** 148th Anniversary, Gettysburg Address
- Nov. 21:** World Hello Day
- Nov. 24:** Thanksgiving Day (*Federal Holiday*)
- Nov. 25:** National Day of Listening [📅](#)
- Nov. 25:** Black Friday
- Nov. 25:** Buy Nothing Day [📅](#)
- Nov. 27:** National Child's Day
- Nov. 27-Dec. 3:** National Family Week
- Nov. 27-Dec. 3:** National Teens Don't Text & Drive Week
- Nov. 28:** Cyber Monday [📅](#)
- Dec. 1:** World AIDS Day [📅](#)
- Dec. 3-5:** Open It! [📅](#)



Committee on Thursday approved a bill along party lines that would cut the federal workforce by 10 percent by fiscal 2015. HR 3029, passed 23-14 with one Democrat in favor, would allow agencies to hire only one new employee for every three who leave. Republicans such as Reps. Darrell Issa of California and Dennis Ross of Florida said the federal workforce is growing too large and the nation cannot afford 2.1 million employees while facing massive budget deficits. "Taxpayers can no longer be asked to foot the bill for a bloated federal workforce," said Ross, one of the bill's co-sponsors. ([More](#))

Pentagon Weighing Base Closures, Military Benefits in Face of Budget Cuts:

Defense Secretary Leon Panetta, in an effort to find \$450 billion to cut from the Pentagon's budget, is considering wide-ranging measures that could include base closures, hikes in the cost of military health insurance, and possible cuts in retirement pay, The New York Times reported Sunday. Panetta's comments about budget reductions come nearly three weeks before the so-called congressional super committee reaches a key deadline. The



Pentagon stands to see \$600 billion in automatic cuts if the committee does not come up with an alternative plan. ([More](#))

Feds Flee Costliest Health Plans:

Skyrocketing health insurance premiums over the last five years have decisively changed the federal health care landscape. Since 2007, nearly 300,000 employees and retirees have left the three most popular high-cost health plans. And over the last five years, nearly 500,000 have signed up for the lowest-cost versions of those same plans. Insurance premium increases - which in 2010 hit a five-year high of 7.4 percent on average - are driving the shift. ([More](#))



Pay Gap Grows in Private Sector's Favor, Council Says:

The pay advantage private-sector employees enjoy over federal employees grew 2.25 percentage points this year, bringing the pay gap to 26.3 percent, the Federal Salary Council said Friday. The pay scale freeze that began in 2011 helped



cause the widening of the reported pay gap, the council's pay gap methodology working group said. The council includes three experts in labor relations and pay policy, and six representatives of employee organizations representing large numbers of General Schedule employees. National Treasury Employees Union President Colleen Kelley and American Federation of Government Employees National Secretary-Treasurer J. David Cox are among its members. ([More](#))

Health Benefits Fair: Nov. 8, 9, and 10, 9 a.m. to 1 p.m. It will be held in the Post Restaurant (Bldg. 60). ([POC](#))

Defense Eyes Pass-Fail Job Evals: A Defense Department working group on performance management has recommended that all civilian employees be rated on a pass-fail system and that supervisors provide constant feedback to employees about their performance. But at least one expert says the group's report, called "New Beginnings," falls far short of what is necessary, and that the pass-fail system is a bad idea. ([More](#))



Federal Health Benefits Open Season:

Federal Health Benefits Open Season for 2012 plan year starts **Nov. 14 – Dec. 12.** Employees

may enroll or change existing plan under Federal



Employee Health Benefits, Flexible Spending Account, and Federal Employee Dental & Vision insurance Plan. Find more information about these programs at www.opm.gov. POC: Amber Ehrecke, (309) 782-1206

Deployment of Windows 7 Operating System:

On **Nov. 14**, the Network Enterprise Center (NEC) will begin deploying the

Windows 7 operating system to all desktop computers / laptops



Island-wide. The Army has mandated all workstations be migrated by **June 30, 2013.** If your organization is not directly assigned to a command element here on post, please contact the NEC (309) 782-2010. ([POC](#))

End of Year Leave 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) 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 **Dec. 14.** 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 schedule to work and receive pay. POC: [Janine Couppee](#), PECH-NCR-E, (309) 782-1278.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Thursday, Nov. 10, 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 3rd shift blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 2.** To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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.](#)

Travel Warning – Mexico: The Department of State has extended their travel warning to inform U.S. citizens traveling to Mexico about the security situation in Mexico. It is



imperative that travelers understand the risks involved in travel to Mexico and how best to avoid dangerous situations. Common-sense precautions such as visiting only legitimate business and tourist areas during daylight hours, and avoiding areas where criminal activity might occur, can help ensure that travel to Mexico is safe and enjoyable. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, the USAG-RIA ATO will serve as your POC.

Travel Warning – Democratic Republic of the Congo:

The U.S. Department of State alerts U.S. citizens to the potential for unrest or disruptions surrounding the presidential and parliamentary elections scheduled for **Nov. 28**, in the Democratic Republic of the Congo



(DRC). U.S. citizens planning to travel to the DRC before, during, or immediately following the elections should monitor local news, assess local conditions and travel routes, and consult the Embassy's website for Emergency Messages to U.S. Citizens when making travel plans. When the official campaign season officially began on Oct. 28, political rallies and demonstrations may become more commonplace. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

Special Veterans Day Hours at the Colonel Davenport House:

The Colonel Davenport House, located on the north shore of Arsenal Island, will be open for special hours on Friday, **Nov.**



11, for Veterans Day after the 1 p.m. Arsenal's cemetery ceremony. The Colonel Davenport House will be open from 1:30-4:00 p.m. Guides will be available to answer questions. The gift shop will also be open, selling Early American items like toys and candle molds, souvenirs, and books, including two that give information about Colonel George Davenport and his military service, new books about the Mississippi River, and Mississippi River mud t-shirts.

Nationwide Test of the Emergency

Alert System: The first nationwide test of the Emergency Alert System, or EAS, will take place at 1 p.m. (Central Standard Time) on **Nov. 9**. The purpose of the test is to assess the reliability and effectiveness of the system in alerting the public. This test will last approximately three minutes and will not involve mobile communications devices. EAS alerts are transmitted over television and radio broadcast, satellite television and satellite radio, cable television and wireline video services. The EAS is often used by state and local emergency managers to alert the public about emergencies and weather events. The system provides the ability to send messages regionally or nationally, though it has never been tested at these



levels. A major disaster such as an earthquake or tsunami could require the use of the system to send life-saving information to the public. During the test, the public will hear a message indicating "this is a test." The audio message will be the same for everyone, however due to limitations of the EAS, the video test message may not be the same and may not indicate "this is a test." FEMA and the FCC plan to reach out to organizations representing people with hearing disabilities to prepare that community for the national test. ([FCC EAS](#)) ([AMBER Alerts](#)) ([Consumer & Governmental Affairs Bureau](#))

November Trivia Night at Heritage

Hall: Call up to nine of your friends and join us for our monthly trivia at Heritage Hall, Bldg. 60. Cost is \$10 per player with mulligans and double bonus available. Food & drink available. Prizes for 1st-3rd place. Open to everyone. Call (309) 782-6319 for details.

Date: **Thursday, Nov. 17**

Time: **6 p.m.**

WID Wisdom: WID Wisdom lunch-learn with the National Active and Retired Federal Employee association. McArthur will present the purpose, services, and benefits of NARFE that will affect your retirement. Sign up in

[TEDs](#) for 1 CLP or at womenndefense_ria@yahoo.com. No charge. Session starts at 11:30 a.m. in Caisson Room, Bldg 60.

Date: **Wednesday, Nov. 9**

Time: **11:30 a.m. - 12:30 p.m.**

Esprit de Corps Toastmasters

Meeting: Are you interested in improving your public speaking skills or ability to field questions extemporaneously. Do you need an educational and friendly environment? Come to our meetings 1st and 3rd Wednesday of each month, Clock Tower Building.

Time: **11:45 a.m. - 1 p.m.**

Colonel Davenport House Hosts

Trivia Night: The Colonel Davenport Historical Foundation hosts its first trivia night on Saturday, Nov. 12, at the Arsenal Island Cafeteria in Bldg.

60. Doors open at 6 p.m. and trivia starts at 6:30 p.m. It will be \$10 a person (or \$80 a table).

Individual reservations will be placed where they can. There will be gift baskets on which to buy chances and a 50/50 drawing. Food will be available for purchase and cannot be brought in. Cash bar also available. Cash prizes will



be awarded for first, second, and third places. The format will be the typical trivia night format of ten rounds of questions with ten questions in each round. Reservations can be made by calling Judy Tumbleton at (309) 786-5980 or (309) 738-8547 cell or call with any questions. For more information, visit www.davenporthouse.org.

Arc Business Supply Gift: The Arc Business Supply would like to show our appreciation to all of our valued customers. Look for a small gift bag in your deliveries and in store purchase bags in the upcoming weeks. AQCA-ABS-BSC will also be doing a drawing at the end of this month for another gift. We will randomly choose a transaction number from this month's government supply purchases and contact the Government Purchase Card holder to arrange pick up of their gift. Thank you again to all of our supporters and we look forward to assisting you with all of your supply needs.

Arsenal Attic Thrift Shop &

Boutique: Thrift Shop hours are every Tuesday and Thursday 9 a.m. to 3 p.m. and Saturday, **Nov. 19**. Christmas holiday decorations are now on sale along with nice artificial trees at reasonable prices. All trees are



assembled – some are for sale already decorated. Thanks to all of you who support your Thrift Shop. POC: (309) 782-6977.

Post Employee November Discount: A local downtown Davenport business is selling meal replacement smoothies and they're offering the Arsenal Workforce a deal. [Downtown Fusion](#), at 110 E. 2nd St., is giving \$1 off the usual \$6 to the Arsenal Workforce. During the month of November for \$5, Arsenal Island employees will get a shot of aloe, a 12 oz hot tea or 16 oz cold tea, and a 16 oz smoothie meal replacement.



Arsenal Workforce Discount: Bayside Smoothies, a local family-owned business, is giving all Arsenal Island employees a 10 percent discount off of purchases at their location at 2730 W. Locust Street in Davenport. Patrons can call their orders ahead at (563) 391-6360 for pick-up. To see their menu check out [their website](#).



Arsenal Traffic/Construction



Termination of the DoD Vehicle Decal Requirement: In accordance with Army ALARCT Message 343-2011, Rock Island Arsenal is no longer issuing or requiring DoD Vehicle Decals at Rock Island Arsenal. There is no requirement to turn in issued decals. You may remove your decal and dispose of it at this time. ([POC](#))

Replace Curb Gutter and Sidewalk: There will be a complete closure of the sidewalk which runs along the west side of Bldg. 390. The extent of work is approximately from the north access gate to the south exit gate. The closure is necessary to replace deteriorated concrete and will remain closed through **Nov. 14**. Please utilize the sidewalk on the west side of Pershing St. West. Wet weather may delay the finish date. We apologize for any inconveniences. POC: Randy Brockhouse, (309) 782-2153.

Sidewalk Closure, Southside of Bldg. 60: There will be a closure of the sidewalks located on the south side of Bldg. 60. This will include the closure of the entrance located on the southwest side of Bldg. 60. The contractor will be replacing small sections of sidewalk at a time around the main entrance to the cafeteria so that the handicap entrance will remain open at all times. There will

be no need to use the credit union entrance. We apologize for any inconvenience. The sidewalks are being closed for repairs due to deterioration and the risk of trip hazards. The closures began on Thursday, Oct. 20, and are expected to last until **Nov. 17**. POC: Randy Brockhouse, (309) 782-2153.

Removal of Bldg. 86 & Associated Temporary Parking Changes: Effective Sept. 6, the Garrison Public Works Directorate will remove Bldg. 86 (former Bachelors Officers' Quarters) located on the north end of East Avenue. A new parking lot will be installed. This work is scheduled to be completed Wednesday, **Dec. 1**. All parking located on East Avenue, north of Rodman Avenue, Lots OP and OR, will not be available during deconstruction and reconstruction of this project. Please forgive this temporary inconvenience. Once completed, this project will provide additional parking on the northeast side of the Island. Open parking is available in Lots OJ, OK and OL located behind Bldg. 60 and Lot OI behind Memorial Field. Any delays or early completion updates will be announced on an as-needed basis. If you have any questions, please call Marilyn Miller, parking coordinator, at (309) 782-2715.



Building/Space Closures

☉
No Hot Water in Restroom 62-B-6:
Due to the repair of a water heater leak, there will be no hot water until further notice in Restroom 62-B-6 (Bldg. 62-Basement). POC: Joe Gumpert, (309) 782-1389

Active Duty/Reserve Zone

☉
Warrior Care Month: Warrior Care Month, initiated in 2008, is observed during November. While we care for Soldiers each and every day, observing Warrior Care Month allows us to set aside one month each year to highlight the many ways the Army keeps Soldiers and their families healthy and safe. Most people think of the combat injured when they hear the term warrior care. Clearly, there is no greater or higher calling than helping these men and women heal. Warrior care is also prevention of illnesses and accidents having the best protective gear maintaining a strong medical readiness posture, investing in research, and knowing the best trained medics in the world are standing

shoulder-to-shoulder with Soldiers on the battlefield. ([More](#))

TSGLI Expands Eligibility to Help More Injured: The Traumatic Injury Protection under Servicemembers' Group Life Insurance is now open to service members of all components -- whether injured in war or back at home. Previously, Soldiers or former service members injured between Oct. 7, 2001, and Nov. 30, 2005, qualified only if their traumatic injuries happened during Operation Enduring Freedom or Operation Iraqi Freedom. As of Oct. 1, TSGLI benefits are available to service members injured between those dates no matter if the injury occurred in the states or elsewhere. The Veterans' Benefit Improvement Act of 2010 removed the requirement that the injury occur during OIF or in Afghanistan. ([More](#))

Free Credit Help For TRICARE Users In Data Loss: One year of credit monitoring and restoration services will be offered to any of the 4.9 million patients treated at military hospitals and clinics in San Antonio over the past 20 years who have concerns about their credit in the wake of a Tricare data breach, Defense Department officials announced late Friday. TMA directed Science Applications International Corp.

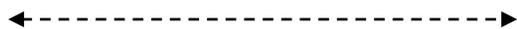
to provide the services to those who want them. Potentially affected patients are being notified by letter. ([More](#))

Safety Spotlight

☉
Army Safety Veterans Day Message:
Military service is among the most noble of all American traditions. From Lexington and Concord to the mountain passes of Afghanistan, our nation's Soldiers have unfailingly demonstrated the courage and values that distinguish the United States Army as the finest fighting force in the world. Your continued service ensures the ideals of duty and liberty will flourish within generations of Soldiers to come. This Veterans Day, we honor you, those who have come before you and our fellow troopers who have made the ultimate sacrifice for freedom. Thank you for what you do every day and for serving our nation with honor and integrity. As you enjoy this extended holiday weekend, please stay



safe in all you do. Reckless behavior has far-reaching effects, and indiscipline remains a leading cause of fatal accidents within our ranks. You owe it to yourself, your battle buddies and your Family to buckle up, wear personal protective equipment, drive and ride responsibly and call a cab if you have too much to drink. Remember to encourage your buddies to make smart decisions too — safety begins with each of us, and our duty to one another is just as important at home as downrange. Have a safe and restful Veterans Day! Army Safe is Army Strong! ([More](#))

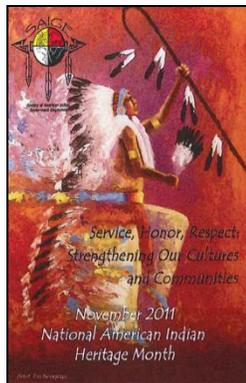


Equal Opportunity Focus



National American Indian Heritage

Month: National American Indian Heritage Month begins Nov. 1 to celebrate and recognize the accomplishments of this country's original inhabitants, explorers and settlers. Since the birth of this nation, American Indians have been recognized for their adept



skills and knowledge of this land. Through the years, they courageously worked with the early U.S. Cavalry as scouts, in World War II as Code Talkers, and in every conflict making the ultimate sacrifice for our freedom. To this day, 24 Native American Indians have earned the Medal of Honor for their courage and devotion to our nation. We are proud of the lasting contributions American Indians continue to make as Soldiers, civilians, veterans and family members in our profession that will benefit our nation and Army for many years to come. We know there is strength in diversity. In celebrating National American Indian Heritage Month, we not only emphasize American Indians significant contributions, but also the value the Army places on diversity. As a tribute to all American Indians, units, agencies and Army activities will be executing appropriate commemorative activities throughout the Army to celebrate National American Indian Heritage Month. ([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.

Ghost Hunters Dinner: Join the Rock Island Paranormal Society **Nov. 11**, at 6 p.m., as we explore and search for paranormal activity in Historic Quarters One. Enjoy a gourmet dinner at the Arsenal Island Golf Clubhouse followed by ghost hunting and tales of the paranormal in Quarters One. Call (309) 793-1601 for more info and to make your reservation. ([Flyer](#)) ([Menu](#))

Holiday Fair: The ever-popular Family and MWR Holiday Fair, **Nov. 16-17**, Heritage Hall, Bldg. 60, 9 a.m. - 3 p.m., will be a great place to finish up (or start) your holiday shopping. With more than 40 different vendors selling everything from handbags to home-made crafts you're sure to find something for everyone on your list. Call (309) 782-5890 for more information. ([Flyer](#))

Thanksgiving Buffet at the Arsenal

Island Golf Clubhouse: Are you dreading the thought of prepping, cooking and cleaning up after a huge Thanksgiving feast? Let us take care of



all the hard work, **Nov. 24**, 11 a.m. - 2 p.m., so you can spend more of the holiday with your friends and family. Our scrumptious buffet will feature all of your holiday favorites like oven roasted turkey with giblet gravy, stuffed sweet potatoes, stuffing, green bean casserole, traditional Thanksgiving desserts, and too much more to list here. The cost is \$18.95/adult and \$10.95/child (10 & under). Make your reservations by calling (309) 793-1601. ([Flyer](#)) ([Menu](#))

No Limit Texas Hold 'Em

Tournament: Think you have the best poker face in town? Come prove it at MWR's fall Hold 'Em Tourney **Nov. 12**, at 12 p.m. The cost for this last person standing style tournament is \$40/player and includes lunch. With a total of \$700 in AMEX gift cards up for grabs the competition will be fierce so bring your best game. The tournament will be held at the Arsenal Island Golf Clubhouse. Call (309) 793-1601 for more information and to reserve your seat. ([Flyer](#))

Fitness Center League Information:

Volleyball and Basketball Leagues will be starting the week of **Nov. 28**. Beginning this week, packets will be available for pick up. Packets must be

turned in by **Nov. 16**. Racquetball League to start **Jan. 3** – sign up will be available starting **Dec. 5**.

Discount Fall Golf Rates: Effective Oct. 24, all golf greens and cart fees will move to the 9-hole rate. What does this mean exactly? It means you can play all 18 holes of this beautiful and historic course for only the 9-hole rate all day long. Check out our website for more information on the course and rates. ([More](#))

Now Accepting Nominations for the 2012 U.S. Army Soldier Show:

Army Entertainment is seeking technicians and performers for the U.S. Army Soldier Show, USA Express and Army Concert Tour. Auditions open to all Soldiers (Active, Reserve, Guard) with sufficient time in service remaining. Reserve and Guard Soldiers will be activated for the duration of the performance schedule. All qualified applicants are screened by a panel of industry professionals, BOSS representatives and military community leaders. Selection is based on talent and ability to represent the Army in appearance, level of physical fitness and military bearing. Top candidates attend a live audition and evaluation process at Fort Belvoir. ([Flyer](#))

New Session of Fitness Center Classes and Refer-a-Friend Promotion:

Exercising is great, but it's better with a friend so bring along a friend (or two) to your next Fitness Center Class and receive a free pedometer. If your referral ends up signing up for at least three of the remaining classes, they also receive a pedometer and you get a Spinning water bottle as a referral bonus. Available classes include rowing, total body conditioning, Spinning, strength conditioning, yoga, and Spinning/Core. Call (309) 782-5124 for more info. ([Flyer](#))

Want to Win a Free Oil Change?:

Please take a few minutes to tell us what you think about the Auto Skills Shop. For your time taking the survey, we'll enter you into a drawing for a free oil change. ([Survey](#))

Now Accepting Vendor Applications for the 2011 Holiday Fair:

Do you have arts or crafts or some other sort of product that you'd like to sell at the annual Holiday Fair on **Nov. 16 & 17**? If so please [download the application form](#) and return it to the Leisure Travel Office in Bldg. 60. Call (309) 782-5890 for more info.

←-----→



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](#))

Brad Paisley Advance Tickets on Sale Now:

Authorized MWR patrons have a fantastic opportunity to purchase tickets to see one of the hottest artists in country music today before they go on sale to the general public! Between now and **Nov. 10** (when ticket sales open to the general public) you can reserve your seats through the Leisure Travel Office in Bldg 60. Prices range from \$31 - \$65.75. Call (309) 782-5890 to reserve your seats now, these tickets will go fast once opened to the general public so don't wait, get yours today.

Disney On Ice: Leisure Travel has discounted seats for **Dec. 3-4** to Disney on Ice at the iWireless Center. Disney On Ice sets the gold standard with its newest skating spectacular. Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn.

Junie B Jones: Jingle Bells, Batman Smells: The holiday sing-along should be fun, but when it's time for the Secret Santa drawing, Junie B. picks the one

person she'd rather not have a tattletale May, and learns an important lesson about giving. Discounted seats are \$11. Date: **Saturday, Dec. 17**
Time: **10 a.m.**

Adler Theatre Presents: Young

Frankenstein: The classic Mel Brooks movie is alive ... and it's headed here! You'll have a monstrously good time at the new Mel Brooks musical Young Frankenstein, winner of the 2008 Outer Critics Circle Award and the Broadway.com. Date: **Sunday, Nov. 13**
Time: **7 p.m.**

Downtown Chicago Shopping Bus

Trip: Shop on the famous Michigan Avenue. Find the perfect restaurant, see what's new on the shopping scene and stay informed on the incredible events that make The Magnificent Mile 'One of the Great Avenues of the World'. Contact your Leisure Travel Office at (309) 782-5890 for more information. Date: **Saturday, Dec. 3**
Time: **6:30 a.m. – 8 p.m.**



Woodfield Mall Bus Trip: Woodfield has the finest collection of department

stores and specialty shops in the Great Lakes region including Nordstrom, Macy's, Lord & Taylor, JcPenney, Sears and nearly 300 stores and restaurants. Call the Leisure Travel office at (309) 782-5890 for more information. Date: **Saturday, Nov. 12**

Table & Chair Rentals Available for Your Holiday Get Togethers: Outdoor Recreation is your holiday party logistics headquarters. From tables and chairs for the big meal to camper trailers for all the extra guests, we have you covered. Call (309) 782-8630 or visit <http://riamwr.com/BusPgms/odr-main.htm> for a complete listing of rental items.

Need a Vacation?: Do you need help planning your vacation - let the leisure travel staff help turn your vacation into a dream vacation. Stop by or call our office at (309) 782-5890. Let us do the work.

Child, Youth & School Services

Army Child Care Fees Increase for 2011-2012 School Year: Fees for Army child care and related child and youth programs increase between now and



Dec. 1 as part of a phased program designed to reduce the impact of a changed Department of Defense policy. The second step in a three-year program to align Army fees to the 2010 DoD fee policy, the Army child care fee policy for school year 2011-2012 increases most fees by \$4 to \$8 per week. ([More](#))

SKIESUnlimited Martial Arts:

SKIESUnlimited is offering Martial Arts for 6-18 years old. Fall classes will be held Tuesdays and Thursdays through **Nov. 29**, 5-5:55 p.m. Please contact (309) 782-5969 for additional information.

Child Care Spaces Still Available: Are you looking for top quality, affordable and convenient child care? Child, Youth & School Services currently has spaces available for Full & Part-time Preschool age care. Call (309) 782-0791 for more info and to reserve your space.



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

November is Military Family

Appreciation Month: In celebration of Military Family Appreciation Month get your Military Family photo taken for free, **Nov. 11-13**. Contact Army Community Service at (309) 782-0829 to schedule your appointment. Time: **9 a.m. - 5 p.m.**

We Need Your Help: It is once again time for the Army Family Action Plan Annual Conference. We are again asking you to submit any issue that you feel needs to be addressed by the Conference delegates. Go to www.ria.army.mil. Click on: ACS and then AFAP Feedback. Help us help you. Submit an issue today.

Newcomer's Briefings Schedule: New to the Island and want to know all that there is to do and what's available to you here at Rock Island? If so, make sure to get signed up for one of the upcoming newcomer's briefings. Upcoming dates are: **Dec. 1 & Jan. 26**. Call ACS at (309) 782-0816 or stop by the office in Bldg. 110 for more info and to sign up.

Special Needs Inclusive Recreational Activities:

The Quad City Sled Hockey Association is a co-ed, multi-age, inclusive sport that welcomes all persons with and without a disability. It is a sport that allows play between siblings, neighborhood friends; you can even play with your parents, teachers, and coaches. The new season has just started with plenty of time to join the fun, friendship, and opportunity for individuals of all ages and abilities to experience the benefits of team sport activities. For more information, check out [Facebook](#) or contact the Exceptional Family Member Program Manager at (309) 782-4736 or Janice.n.saito.civ@mail.mil.



Employee Assistance Program



Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com or [Facebook](#).



Anonymous Online Mental Health Screening -- November 2011:

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. ([More](#))

Smoking Cessation Group: Nov. 17 is the Great American Smoke-Out. Join thousands of individuals who have become smoke-free. The Employee Assistance Program offers an ongoing educational support group that meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE wing.

PTSD Support Groups: Are you or a loved one 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.

Education/Training Review

Army Continuing Education Services: Army Continuing Education Services has new hours from 7 a.m. – 4 p.m., Monday through Friday. We are located in Bldg 56, 1st floor. We would like to introduce our new Guidance Counselor, Stephanie Allers and new Education Technician, Jessica Shepherd. If you required assistance please stop by or call us at (309) 782-2065.

ACES Testing: Army Continuing Education Services will be providing Testing (APT/Academic) at the Army Education Center in Bldg. 56, 1st floor every Thursday, 8:30 a.m. – 3:30 p.m. Testing is only provided by appointment only to ensure space availability and instruction on required documents and information. Please call Jessica Shepherd, Test Examiner (309) 782-1055/2065.

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](#))

November Begins Commissary's Holiday Savings: Commissary customers looking for savings on ingredients for their holiday menus or unique gifts can find all these and more at their local commissary, said the Defense Commissary Agency's sales director. Throughout the month of November, DeCA's industry partners will be hosting many in-store promotions - everything from shopping-spree giveaways to super-discounted holiday turkey coupons - in honor of Military Family Appreciation Month and Veterans Day, Nov. 11, with extra savings focusing on the holiday season.



Send Us Your Family's Favorite

Holiday Recipe: This holiday season, the Defense Commissary Agency and the Army and Air Force Exchange Service are offering shoppers an opportunity to win shopping sprees, just by entering their favorite recipes. Beginning Nov. 18 and ending midnight Dec. 31, commissary and exchange shoppers can go online to enter their favorite holiday family recipe. Just email your recipe to www.patriotfamily@aafes.com. Or if you are surfing www.commissaries.com, on or after **Nov. 18**, you can find a link that will take you to the contest registration page and more information.

Can't Find an Item at the Commissary -- Attention All

Commissary Shoppers: Is there something you just can't find at the commissary? Just let a member of our management team know and we will see if we can bring it in for you. Your commissary - it's worth the trip.

Sales Flyers: Patrons can visit the [AAFES website](http://www.aafes.com) 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](http://www.rockislandarsenal.com). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

This Week in Rock Island Arsenal History --Nov. 7-13:

In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began. In October 1866, a Board of Commissioners began negotiating with settlers and local civil authorities to regain portions of the island that had fallen under civil control. Property was repurchased along with access bridges to the island. Rock Island Arsenal gained complete authority and control of the island. On Oct. 10, 1939, the U.S. Army 33rd Ordnance Company stationed at the RIA was reassigned to Puerto Rico. On Oct. 11, 1941, the first Browning machine gun, .30 cal., M1919A4, aircooled, of new manufacture, was delivered to Storehouse W1 at RIA. Liberty (Loan) Day celebration at the RIA on Oct. 13, 1918.



Healthbeat



Dads Less Likely to Die of Heart

Problems: Dads are less likely to die of heart disease than men who've never had kids, a study out Monday found, raising new questions about a possible biological link between male infertility and overall health. Other recent studies have found a connection between testicular and prostate cancer and infertility. In the new study, the largest ever to look at fertility and mortality, researchers analyzed a decade's worth of data about 135,000 male AARP members. At the beginning of the decade, none of the men had ever been diagnosed with heart disease or stroke, and all of them were either married or had been married. More than nine out of 10 of the men, whose average age was around 63 at the beginning, had fathered children. Lead author Dr. Michael Eisenberg, an assistant professor at Stanford University, may be a urologist, but he's concerned about his patients' other body parts, too. His specialty, Eisenberg says, is "sort of the first line for male infertility." And considering that approximately a third of the male human genome is involved in reproduction, it's not surprising that Eisenberg and other researchers suspect infertility might be a tip off to an



increased risk of other health problems in men. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed **Nov. 11** – in Honor of Veterans Day. Clinic closed **Nov. 18** at 11:30 a.m. for – Staff Meeting and Training. Lab Closed **Nov. 23**. For any Issues or Concerns with the RIAHC clinic please call our Customer Support Line – (309) 782-0721.

Notes for Veterans

VA Jobs Website to Launch on Veterans Day: The Department of Veterans Affairs will officially launch its new jobs and career website on Veterans Day. The website serves as the online presence for the VA for Vets recruitment, reintegration, and retention program—and is the main gateway for vets seeking VA careers. The site, which is operating as a pilot until the Nov. 11 launch, contains tools that help vets identify personal strengths and civilian competencies, and then translate them into civilian jobs. At the start of this week, the website listed more than 3,300 VA jobs. ([More](#))

Obama Urges Congress to Pass Veterans' Tax Credits: Embracing

veterans, President Barack Obama on Monday urged Republicans in Congress to "put country before party" and support new ways of helping former members of the military find jobs in a sluggish economy. "Our veterans did their jobs. It's time for Congress to do theirs. It's time for them to put country before party," Obama said in the Rose Garden, flanked by leaders of veterans' groups. Ahead of Veterans' Day, Obama pressed lawmakers to approve tax credits for businesses to hire unemployed veterans or injured veterans who have been out of work. The Senate is expected to consider the measures this week. ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from Galesburg/ surrounding areas along

Interstate 74 to RIA. Contact (309) 782-5688 for details.

Around the Q.C.

- Oct. 21-Nov. 23:** [Cultural Stories Art Exhibition](#) (Quad City Arts)
- Oct. 22-March 24:** [Quad City Mallards](#) (iWireless Center)
- Nov. 8:** [Go Red for Women Luncheon & Silent Auction](#) (RiverCenter)
- Nov. 10-12:** [Muddy Water Tattoo Convention](#) (Quad-Cities Waterfront Convention Center)
- Nov. 11:** [Health & Wellness Fair](#) (Western Illinois university-Quad Cities)
- Nov. 12:** [Hawk Hustle](#) (BlackHawk College, Moline)
- Nov. 12:** [Iowa Pro & NPC Battle of Champions](#) (RiverCenter)
- Nov. 12:** [Gifts N Time Holiday Fair](#) (Golden Leaf Banquet Center)
- Nov. 13:** [Doll, Toy & Bear Show](#) (Mississippi Valley Fairgrounds)
- Nov. 18:** [Toys for Tots Drive](#) (ICONS Martini Bar, Rock Island)
- Nov. 18:** [Santa's Arrival & Live Remote](#) (SouthPark Mall)
- Nov. 18-27:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
- Nov. 18:** [Toys for Tots Drive](#) (Gallery Lounge, Davenport)
- Nov. 19:** [The Nightmare Before Christmas](#) (QCCA Expo Center)
- Nov. 19:** [Festival of Trees Parade](#) (Downtown Davenport)
- Nov. 19:** [Toys for Tots Drive](#) (QCCA Expo Center)



Nov. 19: [Lighting on the John Deere Commons](#) (Moline)
Nov. 19: [Holiday Pops Concert](#) (Downtown Moline)
Nov. 19: [Toys for Tots Drive](#) (Harley Bar, 3127 Avenue of the Cities, Moline)
Nov. 19: [Santa's Arrival](#) (NorthPark Mall)
Nov. 19-27: [Lights of the Season](#) (Downtown Davenport)
Nov 23: [Toys for Tots Drive](#) (The Landing, 1601 River Dr., Moline)
Nov. 24: [25th Annual Scott County Y Turkey Trot](#) (Downtown YMCA, Davenport)
Nov. 25: [Final Friday-Holiday Opening Party & Shopping](#) (Bucktown Center)
Nov. 25-27: [Toys for Tots Annual QCA Expo Shopping Event](#) (QCCA Expo Center)
Nov. 25-27: [22nd Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA Expo Center)
Dec. 2: [Gallery Hop!](#) (Downtown Rock Island)
Dec. 2-3: [Christmas in the Village](#) (Village of East Davenport)
Dec. 3: [Winter Sparkle Fireworks](#) (Village of East Davenport)
Dec. 11: [Holiday Magic](#) (Quad-Cities Waterfront Convention Center)
Dec. 16: [Final Friday-Indoor Christmas Walk & Wine Tasting](#) (Bucktown Center)
Dec. 27: [Art @ the Airport](#) (Quad City International Airport)
Jan. 6-8: [Bald Eagle Days](#) (QCCA Expo Center)
Jan. 13-15: [Quad Cities Boat & Vacation Show](#) (RiverCenter)
Jan. 15-17: [21st Quad Cities Farm Show](#) (QCCA Expo Center)
Jan. 20-22: [Rod & Custom Show](#) (QCCA Expo Center)

Feb. 10-12: [QC Home Builders Show](#) (QCCA Expo Center)
Feb. 10-12: [Iowa/Illinois Regional Auto Show](#) (RiverCenter)
Feb. 16-19: [Outdoor Show](#) (QCCA Expo Center)
Feb. 24-26: [RV Camping Show](#) (QCCA Expo Center)
March 23-25: [Flower & Garden Show](#) (QCCA Expo Center)
April 14: [In-Fisherman Swap Meet](#) (QCCA Expo Center)
March 3-4: [KWQC-6 Women's Health & Lifestyle Fair](#) (RiverCenter)
May 12-13: [Scott County Kennel Club AKC Dog Show](#) (QCCA Expo Center)
March 14-17: [Gathering of the Green](#) (RiverCenter)

Island Insight

☪
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