

Nov. 13, 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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ASC Soldier Runs Half-Marathons for Cancer Charities:

An Army Sustainment Command headquarters Soldier hit the pavement in what was supposed to be a family affair as he chalked up another competition in the Savannah Rock'n'Roll Marathon and Half-Marathon. Staff Sgt. Gene Lucas Jr., 26, ASC chaplain assistant and veteran of nearly eight years, apparently feels the need to run more than what Army physical training requires to

maintain his combat fitness. On Nov. 3, Lucas was supposed to run a half-marathon (13.1 miles) beginning at 8 a.m. with his brother and father in Savannah, Ga. His brother is Spc. Josh Lucas, 22, of the 82nd Airborne Division's 4th Brigade Combat Team, Fort Bragg, N.C., and his father is Gene Lucas, a retired Army sergeant first class. The Georgia race was his dad's first half-marathon. As it turned out, Lucas' brother bailed out two nights

before the race, Lucas said. Nevertheless, Lucas' time was 1:43.35, which earned him the high ranking of 516th out of 11,131 runners. His dad, who is 48, also did well with a time of 2:32.48. Lucas is a newcomer of sorts to running half-marathons. He received his first medal at Camp Humphreys



(Pyeongtaek), South Korea, in October 2011. ([More](#))

Corps of Engineers' CFC Online

Auction: The Corps of Engineers will be conducting its "Online Auction" for the [Illowa Bi-State CFC](#) again this year. The dates for the auction are Monday, **Nov. 26**,



and will end on Friday, **Nov. 30**. The website for this

year's action is located at <https://www2.mvr.usace.army.mil/CFC/default.cfm> which contains registration info. Like last year, it has been determined that the Corps can no longer directly solicit items from commercial establishments, so the Corps needs your help. If you have a craft item, or perhaps something nice in your attic, please send the chair, [George Hardison](#), an email or call at (309) 794-5332. Also, if you are not crafty you could also pick up a gift card of gift certificate and donate it to the auction. In spite of this change, we can all still make the auction a success. The CFC is the annual fund-raising drive conducted by federal, postal and military employees in their workplaces each fall. Each year employees raise millions of dollars through the CFC that benefit thousands of nonprofit charities. It is the only authorized fund raising

campaign for charities permitted in federal and postal workplaces. ([Find out more about your Illowa Bi-State CFC](#)) ([Illowa Bi-State CFC on Facebook](#))

Panetta: Election Over, Mission

Remains: With the 2012 presidential election concluded, the Defense Department continues to be "squarely focused" on the mission of national defense, Defense Secretary Leon E. Panetta wrote today in a message addressed to the department's military and civilian workforce. The message reads: "Throughout the campaign season, we at the Department of Defense have been squarely focused on our mission of defending the nation. Now that the campaign is over, we will stay just as focused on that critical mission." ([More](#))



Following Election, Some Workplace

Restrictions Loosened: With the election over, federal employees now may freely wear clothing or buttons in the workplace showing the candidates and may display pictures of them, but such items advocating for or



Upcoming Dates

- Nov. 13:** 30th Anniversary – Vietnam Veterans Memorial Dedication
- Nov. 11-17:** American Education Week
- Nov. 11-17:** National Stress Out Week
- 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
- Nov. 24:** Small Business Saturday
- Nov. 25:** National Child's Day
- Nov. 25 – Dec. 1:** National Family Week
- Nov. 25 – Dec. 1:** National Teens Don't Text & Drive Week
- Nov. 25:** Cyber-Monday
- Dec. 1:** World AIDS Day
- Dec. 2-8:** Nat. Handwashing Awareness Week
- Dec. 2-8:** National Influenza Vaccination Week
- Dec. 3:** International Day of Persons with Disabilities
- Dec. 7:** 71st Anniversary of Pearl Harbor Day
- Dec. 7:** International Civil Aviation Day
- Dec. 8:** Wreaths Across America
- Dec. 10:** 114th Anniversary of the Treaty of Paris
- Dec. 10:** Human Rights Day
- Dec. 10:** Green Monday
- Dec. 13:** 376th Army National Guard Birthday
- Dec. 13:** 9th Anniversary of the Capture of Saddam Hussein by US Army Troops
- Dec. 15:** Bill of Rights Day
- Dec. 15:** Gold Star Wives Day
- Dec. 16:** 68th Battle of the Bulge Anniversary
- Dec. 17:** Wright Brothers Day
- Dec. 21:** First Day of Winter (Winter Solstice)
- Dec. 21-23:** National Holiday Lifesaver Weekend



against political parties or partisan political groups remain banned. Guidance from the Office of Special Counsel notes that the Hatch Act restricts political activities of federal employees related to a political party, a candidate for partisan office or a partisan political group. The law applies while on duty, in the workplace, in an official uniform or while in a government vehicle. ([More](#)) ([GovExec](#))

Budget Deal Poses Threat to Pay, Benefits, Jobs:

President Obama's re-election last week means some of the most aggressive ideas for cutting federal pay and benefits are likely off the table. But the threat of some cuts still looms as policymakers set about forging a comprehensive budget deal in the coming months to fend off severe tax increases and spending cuts dubbed the "fiscal cliff." If there is such an agreement, "I don't see how federal employees avoid being involved," said Steve Bell, a former Senate Budget Committee staffer now at the Bipartisan Policy Center, a think tank. "They are a group that people in Congress like to beat up on and scapegoat." ([More](#))



Cuts in Federal Pay, Benefits Are Among Deficit Reduction Possibilities:

Reducing certain pay and benefits for the federal workforce could cut the deficit by \$38 billion in 2020, according to a new analysis of the country's fiscal crisis from the Congressional Budget Office. Lawmakers have a range of options for cutting spending and increasing revenues to rein in the government's current trillion-dollar deficit, CBO said. And those choices could include increasing health care costs for military retirees, decreasing the government's contribution to the Federal Employees Health Benefits Program, capping increases in military basic pay and reducing the annual across-the-board pay raise for feds. CBO estimated those changes could reduce the deficit by a total of \$38 billion in 2020. Of the options affecting feds included in the report, limiting the TRICARE benefit for military retirees and their dependents would save the most money, at approximately \$14 billion in 2020, according to the nonpartisan CBO. ([More](#))



Benefits Open Season Under Way:

The annual federal benefits open season has now started and will run through December 10. 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. ([More](#))



Are You Ready? The Holiday Mailing Season is Upon Us:

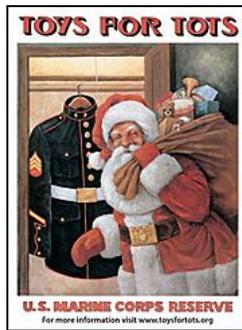
This time of year he is picking up stacks of Christmas cards and packages at my address nearly every day. Thanksgiving is the first holiday in this the Holiday Season. But if you are mailing international or to your military loved ones, you'll need to remember the mail-by dates set forth by the Postal Service even before the turkey and dressing is served. ([More](#))



Trees for Troops: The Christmas SPIRIT Foundation in cooperation with FedEx is once again proud to bring the Trees for Troops program to Rock Island Arsenal. More than 120 free live Christmas trees will be delivered **Dec. 3** and made available for all active duty military and families through **Dec. 10**. The trees can be picked up at the Memorial Park Pavilion during times that are yet to be determined, but will be published in the Island Insight soon. Please call (309) 782-4420 for more information.



Toys for Tots on Arsenal Island: 2012 Toys for Tots RIA-box locations will be at the following locations: • Child Development Center (Bldg. 16); • MWR-ITR Office (Bldg. 60); • RIA Credit Union (Bldg. 62); • Medical Clinic (Bldg. 110); and • Exchange (Bldg. 333). Toys will be collected through **Dec. 7**. Anyone interested in displaying a box



please contact [Maria Kobelenske](mailto:Maria.Kobelenske@army.mil) at (563)528-3533. ([More](#))

CAC/ Military ID Office Closure –

Nov. 23: Based on the significantly reduced number of individuals scheduled to work on the day after the Thanksgiving holiday and in order to afford the staff the opportunity for a long holiday weekend with family and friends, the CAC/Military ID Office will be closed on **Nov. 23**. The appointment scheduler has been blocked out and no appointments can be made on this date. Please remember that there will be no staff available for walk-in traffic. We appreciate your cooperation and wish you a happy holiday. Should you have any questions in regard to this closure, please contact the Garrison DHR, [Renee Michl](mailto:Renee.Michl@army.mil), at (309) 782-1320.



Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Nov. 16, 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. 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](#).

Thanksgiving Ecclesiastical Service:

Please join us for a special Thanksgiving ecclesiastical service held in the Caisson Room in Bldg. 60. This event is open to anyone who would like to participate. The Arsenal Island chaplain's offices look forward to seeing you there. **POC:** (309) 782-0910
Date: Wednesday, Nov. 21



Time: 11:30 a.m. – 12:30 p.m.

Festival of Trees – Military Day: As part of Davenport's Festival of Trees celebration there will be a Military Day at the River Center on **Nov. 18**, 9 a.m. – 9 p.m. Organizations that support the military are invited to have table space on Military Day at the Festival of Trees. If your organization is interested please call [Gloria Workman](#) at (309) 798-1155, table space is limited.



Physical Security Holiday Period Hours: USAG-RIA Physical Security, the VCC, and Lock & Safe, will be closed on the day after Thanksgiving, Christmas Eve, and New Years Eve. Lock and Safe can be on an on call basis. POC: [Jon Ramsdell](#), IMRI-ES, (309) 782-1592.

Arsenal Attic Thrift Shop & Boutique: The Attic will host Fran Riley of KWQC Channel 6 News on Thursday, Dec. 6, at 10 a.m. All are cordially invited to attend this event. It promises to be a great opportunity to let the QC know about the Thrift Shop and help fund scholarships for next year. POC: (309) 782-6977.

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.

New Coffee Shop on RIA: There is a new coffee shop on Arsenal Island in Bldg. 60 serving all of your favorite Starbucks drinks that opened on Nov. 5. The shop, dubbed Káva Café, will be open Monday – Friday, 6 a.m. – 3 p.m. Stop in and warm up with a pumpkin spice latte or caramel macchiato today. There will also be an official grand opening on Wednesday, **Dec. 5**, with giveaways, food, and we will be unveiling our full breakfast, lunch and desert selections, food tastings, and entertainment. Mark your calendars!



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 Coupee at (309) 782-1278.

Upgraded Island Notification

Capability: Every year Rock Island Arsenal holds an annual full scale exercise to test our emergency response capabilities.



Communications is always a major area that receives recommendations for improvement. Because of these findings and Department of the Army Emergency Management, Antiterrorism and Emergency Services requirements, RIA has been rigorously searching for solutions to fill the gap on personal emergency notifications for the RIA workforce. Our most recent improvement is an upgrade to our AtHoc notification system. This improvement includes, work behind the

scene with an updated server and desktop client (that's what brings the message to your computer). Have you ever wondered what the purple globe icon is in your taskbar in the bottom right hand side of your screen? Well that is the AtHoc self service tool, and to be fully effective it requires you to take some action. Clicking on this icon will allow access to the self service feature where you can view your personal emergency notification system inbox. This inbox shows the title and status of your most recent alerts. More importantly are the next two tabs, "My Info" and "Devices" which allow you to customize how you get notifications. My Info allows you to update your information, such as the building you work in that will help us to target your building with a notification and ensure that you get the message. You can also update your leadership/responsibility status, example, if you are a Building Marshal Warden, Senior Leader or a Threat Working Group Member. This will allow us to target only those groups with specific notifications and direction if required. For those that require transportation in the event of an evacuation there is also selection to identify that and if you require wheel chair access or just basic transportation. The last feature "Devices" allows you to

input an email address. This provides the capability for you to receive AtHoc messages on your phone via email to text (*standard text message rates will apply*). If you would rather receive just an email you can add your personal email to receive on your Smart Phone or a work email to receive on your government provided BlackBerry. Unfortunately right now this will only work for those personnel whose computers are on the RIA network (if you already receive AtHoc messages you are on the RIA Network). We are working hard to find a way to link this to those that are not on the RIA network. Until then, housing residents and senior leaders whose organizations' are not on the RIA network will continue to receive telephone alert messages during emergencies and exercises. ([Email to Text pdf](#)) ([AtHoc Self Service pdf](#))



Arsenal Traffic/Construction



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



Soldier for Life: The Soldier for Life mindset is a holistic approach to the military life cycle career of a Soldier. The U.S. Army takes care of teammates by ensuring Soldiers start strong, serve strong, and reintegrate strong so they remain Army Strong serving their communities after they leave the Army. ([More](#))

Warrior Care Month 2012: Warrior Care Month, initiated in 2008, is observed by the military services each November. This is a time to reaffirm a

commitment to quality health care, education and careers for our nation's wounded, ill and injured service members. The theme for this year's joint observance is "Success through Transition - Education, Employment, Entrepreneurship." ([More](#))

Military Family Appreciation Month:

Military Family Appreciation Month (MFAM) is a campaign designed to communicate the Army's recognition and appreciation for Army families and to fulfill the Army Family Covenant - provide them a quality of life commensurate with their service. The result is families feeling important, supported and connected to the Army and the nation. ([More](#))



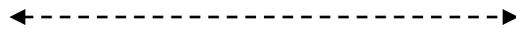
Safety Spotlight



From the DASAF -- November 2012: There's an old saying in the Army that goes something like this: "The Navy is about boats, the Air Force is about planes, but the Army is about people." That statement doesn't give our sister services credit for caring for their troops, which they absolutely do, but it illustrates a point. The essence of our Army is the American Soldier, and that's why we work so hard to protect



our men and women from unnecessary risk, whatever it may be. Recently, we took a day to stand down for suicide awareness and prevention. I've rarely been in training that generated such somber and sincere discussion, and that's especially important given this growing problem facing our Soldiers and their Families. But, I wonder, couldn't we make our safety stand downs just as somber and impactful? Let's not appear to take suicide more seriously than accidental fatalities — the end result of both is the loss of an irreplaceable Soldier. ☞ As we close this year and move into the next, I want to thank you for your commitment to safety, which resulted in fewer accidental losses during fiscal 2012 than previous years. I want us to stay sharp, look ahead and consider how we can continue moving in the right direction this coming year. We must remain ever vigilant against the mindset that accidents "just happen"; in reality, they are often preventable. If we were to all treat safety with the same urgency that we do and ought to give suicide, I have no doubt our accident rates will continue to decline. Our Soldiers are our Army, and we owe them our very best efforts! Army Safe is Army Strong! - Timothy J. Edens, Brigadier General, USA, Commanding ([More](#))

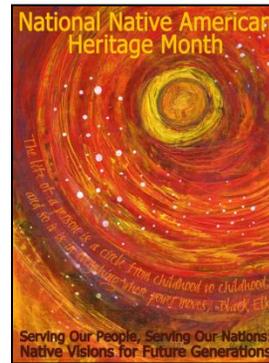


Equal Opportunity Focus



National Native American Heritage

Month: *Presidential Proclamation* -- As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country's character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our Nation, and we renew our commitment to respecting each tribe's identity while ensuring equal opportunity to pursue the American dream. ([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.

MWR 2012 Holiday Fair: With more than 40 vendors selling everything from handbags to home-made crafts you're sure to be able to find something for everyone on your holiday shopping list at this Holiday Fair on **Nov. 14 & 15** from 9 a.m. – 1 p.m. Confirmed vendors for this year include: Lori's Sweet Treats, Pilot Club of Moline, Scentsy, Pampered Chef, Miche handbags, Vynoka Silver's, Nancy's Corn, All That Glitter, The Other Mrs Smiths Pies, Creative Fashions for dolls, Jewel Rays by Di, Island Floral, Charlene Christine's Creations, Paperlooza, Jeanie's Dips, Usborne Books, Origami Owl, Unique Creations, Handmade Quilts, aprons and purses, Homemade enchilada's, baked goodies, home décor and so much more. Call (309) 782-5890 for more info. ([Flyer](#))



November is Military Family

Appreciation Month: Join MWR in



thanking and showing your support for the families that support our Military men and women. Stop by the Army Community Service booth at the Holiday Fair, **Nov. 14 & 15**, to receive information on adopting a military family this holiday season. Also, help us spread the word about the free military family photo opportunity again this year which will take place on **Nov. 24-25**. Call (309) 782-0829 for more info on either of these great programs or to make your family photo appointment.

Fitness Center Winter Sports Leagues Now Forming: Get your teams together and get signed up for the upcoming basketball and volleyball seasons. Basketball is \$240/team and volleyball is \$125/team and rosters for both sports are due to the Fitness Center by **Nov. 16**. For all the details or call (309) 782-6789 for more info. ([Basketball Flyer](#)) ([Volleyball Flyer](#))

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](#))

Yoga Now Offered in 6-Week Session: The RIA Fitness Center will now be offering yoga in a six-week session format like the rest of the class schedule. Price will be pro-rated for partial sessions and as always, you have the option of paying for single classes. Price is \$45 (6 weeks) or \$8 (single). Call (309) 782-6787.

Thanksgiving Day Buffet: Join us for Thanksgiving dinner and leave the cooking and cleaning to us, giving you more time to spend with your family and friends. This all you can eat buffet for \$20.95/adult and \$10.95/child (10 & under). Call (309) 793-1601 for more info and to make your reservation. Date: **Thursday, Nov. 22**
Time: **10 a.m. - 2 p.m.**

Texas Hold 'Em Deep Stack Tournament: Come show off your poker skills at the Arsenal Island Golf Clubhouse's semi-annual No Limit, Deep Stack Texas Hold 'Em Tournament. Entry fee is \$50 with the option for a \$20 add-on. There will be a chili bar and lots of prizes and giveaways. Top 10 percent win Visa gift cards. POC: (309) 782-4372
Date: **Saturday, Dec. 1**
Time: **4:30 p.m.**

Christmas Bunco: It's back! Join us for Bunco: Christmas edition, on **Dec. 6**, in Heritage Hall (Bldg. 60). Cost is \$5/player. There will be a special drawing if you bring a new unwrapped toy for Toys for Tots. Please call (309) 782-5890 for more information and to RSVP.
Date: **Thursday, Dec. 6**
Time: **6 p.m.**

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

Reopening Arsenal Club Bar Bldg. 60: Arsenal Club Bar Bldg. 60 reopened on Thursday, Nov. 1. Hours of operations are Thursdays and Fridays, 3-7 p.m. Bldg. 312 clubhouse bar is closed for the season.

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.

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
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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](#))

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.**

Christmas BUNCO: BUNCO is back for the holidays. Get all of your friends and family together for a night of fun. Cost is \$5 per person to play. Bring a new unwrapped toy and you will be



entered into a special drawing. Please RSVP to Eric or Anna at the Leisure Travel Office (309) 782-5890.

Date: **Thursday, Dec. 6**

Time: **6-8 p.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



ASC Holiday Social Child Care:

CYSS will offer hourly child care during the ASC Holiday Social on Friday, **Dec. 14.** RSVP is required by COB **Dec. 4.** Call (309) 782-2165 or [email](#) for more information.

Space is limited.

Time: **5:30-11 p.m.**



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



Families in Waiting Hearts Apart

Program: Hearts Apart program is for Military and Department of Defense Civilian Family Members who are going to be or have been separated because of military commitments (deployments, extended temporary duties, remote tours). The Hearts Apart group is currently meeting on a weekly basis. Contact ACS for information (309) 782-0829
Time: 9:30 a.m.

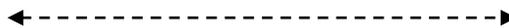


November Military Family

Appreciation Month: Opportunity for Military Family Portrait Session. There is no charge for the sitting or the digital images. The opportunity will be held on **Nov. 24-25** in Bldg. 110 NE Corner. Call Army Community Service for more information and appointment times (309) 782-0829.
Time: 9 a.m. - 6:15 p.m.

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.

Don't Let Drugs Darken Your Future

– Free Date Log Planners: There may not be such a thing as a free lunch, but there is such a thing as a free 2013 date log planner. The Army Substance Abuse Program / Employee Assistance Program are giving away free date log planners to RIA civilian and military personnel. Just come to the ASAP/EAP, Bldg. 56, first floor, east wing, and receive your free planner. Plan for tomorrow, and don't let drugs darken your future.



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.

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.

Great American Smokeout: Nov. 15 is the 37th Annual Great American Smokeout – encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. Smoking is the largest force behind preventable deaths in the United States. As a nation, we sink so much money into healthcare-related costs as a result of smokers. Yes, just because you don't smoke doesn't mean that you aren't at risk for smoking-related diseases because of those around you. Habits are hard to break, but you can do it. There are more resources to help you stop smoking than there has ever been before in the United States. According to the American Cancer Society, as of 2010, 13.2 million people smoked cigars with an additional 2.2 million pipe users. But this doesn't even compare to the more than 45 million cigarette smokers in the past year. Are you one of the Americans that attempted to quit smoking this year? Estimates show that more than 22 million people



quit for at least 1 day this year. That is great! But don't stop know. Rededicate yourself to quitting and join the American Cancer Society in reducing cancer around the world. Smoking increases your risk and the risk of others for all types of cancer. Smoking also causes many different type of disorders of the ear nose and throat including unexplained coughs, ear infections, sore throats, voice loss and hoarseness. Stopping today can help reduce the effects of many of these problems.

Smoking Cessation Group: The Great American Smoke-Out is Thursday, **Nov. 15**. What better time to kick the habit. The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office, Bldg. 56, 1st floor.

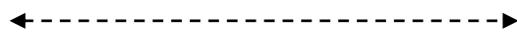
Education/Training Review

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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.

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:
Nov. 19, Dec. 17: Trinity College of Nursing & Health Sciences **Nov. 14, Dec. 12**: Kaplan University **Nov. 21, Dec. 19**: St. Ambrose University **Dec. 6**: Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA) **Dec. 11**: Black Hawk College. 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.



Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID.

The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Your Commissary Offers More Savings for the Holidays: Commissary shoppers have ample ways to stretch their normal 30 percent or more savings this holiday season thanks to special store promotions, giveaways, coupon offers and other opportunities for discounts. Customers are asked to check their local commissary for details on dates and times for the following promotions: * The Second Annual "Turkey Perfection" promotion. Starting Oct. 25 and ending **Nov. 28**, stateside customers, including Alaska and Hawaii, will receive a 32-page coupon booklet valued at more than \$40. * "Holiday Heroes." **Oct. 25 to Nov. 28**, Quaker and Tropicana will offer holiday-bundling coupons focusing on family meals. This promotion supports the "For the Troops Foundation," an all-

volunteer nonprofit organization that provides care packages to U.S. troops in Iraq and Afghanistan. Commissaries that participate could have up to \$7,500 donated in their name. * "Operation Appreciation." During November, Unilever will offer savings on their 15 top-selling brands. Up to \$25,000 of the proceeds from the sales of Unilever's participating brands with redeemable coupons from either the "Operation Appreciation" coupon booklet or the Commissary Rewards Card will support members of the armed forces. * "Believe in Heroes!" During November, commissaries worldwide will receive 500,000 coupon fliers, containing high-value coupons for commissary shoppers. During the promotional period most participating brands will provide donations to the "Wounded Warrior Project" foundation. * "Special Wounded Warriors Donation Program." Starting the first week in November, commissary shoppers in stateside commissaries, including Alaska and Hawaii, will see military-only coupons and a national Wounded Warrior ad/flier from Sun Products directing shoppers to a website for more coupons and a link to its Facebook page. Sun Products is donating a portion of the proceeds from this promotion to the Wounded Warrior



Project. Participating brands include Wisk, All and Snuggle.

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.

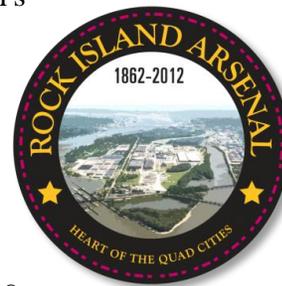
Arsenal Archive

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.

This Week in Rock Island Arsenal History – Nov. 12-18: On Nov. 17, 1889, Col. James Whittmore assumed command of the RIA. He served as RIA

commander until February 1892. On Nov. 18, 1872, an ice blockade formed in the Mississippi River halting ferry traffic cross the river.

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, 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?](#)" 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.

Healthbeat

Medication Disposal Sites: How to Dispose of Medicines Properly -- *Don't: Flush expired or unwanted prescription and over-the-counter drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so. *Do: Return unwanted or expired prescription and over-the-counter drugs to a drug take-back program or follow the steps for household disposal. ([More](#))

Army Wellness Centers: Army Medical Command's (MEDCOM's) Army Wellness Centers are the outreach arm of MEDCOM's Patient-Centered Medical Home, Army Medicine's current primary-care model. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed **Nov. 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

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Senate Passes COLA Bill for Veterans at Deadline: A bill to provide a cost-of-living adjustment for disabled veterans and survivors that stalled amidst partisan strife in late September passed the Senate on Tuesday, meaning that the 1.7 percent increase is expected to be included in checks to be sent in January. More than 3.9 million veterans and survivors are expected to receive compensation benefits in 2013, including veterans' disability compensation and dependency and indemnity compensation for surviving spouses and children. ([More](#))

Senate Passes Bill Boosting Payments to Veterans: The Senate sent the White House a bill on Tuesday giving nearly 4 million veterans and survivors a 1.7 percent increase in their monthly benefit payments next year. Democrats said the normally routine measure was delayed for weeks because an unidentified Republican senator objected to it. Republicans were not given enough time to ensure that all senators were okay with the bill, said Don Stewart, a spokesman for Minority Leader Mitch McConnell. He said the clearance process was completed soon after Congress adjourned for the elections and

that Democrats could have brought the bill up if necessary. ([More](#))

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Car Pooling Announcements

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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.

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Around the Q.C.

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Nov. 15: [4th Annual Holiday Hat Bash](#), (CASI, Davenport)
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)
Nov. 17: [Habitat for Humanity Turkey Trot](#) (Augustana, Rock Island)
Nov. 21: [Jingle Jam 12 - All High-School Dance Party](#) (Waterfront Convention Center, Bettendorf)
Nov. 22: [26th Annual Turkey Trot](#) (606 West 2nd Street, Davenport)
Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)
Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)
Dec. 2: [19th Annual Reindeer Ramble 5K](#) (IBEW Union Hall, Moline)
Dec. 7: [Gallery Hop!](#) (The District)
Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)
Dec. 16: [5th Annual River Bandits Indoor Frost Fest](#) (Modern Woodmen Park)
Feb. 24: [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)
April 7: [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)

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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. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of *Island Insight* is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

Deep Fried, Safety Style

- Keep the fryer in full view while the burner is on
- Place the fryer in an open area away from all walls, fences or other structures
- Never use the fryer in, on or under a garage, breezeway, carport, porch or any structure that can catch fire
- Raise and lower the food slowly to reduce splatter and avoid burns
- Cover bare skin when adding or removing food
- Check the oil temperature frequently
- If the oil begins to smoke, immediately turn off the gas supply
- If a fire occurs, immediately call 911 or your local fire department; never attempt to extinguish the fire with water

Source: Consumer Product Safety Commission

U.S. ARMY
ARMY STRONG

U.S. ARMY SAFETY CENTER
<https://safety.army.mil>

ARMY SAFE IS ARMY STRONG

1 BAND OF BROTHERS & SISTERS





Army Families – Strong, Caring, Resilient



MILITARY FAMILY

APPRECIATION MONTH

NOVEMBER 2012

