

Nov. 26, 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>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



Warrior Transition Command Launches 'Hire a Veteran' Campaign:

The Army's Warrior Transition Command unveiled its three-pronged Hire a Veteran education campaign plan Nov. 19. The plan aims to help employers understand that wounded warriors can bring a wealth of leadership experience and skills to the table and to their bottom line. "This campaign is about setting conditions, not just preparing our Soldiers for a new career

as a veteran, but also preparing employers about this unique population who has so much to offer," said WTC Commander Brig. Gen. David J. Bishop in kicking off Warrior Care Month at the National Press Club. "Our goal for this campaign is for employers to gain clarity on how well military skills translate to civilian employment and that post-traumatic stress disorder and traumatic brain injury, known as PTSD and TBI, are treatable conditions which

are not unique to the military and most individuals affected go on to lead successful productive lives," he said. Bishop also noted that the campaign also hopes to get across to would-be employers that, "reasonable accommodation for wounded warriors is not difficult, not



expensive, nor a burden when compared to the incredible value our wounded warriors bring to the civilian workforce given their unique training and experience." ([More](#))

OPM Survey: Tight Budgets, Pay Freeze 'Taking Toll' on Employee Satisfaction:

Employee satisfaction across the federal government is sagging, according to the 2012 Employee Viewpoint Survey released by the Office of Personnel Management Wednesday. While there weren't any drastic drops, scores government-wide were down in every major measure, including employees' satisfaction with their jobs, supervisors and pay. ([More](#))



Members of Congress Ask President to Spare Federal Workers from

Additional Cuts: Several members of Congress recently sent a letter to President Obama and House leaders to encourage that the federal workforce be left out of consideration for other areas



that might possibly be cut for deficit reduction. The letter follows on the heels of the letter sent earlier this week by the Federal-Postal Coalition to members of Congress on the same subject. In fact, some of the key points made in the letter aligned closely with the one put forth by the Federal-Postal Coalition. ([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

Upcoming Dates

- 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. 8:** 113th Army-Navy Game
- Dec. 9:** National Children's Memorial Day
- 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:** National Lights On For Life Day
- Dec. 21-23:** National Holiday Lifesaver Weekend
- Dec. 24:** Christmas Eve ([Fed. Holiday Unknown](#))
- Dec. 25:** Christmas (*Federal Holiday*)
- Dec. 28:** 103rd Anniversary of the Army Chaplain Assistant
- Dec. 31:** New Year's Eve
- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 5:** U.S. Army All-American Bowl
- Jan. 13:** AMBER Alert Awareness Day
- Jan. 17:** 21st Anniversary of Operation Desert Storm
- Jan. 27:** National Eosinophilia Day
- Jan. 27-Feb. 2:** Tobacco-Free Awareness Week



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](#))

Last Chance on Scheduling Annual Leave:

Dec. 1 is the last day for an employee to schedule "use or lose" annual leave and retain the chance of having such leave restored if unable to take the leave before the end of the leave year, which will be Jan. 12. Most employees can carry no more than 240 hours of leave from one leave year to the next and generally must forfeit any excess. One special consideration is that the current leave year has 27 biweekly periods rather than the standard 26, and employees thus should be aware that they will accumulate more annual leave in the 2012 leave year than they would typically. Forfeited leave may be



restored if the employee could not take it by the end of the leave year due to sickness or agency mission needs--but only if it was scheduled before the annual deadline. ([More](#))

Last Call for TSP Catch-up Elections:

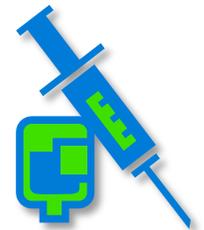
Active employees who are age 50 or above, or who will be before the end of the year, and who wish to make "catch-up" contributions to the TSP still have time to make those investments before the end of the year, but time is running out. Catch-ups are allowed if an eligible individual has hit the annual dollar TSP limit (\$17,000 this year; it will be \$17,500 next year) or is on an investing pace to do so by the end of the year. The maximum allowable catch-up contribution is \$5,500 this year (and next). The investments must be made from payroll withholding, so to take the most advantage of the benefit with only a few pay periods left in the year, investors would have to order a large biweekly withholding, assuming they could live on a substantially reduced income for that period. For each figure, traditional and Roth-type investments are combined, for those investing in both types. ([More](#))



Holiday Closures: Physical Security, the Visitor Control Building and Lock & Safe will be closed on **Dec. 24 & 25** for Christmas Eve and Christmas Day. They will also be closed on **Dec. 31 & Jan. 1** for New Years Eve and New Years Day.

Open Flu Shot Clinic, Nov. 28, 8 a.m.:

The U.S. Army Clinic Rock Island will conduct a flu shot clinic for all employees, **Nov. 28, 8 a.m. – 5 p.m.** or until the vaccine is gone. The location is Bldg. 110, basement, west wing (opposite the clinic). Entry is off of South Street either through the doorway or the garage door. POC: [Sgt. First Class Gavin Groves](#), Clinic NCOIC, (309) 782-0804/0805.



Make Your Voice Heard!:

Interactive Customer Evaluation (ICE) is the Army's web-based application for receiving and responding to customer feedback and is your direct link to the Garrison Management Team here at Rock Island Arsenal. Your voice can make a difference today. The USAG-Rock Island Arsenal staff is



actively using ICE program feedback to drive continuous improvement of programs and services. The Garrison is dedicated to improving customer satisfaction by using the information that is provided by your input. Our objectives are to use ICE to identify systemic issues, develop solutions, and to improve our services and programs leading to enhanced quality of life for Soldiers, Families and civilian. Thank you for giving us the opportunity to serve you better. Go online to <https://ice.disa.mil>, select - USAG-Rock Island Arsenal, where more than 100 services can be rated.

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.



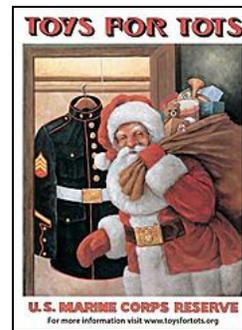
Benefits Open Season Under Way:

The annual federal benefits open season has now started and will run through **Dec. 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](#))



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](#) at (563)528-3533. ([More](#))

Arc-BSC Holidays and Inventory: The Base Supply Center, Arc, will be closed on the following days: **Dec. 24 & 25** - Closed for Christmas; **Dec. 26 & 27** - Closed for Inventory; **Jan 1** - Closed for New Years Day; **Jan. 21** - Closed for Martin Luther King Jr. Day. Contact Store with any questions, (309) 782-1666.

VIOS Schedule for December: Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal **Dec. 11, 12 and 13**. Appointments may be scheduled online by submitting a DA3903 Work Request using the Visual Information Ordering Site at www.vios.army.mil for these available times: Tuesday, **Dec. 11**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Dec. 12**, 7:20 a.m. – 3:40 p.m.; Thursday, Dec. 13, 7:20 a.m. – 3:40 p.m. Click on



"Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA Photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Angel Tree - Christmas Caring: The 23rd annual Christmas Caring Angel Tree is up and ready for the "angels" to be adopted. Visit Room 425 in Bldg. 350 on a break or during lunch to adopt an angel this year. Gifts are due back by **Dec. 14.**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 14, 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.](#)

Arsenal Attic Thrift Shop &

Boutique: The Attic will host Fran Riley of KWQC on Thursday, **Dec. 6** at 10 a.m. All are invited to this event. A great way to let the QC know about the Thrift Shop, the work we do as part of the Welcome Club and the and the kids we benefit. POC: (309) 782-6977.

Rock Island Arsenal Historical

Society Meeting: Kathy Carey, National Society Daughters of the Revolution, will speak about "D.A.R.--Let's Take a Look," at the Arsenal Golf Club. If you join us for dinner advanced reservations must be made with Linda at (563) 355-6165, by **Dec. 3.** The 7 p.m. program is free and open to public.

Date: **Thursday, Dec. 6**

Time: **6 p.m. Dinner, and 7 p.m.**

Speaker

Operation Family Timeout:

The next Operation Family Timeout will take place on Saturday, **Dec. 8,** 1-5 p.m., at the Davenport YMCA on 606 W. 2nd St. Four hours of free childcare will be available to military families and families of deployed civilians with children ages six-weeks to 12-years-old. Pre-



Registration is required by Friday, Nov. 30. Parents – join us afterwards for Family Fun Night from 5-7 p.m. Free pizza, pop, arts/crafts, swimming and the gym will be open during this time. Parents are required to stay with their children during the Family Fun Night events. RSVP online or by calling the Rock Island County Extension. You can [register your child for either or both events online HERE](#). Scroll down to Operation Family Timeout or call the Rock Island County Extension office. For more information call the Rock Island County Extension office at (309) 756-9978. Operation Family Timeout upcoming events include **Jan. 12** at Moline Two Rivers YMCA; **Feb. 9** at Bettendorf YMCA; **March 9** at Moline Two Rivers YMCA; and **April 13** at Davenport YMCA. Operation Family Timeout is provided by these Quad City Community Sponsors: Modern Woodmen of America and Rock Island Chapter of the American Society of Military Comptrollers.

End of Year Donations: For those desiring to donate annual leave to another federal employee in a personal or family medical emergency, please complete Leave Donor form (RIA 690-43) and submit with supervisor signature

to the Civilian Personnel Advisory Center. Reminder – in any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. End of year donations must be received in the CPAC no later than **Dec. 11** in order to be processed within this calendar year. The POC is Janine Couppee at (309) 782-1278.

Winter Weather Awareness: The weather is getting cooler and almost all the leaves have fallen from the trees. It is important to prepare for winter now before it arrives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain. For information on how the RIA handles severe winter



weather we have attached the basic RIA Winter Weather Plan. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes. While the majority of the RIA workforce is already aware of this, those who are new to the area may not be. It's always good to review, [please click HERE](#) and take the pledge to prepare today, because you never know when it is the day before a disaster. For more [information, videos and presentations that you can use for your organizational winter weather preparedness efforts](#).

TSP Contribution Limit Increases for 2013:

Thrift Savings Plan maximum contribution amounts for regular/Roth TSP is \$17,500 and \$5,500 for TSP



Catch-Up. It is important to remember that TSP contributions are based on the calendar year in which the pay is received. The first 2013 contribution will be on pay date **Jan. 10 (Jan. 4 for DCMA)**. Therefore, those wishing to spread their contributions over the full 26 pay periods, should make TSP and TSP Catch-Up elections during the pay period that begins on **Dec. 2**. TSP Catch-Up elections must be renewed each year. Eligibility for TSP Catch-Up are: 1) age 50 or older during the calendar year, 2) currently employed and in pay status and 3) regular contributions to civilian or military TSP account or equivalent employer plan that will equal the maximum allowed by the Internal Revenue Code (\$17,500 for 2013). Charts to assist with planning the amount of TSP contributions to reach the maximum for 2013 will be available on the ABC-C website beginning **Dec. 2**.

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!



Arsenal Traffic/Construction



Hillman Street Closure: Hillman Street, between Rodman Avenue and North Avenue, is closed until further notice for an emergency firewater line repair. This repair will not affect drinking water.

Repair North Ave-New Entrance to Parking Lot 3K: Beginning Friday, **Nov. 30** (weather dependent), the Directorate of Public Works will begin work to add a new entrance at the Southwest corner of Lot 3K. Lot 3K is northwest of the intersection of North Avenue and Gillespie. The new entrance is required in support of the North Avenue construction project. During the construction of the North Avenue and Gillespie intersection, the East entrance to Lot 3K will be closed and motorists will use this new entrance. The attached drawing depicts the intended changes to

the lot configuration. The addition of the new entrance results in a net loss of four auto parking spaces and a gain of six motorcycle spaces. The motorcycle spaces allow for required sight distances when exiting the parking lot. The construction of the new entrance is scheduled to last approximately 10 days depending on the weather. Please use caution when traveling around the construction area, which will be clearly marked.

North Avenue Construction Update: 2nd and 3rd Street Detour: Effective Nov. 21, the Directorate of Public Works will begin work on the intersection of North Avenue and 2nd street. This work is part of the overall North Avenue project. During the construction of the new intersection the detour of 3rd street traffic north of Bldg. 66 traveling east towards East Avenue will remain in place. The traffic flow will remain one way only. Traffic flow on 2nd Street from North to Rodman will not be available until construction is complete. The parking spaces directly between buildings 62 and 64 will not be available. The very southern parking spaces on 2nd Street will be available using the frontage road on the south side of Bldg. 64. Traffic signs and barrels will be placed. The attached drawing



depicts the intended changes to the traffic flow. The construction of the new interchange is expected to last 10 to 14 days depending on the weather. Please use caution when traveling around the construction area.

Next Phase -- Repair of North Avenue - 3rd Street Detour: Effective Nov. 19, the Directorate of Public Works will begin work on the intersection of North Avenue and 3rd street. This work is part of the overall North Avenue project. During the construction of the new intersection there will be a detour of 3rd street traffic around the North of Bldg. 66 traveling east toward East Avenue. The traffic flow will be one way only. Traffic signs and barrels will be placed. The attached drawing depicts the intended changes to the traffic flow. The construction of the new interchange is expected to last 10 to 14 days depending on the weather. Please use caution when traveling around the construction area.

North Avenue Repair & Closures: Effective Sept. 19, the Directorate of Public Works began a project to repair North Avenue between East Avenue and Gillespie Street. The repair includes 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. 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

Ⓢ **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](#))

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](#))

East Moline Silvis Rotary Meeting: Our Rotary Club collected \$1,137 for Packages from Home for Afghanistan. We would like a couple of military personnel to be in picture for our club ... any branch. A Marine would be great, our son is a Marine. Call [Jim Hughes](#) (309) 737-0646
Date: **Thursday, Nov. 29**
Time: **12:15 p.m.**

Safety Spotlight

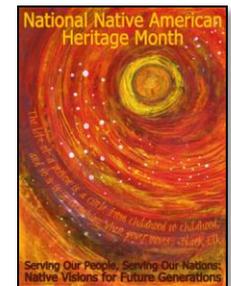
☪ **Army Winter Safety Campaign Website Is Active:** The U.S. Army Combat Readiness/Safety Center officially launched the Army Safe Winter campaign today, providing

leaders, Soldiers and safety professionals valuable information to augment their seasonal safety programs. The campaign is the second of four installments of the "Know the Signs" safety effort. While fatal accidents usually dip during the winter months, it's no time to be complacent about safety. "As an Army, we're doing extremely well regarding accidental losses," said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. "Fiscal 2012 was our best year in more than a decade, and this year we've seen further decreases in fatal accidents. "The last thing we want to have happen is Soldiers use that good news as a reason to drop their guard." Private motor vehicle accidents remain the No. 1 killer of Soldiers. Inclement weather during winter can heighten risk while driving, whether on two wheels or four. "Believe it or not, more Soldiers were killed on motorcycles during January and February this year than sedans and other conventional vehicles," Edens said. "Leaders have to know what their Soldiers are doing and stay engaged on the hazards they may face, even if it seems counterintuitive to the time of year." The Army Safe Winter campaign includes informative articles and posters

that heighten awareness of cold weather hazards. Media products from previous campaigns have become staple items in unit safety toolboxes. "These campaigns have become the focal point for seasonal safety programs," Edens said. "That's a good thing, because it continually challenges us to think of new and creative ways to relay the information. "However, leaders shouldn't use it as a crutch. Safety is a lot more than briefings and bulletin boards. It's about the safety culture within the organization, and it begins with leader engagement at the lowest level." The campaign begins Nov. 26, and runs through Feb. 27. Articles, posters and other tools are available now at the [Winter Campaign website page](#).

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.

Holiday Tree Lighting: Join MWR as we ring in the holiday season with our annual Holiday Tree Lighting Ceremony on **Dec. 6** at 11 a.m. in Heritage Hall (Bldg. 60). There will be hot cocoa, coffee, cookies,



prizes and giveaways and a visit from Santa Claus. Everyone who brings a new, unwrapped toy for our Toys for Tots collection will be entered into a drawing for lots of fabulous prizes including the grand prize: a night on the town package including dinner, movie tickets and a one night hotel stay. Call (309) 782-5890 for more information.

Arsenal Island Army-Navy Game Celebration: Join us on **Dec. 8** for the 113th Army-Navy Game. Come watch at the Arsenal Island Golf Clubhouse and enjoy free wings provided by AUSA and food and drink specials. Doors open at 12:30 p.m., game starts at 2 p.m. ([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](#))

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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.

Looking for a Santa:

MWR needs your help! If you're a jolly old soul and would like to dress up as Santa for this year's Holiday Tree Lighting on **Dec. 6** please contact Anna at (309) 782-5890.



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.**

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.

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.**

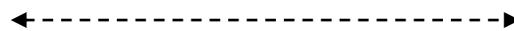


Reopening Arsenal Club Bar Bldg. 60: Arsenal Club Bar Bldg. 60 reopened on Thursday, Nov. 1. Hours of operations are Thursdays and Fridays, 3-7 p.m. Bldg. 312 clubhouse bar is closed for the season.

Now Booking Holiday Parties at the Golf Clubhouse: The holiday season is upon us ... it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

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

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



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is

closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

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.**

Bldg. 350 Vendor Day: MWR Leisure Travel Office has made arrangements to have four vendors visit for last Christmas shopping. Vendors who will be there are LeClaire Kettle Corn, Perfectly Posh, Pampered Chef and Mary Kay. For more information contact LTO at (309) 782-5890.
Date: **Thursday, Dec. 13**
Time: **9 a.m. - 1 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



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.

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.**

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.

Special Needs and Special Occasions:

Minimizing Holiday

Stress: The Special Needs Informational Forum is having a presentation on ways to cope with holiday stress, focusing on families with individuals with special needs. The location is Bldg. 150, School Age Center. Free snack dinner. Limited child care is available. You must RSVP for child care by **Dec. 1** to (309) 782-4736/6515. For more information email Janice.n.saito.civ@mail.mil



Date: **Thursday, Dec. 6**
Time: **5:30-7:30 p.m.**

←-----→ **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.

PTSD Support Groups: You don't have to go through this alone. 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.

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.



Smoking Cessation Group: Want to join a supportive group of individuals



with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East.

Seasonal Affective Disorder –

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



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

Keep Your Mental Health in Check During the Holidays – December

2012: Another year will soon be coming to a close, but not without the big rush of the holiday season.

Relatives to visit, meals to prepare, presents to buy ... whether it is the most joyous time of year is up for debate but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate



existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues may be a sign of an underlying mental health condition the Rock Island Arsenal Employee Assistance Program offers free, confidential services with Master's-level counselors. The EAP is located in Bldg. 56, 1st floor. Call (309) 782-4357 to schedule an appointment. Make sure you give yourself a gift this holiday season. If you have been feeling down or stressed lately please contact the EAP today.

Education/Training Review

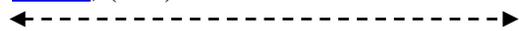


The Rock Island Army Education Center is located in Bldg. 56, 1st floor,



west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

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: **Dec. 17:** Trinity College of Nursing & Health Sciences **Dec. 12:** Kaplan University **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. 26-Dec. 2: Paracrates, air delivery containers, were

manufactured at the RIA during WWII. Preliminary studies for the development of these paracrates were completed on Dec. 1, 1942. On that date a set was shipped to Fort Bragg for tests. On Dec. 1, 1970, the U.S. Army Weapons Command's Keith L. Ware Simulation and Experimental Firing Center was officially opened by Lt. Gen. Woodrow Vaughn, Deputy Commanding General of the U.S. Army Materiel Command.

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

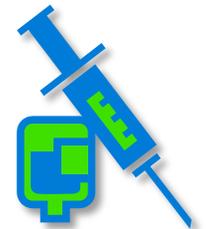


adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50.

Rock Island Arsenal Historical Society Meeting: Kathy Carey, National Society Daughters of the Revolution, will speak about "D.A.R.--Let's Take a Look," at the Arsenal Golf Club. If you join us for dinner advanced reservations must be made with Linda at (563) 355-6165, by **Dec. 3**. The 7 p.m. program is free and open to public.
Date: **Thursday, Dec. 6**
Time: **6 p.m. Dinner, and 7 p.m. Speaker**

Healthbeat

Open Flu Shot Clinic, Nov. 28, 8 a.m.: The U.S. Army Clinic Rock Island will conduct a flu shot clinic for all employees, **Nov. 28, 8 a.m. – 5 p.m.** or until the vaccine is gone. The location is Bldg. 110, basement, west



wing (opposite the clinic). Entry is off of South Street either through the doorway or the garage door. POC: [Sgt. First Class Gavin Groves](#), Clinic NCOIC, (309) 782-0804/0805.

Do You Hear What I Hear? Your Brain on Christmas Music: Shana McGough likes Christmas music, until she hears too much of it. "I think at first Christmas music is nice, it's nostalgic, and it gets me into the holiday spirit," says the writer from Escondido, Calif. Then, "it gets old, and it can start to feel like a part of a giant sales machine trying to bleed me dry." She also suspects that for anyone of a different faith who doesn't celebrate Christmas, "holiday music must be beyond annoying, right into offensive." If it's not started already, by the time the Thanksgiving meal is devoured and the stores open for Black Friday, Christmas music will be inescapable. After hearing 'Rockin' Around the Christmas Tree' and 'Frosty the Snowman' for the umpteenth time, you might be hoping for a silent night. Earlier this month Canada's top pharmacy chain Shoppers Drug Mart Corp. heeded shopper complaints and put the holiday music on pause until later in the season. Even for people who celebrate Christmas, listening to the same seemingly inescapable seasonal

songs over and over again may be incredibly irritating. ([More](#))

Risk Behaviors - Tobacco Use: Risk behaviors, specifically tobacco use in the Army, is a high-profile issue that negatively impacts force readiness and the health of all members of the Army family - Soldiers, family members and civilians. Tobacco use is a major cause of cancer of the lung, oral cavity, pharynx, larynx, esophagus, pancreas, kidney, bladder and cervix and may lead to heart disease and diseases of the blood vessels, stroke, a reduction in lung capacity, stamina, fine motor coordination, slower healing of wounds and many other long-term medical conditions. ([More](#))

Medical Advancements - Supporting Warfighters and Civilians Too: For more than two centuries, Army medical advancements on the battlefield, from vaccines to prevent diseases to water chlorination and purification, tourniquets, hemostatic dressings, casualty evacuations and other medical care considered common today, are all a result of Army and military medical innovations. ([More](#))

Health Clinic Announcement: Sick Call hours 7-8 a.m. Lab closed **Nov. 26,**

27. Radiology closed **Nov. 30.** 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

Special Courts Aim to Keep Veterans Clean, Out of Jail: When a knee injury left him on disability and reliant on pain medication, Army veteran Clarence Johnson hit a wall. Out of his prescription drugs, the New York City native was arrested during a visit to South Carolina last year after buying narcotics on the street. Johnson was facing up to two years in jail. But under a new program for veterans facing some nonviolent crimes, Johnson was able to stay out of jail — and get off drugs, he hopes, for good. ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your



announcement off once you have found a ride.

Car Pool:

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

Around the Q.C.

- 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)

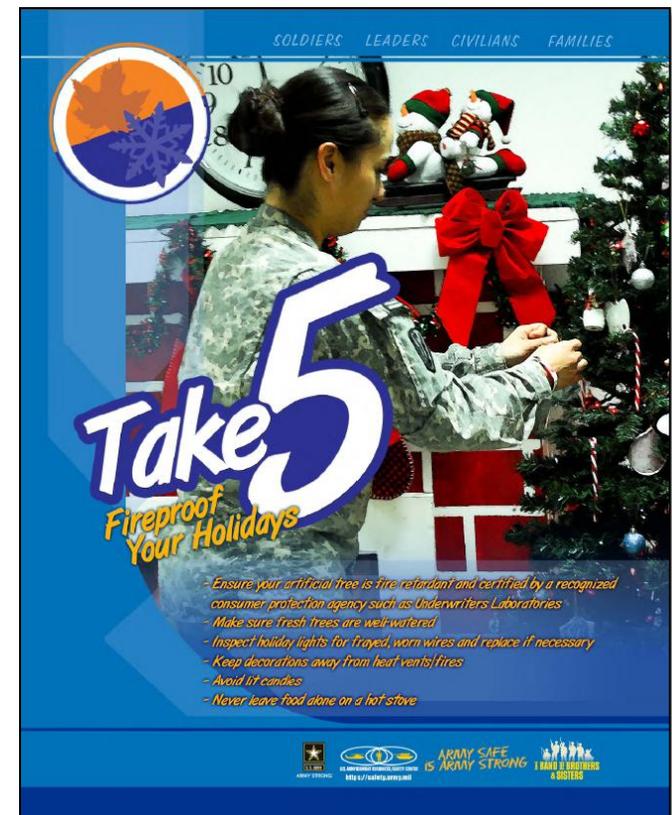
April 7: [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)

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](#).



A photograph of a soldier in a grey camouflage uniform and a woman in a white winter jacket. They are both focused on decorating a Christmas tree with purple ornaments. The soldier is holding a purple ornament, and the woman is holding a purple gift bag. The tree is decorated with white snowflake garlands and other ornaments.

Take 5

*Manage Stress
for a Happy Holiday*

- Acknowledge your feelings
- Reach out to others
- Keep expectations realistic
- Set aside differences
- Stick to a budget
- Plan ahead



**ARMY SAFE
IS ARMY STRONG**

