

Dec. 5, 2011



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the island intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

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

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Caring Exemplifies the Spirit of the Holiday Season:

One of the world's greatest leaders was a gate guard who worked at the main gate of Fort Benning, Ga. What made him so great was that he knew his job was more than checking ID cards. With his awesome attitude, he conveyed that he cared to every person passing through his lane. Somehow he succeeded in making a difference just through his genuine message of "Welcome Home!" I talked

with many people who came into contact with him--Soldiers, parents visiting their Soldiers, Civilians going to work, and visiting retirees who were stationed at Fort Benning years ago--and all agreed. He made a difference. We've all seen this type of inspired leadership on every installation. Showing that we care exemplifies the very spirit of the holiday season. The great thing about being part of the Army Family is that caring goes beyond the holiday season.

It is day in, day out, year-round. Margie and I and our four kids have lived and grown as a Family on Army installations around the world. In addition to the gate guard, we've met many whose sense of service far exceeded their job description – really dedicated people at a housing office, Youth Sports coaches,



and Child Development professionals, to name just a few. My family's experience is not unique. ([More](#))

National Pearl Harbor Remembrance

Day: Seventy years ago, on December 7, 1941, our service members and civilians awoke on a quiet Sunday to a surprise attack on Pearl Harbor by Japanese forces.

Employing whatever weapons were at hand, those who defended Hawaii that fateful morning stand as examples of the selfless heroism that has always characterized the Armed Forces of the United States. More than 3,500 Americans were killed or wounded, and the images of burning battleships and the grief for lives lost were forever seared into our national memory.

Presidential Proclamation, 2010 ([More](#)) ([70th Anniversary](#)) ([DoD Special](#)) ([AHTV Special](#)) ([U.S. Navy Page](#))

Corps of Engineers' CFC Online

Auction: The Corps of Engineers, Rock Island District will be conducting its "Online Auction" for the [Illowa Bi-State CFC](#) again this year.

The dates for the auction are 8 a.m. on



Wednesday, **Dec. 7**, and will end at 3 p.m. on Tuesday, **Dec. 13**. The link for the auction and to register is <https://www2.mvr.usace.army.mil/CFC/default.cfm> The Corps needs your help ... if you have a craft item or perhaps something nice in your attic, please send it to the event's chair, [George Hardison](#), through email at george.l.hardison@usace.army.mil 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. **DISCLAIMER:** You must be an employee, contractor or tenant of the Rock Island Arsenal in Rock Island Illinois, or a federal employee within the Illowa Bi-State CFC footprint to participate.

Congressman Notes Senate Passage of Long-Stalled Defense Bill:

Congressman Bobby Schilling (IL-17) today said that while language affecting the workload at Rock Island Arsenal in the National Defense Authorization Act (NDAA) approved by the Senate last night is an improvement over current law, he is



Upcoming Dates

- Dec. 4-10:** National Handwashing Awareness Week ☞
- Dec. 4-10:** Nat. Influenza Vaccination Week ☞
- Dec. 5:** Ninja Day
- Dec. 6:** Saint Nicholas Day
- Dec. 7:** Pearl Harbor Day (70th Anniversary) ☞
- Dec. 7:** International Civil Aviation Day ☞
- Dec. 10:** Wreaths Across America ☞
- Dec. 10:** Human Rights Day ☞
- Dec. 10:** Total Lunar Eclipse ☞
- Dec. 11:** National Children's Memorial Day ☞
- Dec. 13:** 375th Army National Guard Birthday ☞
- Dec. 13, 14:** Geminids Meteor Shower ☞
- Dec. 15:** Bill of Rights Day
- Dec. 16:** 200th Anniversary of Great New Madrid Earthquake ☞
- Dec. 16:** 67th Battle of the Bulge Anniversary ☞
- Dec. 16-18:** National Holiday Lifesaver Weekend
- Dec. 17:** Gold Star Wives Day
- Dec. 17:** Wright Brothers Day
- Dec. 19:** National Lights On For Life Day
- Dec. 21:** First Day of Winter (Winter Solstice) ☞
- Dec. 21:** Humbug Day
- Dec. 25:** Christmas Day
- Dec. 26:** Christmas Day (*Federal Holiday*)
- Dec. 26:** National Thank You Note Day
- Dec. 28:** 102nd Anniversary of the Army Chaplain Assistant
- Jan. 1:** New Year's Day
- Jan 2:** New Year's Day (*Federal Holiday*)
- Jan. 3-4:** Quadrantids Meteor Shower ☞
- Jan. 7:** U.S. Army All-American Bowl ☞
- Jan. 8-14:** Nat. Folic Acid Awareness Week ☞
- Jan. 9:** National Clean-Off-Your-Desk Day
- Jan. 13:** AMBER Alert Awareness Day ☞
- Jan. 16:** Martin Luther King Day ☞
- Jan. 22-28:** Tobacco-Free Awareness Week ☞
- Jan. 23-27:** No Name-Calling Week ☞
- Jan. 27:** National Eosinophilia Day ☞



working with Congressman Dave Loebsack (IA-02) to strengthen the final version of the bill reported by the Conference Committee, which will resolve differences between the House and Senate bills. The House language, which Schilling and Loebsack authored and the House approved, would more significantly strengthen the ability of the Quad Cities area to leverage assets of the Rock Island Arsenal for job creation and economic growth. ([More](#))

Another Pay Freeze?: Experts say last week's Senate defeat of a proposed federal pay freeze and workforce cut did not kill it. It may come up again — and soon.



Particularly unnerving for some federal advocates was President Obama's silence on the proposals. A Dec. 1 White House statement opposing S 1931 — the Temporary Tax Holiday and Government Reduction Act — didn't threaten a veto nor mention the pay freeze as objectionable items. The bill proposed cutting the federal workforce by 10 percent — or roughly 200,000 employees — and extending the federal

pay freeze another three years, bringing it to five years total. ([More](#))

Targeting of Feds Could Have Serious Repercussions:

Last week, Senate Republicans unsuccessfully tried to shrink the federal workforce 10 percent and extend the federal pay freeze from two to five years.



Sponsored by Sen. Dean Heller, R-Nev., the measure was intended to pay for an extension of the payroll tax cut, but was rejected along mostly partisan lines in a Dec. 1 vote. What should worry feds, however, is that while the Obama administration opposed Heller's bill, it did not specifically object to extending the pay freeze or cutting the workforce. The president did not threaten a veto. ([More](#))

Experts: DoD Could Slash 150K Jobs:

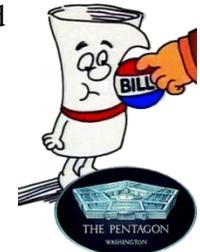
A reduction in force. More base closings and consolidations. Big cuts to defense intelligence agencies. All those options affecting the Defense Department's vast civilian workforce would be on the



table if automatic across-the-board budget cuts go forward, experts predicted last week. That workforce, the largest of any federal agency, totals about 790,000, according to the most recent DoD figures. During the next decade, its size could tumble 20 percent to about 630,000, the smallest since the Defense Department's creation in 1947, under a scenario outlined last month by Defense Secretary Leon Panetta in a letter to Congress. The Army, Navy and Air Force employ almost 80 percent of the existing civilian workforce; DoD organizations and the National Guard account for the rest. ([More](#))

2012 Defense Bill Amendment Capping Contractor Pay Advances:

An amendment to the 2012 Defense Authorization Bill, passed by the Senate last week, caps taxpayer-funded compensation for all contracting employees at \$400,000. The Senate voted 93-7 to approve the authorization bill, which includes the contractor pay cap. The annual authorization bill lays out broad policy and spending priorities for the Pentagon. Sponsors of the bill Sens. Barbara Boxer (D-Calif.), Chuck Grassley (R-Iowa) and Jay Rockefeller



(D-W.V.) introduced the "Commonsense Defense Contractor Compensation" measure last month. ([More](#))

Experts Urge Federal Employees to Consider Switching Health Plans: As the end of open season for changing health insurance elections draws near, the refrain among health care specialists boils down to: Look into changing your plan now, before it's too late. "If you don't think about the possibility of a switch, you miss out on the savings," said Walton Francis, author of Consumers' Checkbook Guide to Health Plans for Federal Employees. Francis said that every year, his biggest hurdle in advising federal workers on their health insurance is simply getting them to consider switching plans. ([More](#))



Wreaths Across America: The Rock Island National Cemetery will have a "Wreaths Across America," ceremony on Saturday, Dec. 10, at 11 a.m., at the main cemetery flagpole. The Wreaths Across



America story began more than 18 years ago when Worcester Wreath Company (a for-profit commercial business from Harrington, Maine) began a tradition of placing wreaths on the headstones of our nation's fallen heroes at Arlington National Cemetery during the holidays. The wreath laying is now held annually on the second Saturday of December. In December 2008, more than 300 locations held wreath laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. More than 100,000 wreaths were placed on the headstones of those who served and sacrificed for our freedoms and more than 60,000 volunteers participated. In 2011 that number will exceed 400 locations all focused on the mission to Remember - Honor - and Teach. The public is invited to attend the Rock Island National Cemetery ceremony. POC is (309) 782-2094. More information about the nationwide event can be found [HERE](#). ([Facebook](#))

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. Free live



Christmas trees will be available for all active duty Military and Families to include National Guard and Reserve troops. The trees can be picked up at the Memorial Park Pavilion during the following times: **Dec. 6-9:** 9 a.m. - 4 p.m.; **Dec. 12-13:** 9 a.m. - 4 p.m. Please call (309) 782-4420 for more information.

Federal Health Benefits Open Season: Federal Health Benefits Open Season for 2012 plan year started **Nov. 14 and will end Dec.**

12. Employees may enroll or change existing plan under Federal Employee Health Benefits, Flexible Spending Account, and Federal Employee Dental & Vision insurance Plan. Find more information about these programs at www.opm.gov. POC: Amber Ehrecke, (309) 782-1206 ([Army News Article](#))



Army Family Action Plan

Conference: The Army Family Action Plan (AFAP) provides a way for Soldiers, Civilian Employees, National Guard, Army Reserve, Retirees and



their Family members to let Army leadership know what works, what doesn't work and what they think will fix it. Submit your issues at <http://riamwr.com/AFAP/> or (309) 782-0831 for more info.
Date: **Wed. & Thurs., Dec. 14-15**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 9, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A 3rd shift blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 9**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



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

of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

End of Year Leave Donations: For those wishing to donate annual leave to another federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Dec. 14**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are schedule to work and receive pay. POC: [Janine Couppee](#), PECH-NCR-E, (309) 782-1278.

Esprit de Corps Toastmasters

Meeting: The Esprit de Corps Toastmasters Club meeting the 1st and 3rd Wednesday of each month at the Corps of Engineers' Clock Tower Building.



We welcome anyone who wishes to improve their speaking and leadership skills to join us. Visitors are always welcome; so if you are unsure about joining, come visit.
Date: **Wednesday, Dec. 7**
Time: **11:45 a.m. - 12:45 p.m.**

Arc Business Supply BSC

Holiday/Inventory Hours: Closing at 2:30 p.m., **Dec. 15**; Closed **Dec. 23, 26, 29, 30, Jan. 2, and Jan. 16**.

Travel Warning – Thailand:

This Travel Alert is being issued to alert U.S. citizens to difficulties related to travel in the flood-affected areas of Thailand, including Bangkok. Floodwaters are generally receding, and the overall situation is improving. However, flooding still hampers transportation and limits access to some essential services in the affected areas.



The U.S. Department of State advises caution if traveling to these areas of Thailand. This Travel Alert extends only to the areas of Thailand listed in the following paragraph. Most tourist destinations, such as Phuket and Chiang Mai, are unaffected by the current flooding. Bangkok's main international airport, Suvarnabhumi, is operating normally. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, it is their responsibility to contact someone in their respective chain of command.

Arsenal Attic Thrift Shop & Boutique:

Your thrift shop is open every Tuesday & Thursday 9 a.m. – 3 p.m. Fully decorated-lit Christmas trees are on display and ready for purchase. We have a great selection brand new books, holiday decorations and gifts. If you need winter clothing, the Thrift Shop is the place to come. POC: (309) 782-6977.

Winter ASC Chaplain's

Services/Observances Schedule: The following are upcoming ASC Chaplain's Office religious services/observances.

Holy Day of Obligation

– "**Immaculate**

Conception," Dec. 8,

11:30 a.m. – 12:30

p.m., Baylor Conf.

Room, Bldg. 103; **Advent Service**

(**Week Three**), **Dec. 12,** 12-12:30 p.m.,

Caisson Room, Bldg. 60; **Advent**

Service (Week Four), Dec. 19, 12-12:30

p.m., Caisson Room, Bldg. 60; **Advent**

Service (Christ Candle), Dec. 22, 12-

12:30 p.m., Caisson Room, Bldg. 60.



Arsenal Workforce Discount:

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



Arsenal Traffic/Construction



Removal of Bldg. 86 & Associated Temporary Parking Changes:

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



Building/Space Closures



No Hot Water in Restroom 62-B-6:

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



Active Duty/Reserve Zone



Attention: Sergeant Major of the Army Addresses Issues Affecting the U.S. Army Enlisted Corps: Join the U.S. Army's Online and Social Media Division for a Roundtable on Wednesday, December 7 at 2:00 p.m. ET featuring Sergeant Major of the Army, Raymond F. Chandler III as he discusses and takes your questions about matters affecting the U.S. Army Enlisted Corps (to include entitlements/benefits, drawdown, AR 670-1/AR 600-9, the Army Profession, etc.). The Army is changing and the Enlisted Corps is evolving as well. Sergeant Major of the Army, Raymond F. Chandler speaks with hundreds of Soldiers each day and has his finger on the pulse of enlisted Soldiers. ([More](#))

Iraq Withdrawal Focus of December's Soldiers Magazine: December's issue of Soldiers magazine features seven stories tied to the transition of U.S. military forces as they exit Iraq. It's the second issue of Soldiers magazine available only online, as the the hard copy versions of all four service flagship magazines were discontinued in October due to budget issues and an industry

trend toward online media. Carrie McLeroy, Soldiers magazine editor-in-chief, said if Soldiers aren't aware of all the ins and outs of what it takes to leave Iraq after eight years, they should be after reading the comprehensive stories by Army News Service reporter C. Todd Lopez, Sgt. 1st Class Raymond Piper, and Spc. Anthony T. Zane of the 362nd Mobile Public Affairs Detachment. ([More](#))

Privatization of Army Lodging: The Privatization of Army Lodging (PAL) program is the Army's preferred means of revitalizing its transient housing facilities and providing for their long-term sustainment. Under PAL the Army conveys existing lodging facilities with a 50-year lease for the underlying ground to a qualified development partner and hotel operator. The private PAL developer obtains private capital and expertise to build, renovate, operate, and maintain adequate and affordable transient lodging over the long term. The PAL program reflects the U.S. Army's commitment to improving its transient lodging to enhance the quality of life of Soldiers and their families. The recapitalization of the on-post lodging facilities is critical to ensure that Army students and other official travelers have safe, affordable accommodations

designed to facilitate their mission. The program also allows the Army to divest itself of a non-core function and transfer to the private sector in a manner that ensures the long-term sustainability of the hotels. ([More](#))



Safety Spotlight



Safety for the Holidays: This season, choose toys that will make the holiday season a safe one. Toys should be a source of fun and learning for children. Too often toys with poor design, toys that are too old for a child, or a toy in bad repair can lead to serious, even fatal injuries. When choosing a toy, make sure to match the toy to the child's abilities. A toy that is too advanced or too simple for a child may be misused, which can lead to injury. Keep in mind these handy tips when shopping for holiday toys ... ([More](#))

'Tis The Season for Holiday Decorations -- and Safety: With Thanksgiving behind us and the holiday season in full swing, holiday lights and decorations have begun to appear all over the post. However, if your Family is planning to deck the halls this season to help usher in the holiday spirit, there are a number of safety and other



considerations to keep in mind, particularly if you live in base housing. "One of the biggest dangers each holiday season is fire," said John Weaver, Fort Belvoir Fire Marshal. ([More](#))

Equal Opportunity Focus

DoD Reflects on 40 Years of Diversity Training: It's been 40 years since the military began training troops to accept each others' differences and get along. And if anyone questions the value of diversity training, they need only to consider how much things have changed since it began, the director of the Defense Equal Opportunity Management Institute says. "When we started in the '70s, the armed forces were faced with behaviors that really were drastic in nature," Ronald M. Joe told American Forces Press Service in a Nov. 28 interview. "We had folks who were fighting each other. There were race riots, and physical violence in the armed forces, with one service member against another." ([More](#))

Garrison EEO Interactive Customer Evaluation: The Garrison Equal Employment Opportunity office Interactive Customer Evaluation (ICE)

is now available by clicking [HERE](#) to go to their website to complete the Ice survey. If you are commenting on a Special Emphasis Program select the program from the drop down menu provided.

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.

The Rivalry Continues!: Join us for the 2011 Army vs. Navy Football Game on Saturday **Dec. 10**. Doors to the Up Bar, located at the Arsenal Island Golf Clubhouse, will open at 12 p.m. for the 1:30 p.m. game. Take advantage of the \$2 Coors Light Cans and \$4 Taco Bar that will be available. Also, if you bring in a toy for Toys For Tots you'll be entered into a drawing for a door prize. Please call (309) 793-1601 for more information.

Racquetball League Now Forming: Do you have what it takes to dominate

the racquetball court? Head over to the Fitness Center and get signed up for the RIA Fitness Center Racquetball league. The league sign up started Dec. 3 and league play starts **Jan. 3**. Call (309) 782-5124 for more information. ([Flyer](#))

MWR Get-N-Go Grill Has Moved

Back Inside: The MWR Get-N-Go grill normally located outside the Fitness Center has moved inside Bldg. 110, 1st floor, east wing, for the season. You can enjoy a variety of breakfast & lunch items including omelets, soups, sandwiches & more. Hours are from 6-8:30 a.m. & 11 a.m. – 12:30 p.m.

December Trivia at Heritage Hall:

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

Date: **Thursday, Dec. 15**

Time: **6 p.m.**

Free Fitness Center Classes: During the weeks of **Dec. 12 & Dec. 19** the Fitness Center will offer free classes for total body conditioning, strength conditioning, spinning, and rowing. If you've been thinking about trying out



our classes or just want to get a jump start on your New Year's resolutions, there is no better time than now when the classes are free. Call (309) 782-5124 for class schedules or more information.

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

Exercising is great, but it's better with a friend so bring along a friend (or two) to your next Fitness Center Class and receive a free pedometer. If your referral ends up signing up for at least three of the remaining classes, they also receive a pedometer and you get a Spinning water bottle as a referral bonus.

Available classes include rowing, total body conditioning, Spinning, strength conditioning, yoga, and Spinning/Core. Call (309) 782-5124 for more info.

[\(Flyer\)](#)

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. [\(email\)](#) [\(website\)](#)

Adler: Red Green's Live Wit &

Wisdom Tour: It is time to bring out the flannel shirt, find those suspenders,

dig out the duct tape and join Red Green for a famous Possum Lodge meeting. Ticket on sale now for \$47.50 (Floor Seating)

Date: **Tuesday, May 1**

Time: **7 p.m.**

Skiing, Snowboarding & Snow

Tubing Outings: Join Outdoor Recreation for a fun day of Skiing, Snowboarding, and Snow Tubing at Snowstar Winter Sports Park in Andalusia, Ill. on **Dec. 30** (Snow Tubing Only), **Jan. 20**, and **Feb. 17**. Cost is \$13/person for snow tubing. Skiing & Snowboarding lift tickets are \$10, with equipment rental being \$10 at Snow Star. Need to get a quick lesson before hand? Ski lessons are \$4 and board lessons are \$9. If carving up the slopes over and over again is not your idea of fun, then grab a cup of hot cocoa and cozy up to the bonfire at the bottom where you'll have a great view of all the activities. Participants are responsible for their own transportation to and from Snowstar and should meet there no later than 4 p.m. Outing goes till closing time at 10 pm. Please call (309) 782-8630 to sign up. Minimum of 15 people required to sign up or outing will be cancelled.

Adler Theatre: Mannheim

Steamroller's Mannheim Steamroller's

signature sound is where classical and modern-day rock, acoustic and electronic music meet. Celebrate the spirit of the holiday season with the "18th Century Rock Band" that has become one of the most popular and best-selling acts in the last 30 years. On sale until **Dec. 9** for \$67.

Date: **Wednesday, Dec. 21**

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

QC Mallards: Leisure Travel can reserve your seats for any QC Mallards home game. Our discounted price for lower level is \$15 for adult/child.

Stocking Stuffers: Moline Great Escape movie tickets make great last minute gifts or stocking stuffers. Leisure Travel has discounted general admission tickets for \$8.

Snow Tubing at Snowstar with

Outdoor Recreation: Join Outdoor Recreation for a fun family evening of snowtubing at Snowstar Winter Sports Park in Andalusia, Ill. Cost is \$13/person and includes tube rental and lift ticket. Participants are responsible for their own transportation to and from Snowstar and should meet there no later than 4 p.m. Call (309) 782-8630

Date: **Friday, Dec. 30**

Time: **4-10 p.m.**



Outdoor Recreation Snow Tubing

Outing: Join Outdoor Recreation at Ski Snow Star Ski resort for a fun evening of snow tubing. Cost is \$13 per person. Sign up at the Leisure Travel Office in Bldg. 60.

Date: **Friday, Dec. 30**

Time: **4-9 p.m.**

Outdoor Recreation Ski Snow Star

Outing: Join Outdoor Recreation on **Jan. 20** or **Feb. 17** for snow tubing, downhill skiing or snow boarding. Cost per person is \$13 for snow tubing, \$10-\$24 for skiing and \$10-\$29 for snowboarding. Sign up by **Jan. 13** for the January trip and by **Feb. 10** for the February trip. LTO Bldg. 60.

Time: **4-9 p.m.**

Junie B Jones: Jingle Bells, Batman

Smells: The holiday sing-along should be fun, but when it's time for the Secret Santa drawing, Junie B. picks the one person she'd rather not have a tattletale May, and learns an important lesson about giving. Discounted seats are \$11.

Date: **Saturday, Dec. 17**

Time: **10 a.m.**

Outdoor Recreation is Your Holiday

Party Logistics Headquarters: We have everything you need for

accommodating all the guests you'll have this holiday season. From tables and chairs for those holiday feasts to campers for when all your bedrooms fill up, we've got you covered. Call Outdoor Recreation at (309) 782-8630 or visit <http://riamwr.com/BusPgms/odr-main.htm> for a list of rental items and prices.

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



Child, Youth & School Services



Martial Arts: SKIESUnlimited is offering Martial Arts for ages 6-18 years old. The winter session is **Dec. 1 – Feb. 28**. Classes will be held on Tuesdays and Thursdays 5-5:55 p.m. Please contact (309) 782-5969 for additional information.

Dance: SKIESUnlimited is offering Dance for ages 3-5 years old. The winter session is **Dec. 5 – Feb. 27**. Classes will be held on Mondays, 9:30-10 a.m.

Please contact (309) 782-5969 for additional information.

Tumbling/Gymnastics:

SKIESUnlimited is offering three sections of tumbling for ages 3-5 years old. Beginning tumbling will be held on Mondays 9-9:30 a.m. Intermediate Tumbling will be held on Mondays 10-10:50 a.m. and Thursdays 9:30-10 a.m. Please contact (309) 782-5969 for additional information.

German Language: SKIESUnlimited is offering German Language classes for the winter session, **Dec. 5 – Feb. 27**.

Class for 3-5 years will be held on Mondays 3-3:30 p.m. Class for 5-18 years will be held on Mondays 4-4:45 p.m. Please contact (309) 782-5969 for additional information.

Spanish Language: SKIESUnlimited is offering Spanish Language classes for the winter session, **Dec. 1 – Feb. 23**.

Classes for 3-5 years old will be held on Thursdays 3-3:30 p.m. Classes for 5-18 years old will be held on Thursdays 4-4:45 p.m. Please contact (309) 782-5969 for additional information.

Arts, Crafts & Story Time:

SKIESUnlimited is offering Arts, Crafts & Story Time for ages 3-5 years old on



Dec. 6, 13, & 20. Please contact (309) 782-5969 for additional information.
Time: **3-4 p.m.**

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



Army Community Service (ACS)



ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



AER Scholarships for 2012-13

Available On-line: Army Emergency Relief (AER) scholarship on-line applications for spouses and dependent children are now available through April 2012 at www.aerhq.org and look under the Education Assistance button. For

more information call (309) 782-0815 or jon.c.cook.civ@mail.mil.

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

Fatherhood Program Holiday Party

Attn Military Dads: Bring the kids and join us at Your Design, LTD in Bettendorf for a night of fun, food, and gift making. Everything will be ready to make jewelry, scented lotion, or other gifts for the holiday season. Please RSVP to FAP at (309) 782-3049 or jennifer.a.kerr10.civ@mail.mil.
Date: **Thursday, Dec. 8**
Time: **5:30-7:30 p.m.**

Discovery Time Playgroup: There are many fun holiday activities at playgroup this month, so come join us for crafts and fun every Thursday morning at Community Christian Fellowship in Moline. There is even a cookie exchange on **Dec. 15**. For more information, call FAP at (309) 782-3049 or email jennifer.a.kerr10.civ@mail.mil.

Time: **9:30-11:30 a.m.**

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

Special Needs Inclusive Recreational

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



Employee Assistance Program





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

National Drunk and Drugged Driving

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



Smoking Cessation Group: Why not make 2012 the year you quit smoking. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday 3-4 p.m. at the EAP office located in Bldg. 110, 1st floor, SE wing.

Anonymous Online Mental Health Assessment – December 2011: It's the most wonderful time of the year. Then again, maybe it's just the most hectic. Between preparing for the holidays, extra family and community obligations for you and your kids and the start of winter's chill it is easy to feel overwhelmed. The extra stress of the season can lead you to drink too much, eat and sleep poorly, and feel anxious and depressed. While this may just be a sign that you need to take some time for yourself, it could also signal that something more serious is going on. For this reason the staff at the Rock Island Arsenal Employee Assistance Program would like to remind you of the availability of free, confidential online screenings available by visiting, <https://www.mentalhealthscreening.org/screening/> and entering the keyword ASAP. After completing the screening you will receive immediate feedback along with next steps you can take if you

are concerned about your results. We at the Rock Island Arsenal Employee Assistance Program would like to wish you a happy, healthy end to 2011. If you haven't been feeling your best lately take a screening as the first step to feeling better.

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



Education/Training Review



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



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



Defense Commissary Agency / PX



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

www.commissaries.com ([Facebook](#))

Commissary Gift Cards Help Extend Holiday Cheer: During the holiday season, a Commissary Gift Card can be an easy option for anyone to extend the gift of groceries to service members and

their families, said the director of the Defense Commissary Agency. “Whether it’s mom and dad wanting to help out with a holiday dinner for their son or daughter stationed overseas or a military unit assisting a junior enlisted family struggling financially, the Commissary Gift Card is a quick way to extend the benefit during the holidays,” said Joseph H. Jeu. “You don’t have to be an authorized shopper to give this gift.” Unveiled this summer, the Commissary Gift Card comes in denominations of \$25 and \$50. Anyone can purchase a card through the DeCA website, www.commissaries.com or in a commissary. However, only authorized commissary customers can use it in a commissary. ([More](#))

Send Us Your Family's Favorite Holiday Recipe: This holiday season, the Defense Commissary Agency and the Army and Air Force Exchange Service are offering shoppers an opportunity to win shopping sprees, just by entering their favorite recipes. Effective Nov. 18 and ending midnight **Dec. 31**, commissary and exchange shoppers can go online to enter their favorite holiday family recipe. Just email your recipe to www.patriotfamily@aafes.com. Or if you are surfing www.commissaries.com,

on or after Nov. 18, you can find a link that will take you to the contest registration page and more information.

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

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

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

This Week in Rock Island Arsenal History – Dec. 5-11: On Dec. 5, 1905, Secretary of War William H. Taft signed a license granting the RIA Golf Club continued use of the links and



permission to erect a new club house. In December 1944, the new post restaurant opened in Shop B (Bldg. 60). Japanese air attack on Pearl Harbor on Dec. 7, 1941, was the incident that brought the United States into World War II. William Baumbeck, Chief Superintendent of Production at the RIA since 1926, was presented the Emblem for Exceptional Service by Secretary of War Henry Stimson in Washington D.C. RIA Commander Col. Leroy Hillman issued an order on Dec. 9, 1918, that required all RIA employees to wear masks while traveling on Arsenal street cars as a preventative measure against the spread of influenza.

Healthbeat

Violent Video Games Linked to Brain Changes: Playing violent video games might produce temporary changes in areas of the brain that help control emotion, preliminary research suggests. Brain scans showed that 11 young men who shot at video game characters for about 10 hours in one week had decreased activity in areas of the brain associated with inhibition, attention, and decision-making, says researcher Vincent Mathews, MD, president and CEO of Northwest Radiology Network

in Indiana. "We think less inhibition means more aggression," he tells WebMD. The finding may help explain why other studies have shown that playing violent video games can lead to more aggressive behaviors, Mathews says. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed **Dec. 16** at 9 a.m. for - Staff Meeting and Christmas Party. Radiology Closed **Dec. 7**. Clinic closed **Dec. 26, Jan. 2**. Training Holiday for Military- **Dec. 23 and 30**. For any Issues or Concerns with the RIAHC clinic please call our Customer Support Line – (309) 782-0721.

Notes for Veterans

New Tool Helps Neb., Iowa Vets Talk With Docs: A new tool available to Nebraska and Iowa veterans will help speed communication with health care providers. The Department of Veterans Affairs' Nebraska-Western Iowa Health Care System says its "secure messaging" feature allows veterans to communicate electronically with their doctors. It can be used to ask about appointments, prescriptions and non-urgent health issues. The VA

Department says the tool will help veterans avoid long waits to speak with providers over the phone. The tool is available through an online account at www.myhealth.va.gov. ([More](#))

Car Pooling Announcements

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

Car Pool:

- **Carpool:** Commuter living in Silvis looking for a ride to Bldg. 60. Employee works from 6:30 a.m. – 4 p.m. with the 2nd Friday off. Willing to pay for ample gas. Contact elizabeth.m.urbaniak3.civ@mail.mil or (309) 782-2817.

Around the Q.C.

Oct. 22-March 24: [Quad City Mallards](#) (iWireless Center)
Dec. 10: [Wreaths Across America](#) (Rock Island National Cemetery at 11 a.m.)
Dec. 11: [Holiday Magic](#) (Quad-Cities Waterfront Convention Center)



Dec. 16: [Final Friday-Indoor Christmas Walk & Wine Tasting](#) (Bucktown Center)

Dec. 27: [Art @ the Airport](#) (Quad City International Airport)

Jan. 6-8: [Bald Eagle Days](#) (QCCA Expo Center)

Jan. 13-15: [Quad Cities Boat & Vacation Show](#) (RiverCenter)

Jan. 15-17: [21st Quad Cities Farm Show](#) (QCCA Expo Center)

Jan. 20-22: [Rod & Custom Show](#) (QCCA Expo Center)

Feb. 10-12: [QC Home Builders Show](#) (QCCA Expo Center)

Feb. 10-12: [Iowa/Illinois Regional Auto Show](#) (RiverCenter)

Feb. 16-19: [Outdoor Show](#) (QCCA Expo Center)

Feb. 24-26: [RV Camping Show](#) (QCCA Expo Center)

March 23-25: [Flower & Garden Show](#) (QCCA Expo Center)

April 14: [In-Fisherman Swap Meet](#) (QCCA Expo Center)

March 3-4: [KWQC-6 Women's Health & Lifestyle Fair](#) (RiverCenter)

May 12-13: [Scott County Kennel Club AKC Dog Show](#) (QCCA Expo Center)

March 14-17: [Gathering of the Green](#) (RiverCenter)



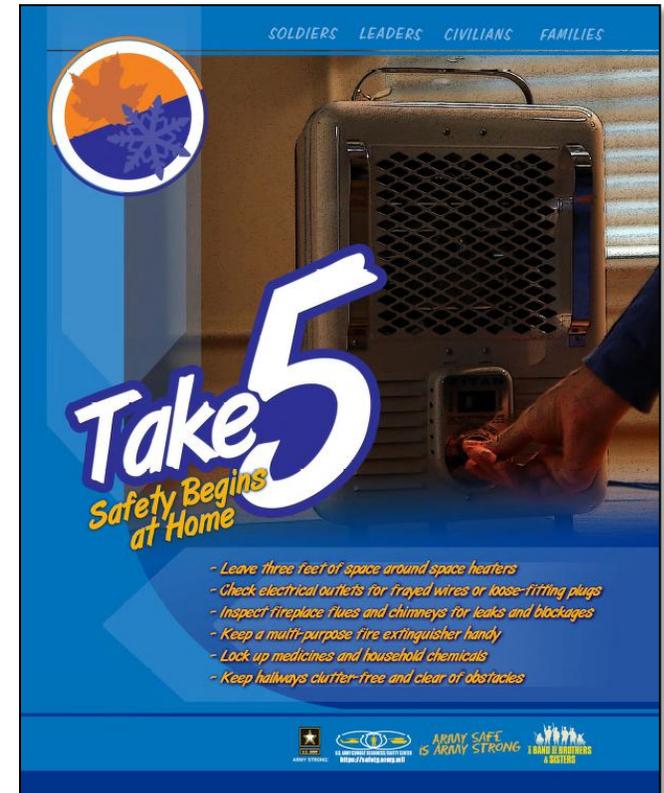
Island Insight



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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](#).





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