

Dec. 17, 2012



Island Insight



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

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



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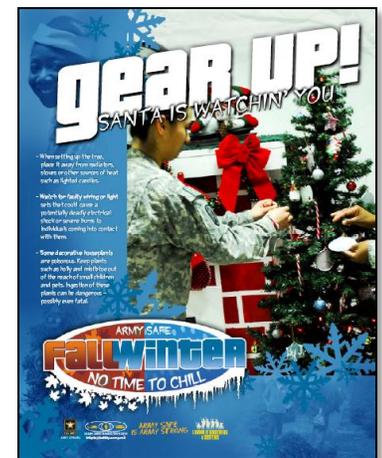
INCLEMENT WEATHER OPERATING STATUS

Holiday Exodus 2012: The holidays are one of the rare times of year when much of our world unites for the greater good. As Soldiers, you help make this goodwill happen through what you do every day for freedom, both within America's borders and beyond. Thank you for a job well done! Look out for one another, encourage mature risk-taking behavior — where we identify hazards and mitigate the risk those hazards impose on our intended activity

— and uphold the standard in execution. Measured risk-taking is acceptable, but gambling with your life, and the lives of those around you, is not. A single bad decision, whether it's speeding on an icy road, driving after a night of drinking, or one of many others, can lead to tragedy in mere seconds. Think through your actions and be there for your battle buddies and loved ones. 2013 will be another busy year for our Army, and we need all of you in the fight. Be smart to

be safe, and most of all, enjoy this magical time. We wish you the best during the holidays and new year! Army Safe is Army Strong!

[\(More\)](#)



Grand Opening of Káva Café on

Arsenal Island: Káva Café, a coffee bar that provides free Wi-Fi and Starbucks coffee and menu items, had its grand opening at 10:30 a.m., Dec. 13, in the former retail store in Bldg. 60, on Rock Island



Arsenal. The Káva Café's hours are from 6 a.m. to 3 p.m. Monday through Friday, with delivery available from 6 a.m. to 1 p.m. The fee for this service is \$2 with the fee being waived for purchases more than \$20. "There is more to come," said Sherri Saskowski, local operations manager for Sheridan's Hospitality Management (a division of Hasty Tasty Food Service Inc.) when speaking of the Káva Café. Delivery service is available by phone, (309) 782-0500. This service will deliver anything on the café's menu to your desk within 20 minutes; this includes the various coffees, pastries, artisan sandwiches and other items. There are plans to expand its menu to include local items including organic and gluten free items. "By opening this coffee shop, we are addressing a need requested by our customers, quality Starbucks coffee and other menu items,"

said Saskowski. In January, Sheridan's Hospitality Management will launch an online website, deliver2yourdesk.com, which will allow Arsenal Island employees to order food from the Káva Café and the cafeteria and have it delivered to their offices. ([More](#))

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. 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



Rock Island Arsenal Winter Weather Awareness



Soldiers, their Families, DA Civilians, contractors and visitors of RIA can visit the website below for information during severe winter weather. No CAC needed!

http://www.ria.army.mil/sites/inclement_weather

- The Garrison Installation Operations Center monitors current and projected hazardous weather conditions and advises the Garrison Manager.
- RIA closures, delays and early dismissals will be made by the Senior Commander, Garrison Manager and other key leaders.
- Information will be sent through command channels as soon as a decision is made and will be posted to the RIA Inclement Weather Operational Impact Page.
- Organizations are encouraged to use the RIA Inclement Weather Operational Impact Webpage to post their organizations status during inclement weather.

Post closures will include closing of all non essential garrison services (e.g. CYSS, Dining Facilities, Gym etc.)



<http://readyarmy.ria.army.mil>



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](#).

AMC's Top Civilian Visits Army Sustainment Command, Rock Island Arsenal:

The Army Materiel Command's top civilian met Dec. 13 with senior leaders from organizations at Rock Island Arsenal. Brig. Gen. John F. Wharton, commanding general of the Army Sustainment Command and senior mission commander of RIA, hosted John B. Nerger, Army Materiel Command executive director to the commanding general for his first visit here. Nerger received briefings about the global missions that ASC performs to sustain



Army and coalition forces. Some of the missions discussed included Army Field Support Brigades, Directorate of Logistics, Army Prepositioned Stocks, Logistics Civil Augmentation Program, and Lead Materiel Integration. ([More](#))

AMC Top Civilian Sees New Technology at JMTC:

The Army Materiel Command's top civilian visited the Department of Defense's only vertically integrated metal manufacturer on Thursday. John B. Nerger, Executive Deputy to the Commanding General of the Army Materiel Command, took a one hour tour through the Rock Island Arsenal Joint Manufacturing and Technology Center. This was Nerger's first visit to RIA-JMTC assuming his role as the top executive at AMC in May 2011. ([More](#))



Wreath Ceremony Pays Tribute to All Who Served:

The quiet solemnness of the Rock Island National Cemetery was broken Saturday by a wreath-laying ceremony to honor all those who served our



Upcoming Dates

- 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. 16:** Martin Luther King, Jr. Day (*Federal Holiday*)
- Jan. 17:** 21st Anniversary of Operation Desert Storm
- Jan. 27:** National Eosinophilia Day
- Jan. 27-Feb. 2:** Tobacco-Free Awareness Week
- Jan. 28-Feb. 1:** No Name-Calling Week
- Jan. 29:** Thomas Paine Day
- Feb. 1:** National Wear Red Day
- Feb. 1:** National Freedom Day
- Feb. 1-7:** National Patient Recognition Week
- Feb. 2:** Groundhog Day
- Feb. 2:** National Junior Achievement Groundhog Job Shadow Day
- Feb. 3:** Super Bowl Sunday (Super Bowl XLVIII)
- Feb. 3-9:** Burn Awareness Week
- Feb. 4:** USO 72nd Birthday
- Feb. 4:** World Cancer Day
- Feb. 4-10:** World Salt Awareness Week
- Feb. 4-11:** Congenital Heart Defect Awareness Week
- Feb. 5:** Army Emergency Relief 73rd Birthday
- Feb. 5:** National Patient Recognition Day
- Feb. 5:** National Weatherman's Day
- Feb. 7:** National Black HIV/AIDS Awareness Day
- Feb. 10-17:** Children of Alcoholics Week
- Feb. 11-15:** Random Acts of Kindness Week



nation, especially those who gave the ultimate sacrifice. Under rainy skies and against a chill wind, a couple dozen area veterans, active military and veterans' family members gathered on Arsenal Island as part of the nationwide Wreaths Across America program. Eight wreaths were placed at the cemetery's main flag pole to honor all the military. ([More](#))

ASC Provides Wholesale Academy to Streamline LAP:

The Army Sustainment Command hosted a five-day "Wholesale Academy" training course at the command headquarters Nov. 26 -- 30. The students were Logistics Assistance Program volunteers from stateside Army Field Support Brigades. The training encompassed wholesale operations, responsibilities, and actions required to perform as a property accountability officer. "The training clarifies wholesale regulatory guidance and requirements, as well as enhances the ASC with up-to-date and qualified personnel to perform duties as a wholesale accountable officer," said John Radik, a supply systems analyst and primary instructor for the training. ([More](#))



Ammunition Hall of Fame Program is Now Accepting Nominations:

The Ammunition Hall of Fame was established in October 2011 to honor and memorialize former civilian and military personnel who have made significant, lasting contributions to the U.S. Army ammunition mission. The program preserves history and gives members of the ammunition community a sense of heritage, honor, pride, and belonging. Nominees must be retired, reassigned, separated, or positively discharged from a military or civilian service ammunition position (using the nominee's official retirement/separation date) for at least two years from date nomination package is submitted. If deceased, the nominee is eligible immediately without regard to years of service or retirement/separation status. The nominee must have demonstrated long-term outstanding contributions. The nomination must demonstrate that the individual's contribution has made a lasting, positive impact on ammunition business practices or mission which includes life cycle functions of technology, systems development, acquisition, production,



sustainment, supply, and demilitarization. ([More](#))

House, Senate Reach Agreement on Defense Bill:

House and Senate negotiators reached agreement Tuesday on a \$633 billion defense bill that would tighten sanctions on Iran, increase security at diplomatic missions worldwide after the deadly Sept. 11 raid in Libya and presses the military on possible options to end the bloodshed in Syria. The sweeping policy bill responds to the new threats and upheaval around the globe while still providing billions for the decade-plus war in Afghanistan. It also reflects deficit-driven reductions in federal spending after Pentagon budgets have nearly doubled in the past 10 years. ([More](#))



Sequestration's Impact: Furloughs, Layoffs Loom Large:

Federal agencies are laying plans for job cuts, employee furloughs and rollbacks in contract spending if automatic spending cuts take effect as scheduled in barely two weeks. At the Defense



Department, with some 800,000 civilian employees, the first response to sequestration cuts would likely be a hiring freeze, followed within weeks by furlough notices, said Army Lt. Col. Elizabeth Robbins, a spokeswoman. The furloughs would follow months later and the number of people at risk is not clear yet, she said. ([More](#))

Newly Elected Congress Member Visits 'Largest Employer' In District:

Rock Island Arsenal: The newly elected Illinois 17th U.S. Congressional District representative met with senior leaders from organizations at Rock Island Arsenal on Dec. 10. Brig. Gen. John Wharton, commanding general of the Army Sustainment Command and senior mission commander for Rock Island Arsenal, hosted Rep.-elect Cheri Bustos during her visit here. Bustos, a 30-year resident of East Moline, Ill., received briefings about the global missions that ASC performs to sustain Army and coalition forces. Some of the missions discussed included Army Field Support Brigades, Directorate of Logistics, Army Prepositioned Stocks, Logistics Civil



Augmentation Program, and Lead Materiel Integration. ([More](#))

Voting Opens for Federal Workers' Cost-Saving Ideas:

The White House opened voting today to determine the winner among this year's four finalists in the President's Securing Americans Value and Efficiency (SAVE) Award contest. The voting is open to everyone, not just federal employees, and will continue until noon Friday, Dec. 21, 2012. The winner will present his or her idea to the President in the Oval Office. ([More](#))



SAVE Award

OPM Fast Tracking Draft

Regulations for Phased Retirement: Three times more federal employees are expected to retire as of Jan. 1 than at any other time during the year. In January 2012, more than 21,000 federal employees decided to leave their jobs, according to the Office of Personnel Management statistics. As January rolls around once again, OPM officials expect another rush of retirements. ([More](#))

Helpful Hints for Holiday Travelers:

Every holiday travel season, TSA prepares to ensure we provide a smooth

holiday travel experience for travelers. Since this is during the busiest travel time of the year, TSA wants to remind passengers of the security procedures in place and help travelers be prepared for security, before they leave home. ([More](#))

Petition Filed Asking President Not to Give Feds Holiday on Dec. 24:

We have posted a couple of articles about a petition filed with the White House to give federal employees a paid holiday on December 24th (Christmas Eve). The petition has exceeded the required 25,000 signatures to receive a response from the administration. At the time of this writing, no response has been posted and there is no guarantee one will be posted before December 24th. If there is a response and an executive order is issued giving most federal workers the day off, we will let our readers know quickly. That petition has now received over 27,000 signatures. ([More](#)) ([Feds Petition for Christmas Eve Off](#))



Holiday Closures: Physical Security, the Visitor Control Building and Lock &

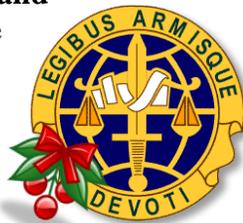


Safe will be closed on **Dec. 24 & 25** for Christmas Eve and Christmas Day. They will also be closed on **Dec. 31 & Jan. 1** for New Years Eve and New Years Day.

CAC/Military ID Office: In light of installation-wide reduced staffing and to allow staff time to enjoy the holiday with their friends and families, the CAC/Military ID office will be closed beginning at noon on **Dec. 24**. The appointment scheduler has been blocked for this timeframe and there will be no servicing of walk-ins on that afternoon. Thank you and we wish you Happy Holidays from the Garrison DHR. POC: is Renee Michl, (309) 782-1320



Rock Island Arsenal Legal Assistance Office: The Rock Island Arsenal Legal Assistance Office located in Bldg 90, will be closed **Dec. 24 and 25** in observance of the holiday. We will resume our regular schedule on **Dec. 26**, with limited service. We recommend calling ahead to (309) 782-1443 prior to visiting our office from **Dec. 26-28**. We are open Monday



through Friday, from 8:30 a.m. to 5 p.m. Most services, other than notary service, are provided on an appointment basis. Please call (309) 782-1443 to request an appointment. We accept walk-in clients on Wednesday mornings on a first-come, first-served basis from 9 a.m. to 11 a.m. If we are unable to accommodate you on a walk-in basis, we will work to schedule you for the earliest appointment possible. We recommend that you call ahead even on Wednesdays, to ensure that our staff is available to assist you when you arrive.

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.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 21, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Jan. 18**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 16**. 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 be open this week on Tuesday and Thursday, 9 a.m. – 3 p.m., and then closed **Dec. 21 – Jan. 2**, reopening on Thursday, **Jan. 3**. You can check out our Fran Riley Feature by going to kwqc.com ... happy holidays. POC: (309) 782-6977.



Jason's Box Save the Date – PTSD/TBI in the Church: Wednesday, **Jan. 9**, 1-3 p.m., in the Jardine Auditorium, at Trinity Medical Center, located at 2701 17th Street, in Rock Island. The free event will be presented by Rev. Scott Fluegel (Army Chaplain). For reservations contact [Stephanie Burrough](#) at (309) 779-3077 to reserve your spot. Reservations are required as seating is limited.

Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming: Thursday, **March 14**, in the Gold Room, Hotel Blackhawk, Davenport, 6-6:30 p.m.; registration, buffet dinner, cash bar from 6:30-8:30 p.m. The presentation will be presented by John Mundt, Ph.D., licensed clinical psychologist and national trauma-informed treatment expert with special guest speaker U.S. Army Maj. Jeffrey Hall, PTSD Survivor. For more information, contact Stephanie Burrough at (309) 779-3077.

Yankee Candle Discount for Arsenal Employees: Bring in your employee ID card to the local Yankee Candle located at Northpark Mall and receive \$20 off any purchase of \$45 or more. Now

through **Dec. 24**. Save on holiday gifts and more.
Time: **10 a.m. - 9 p.m.**



Arsenal Traffic/Construction



North Avenue Repair & Closures Update: Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

Rock Island Gate Officer Stations: Beginning Monday, **Dec. 24**, at 7 a.m., the Directorate of Public Works (DPW) will begin a project to replace the two officer stations for the vehicular entry lanes at the Rock Island Gate. In order to minimize impact on the workforce, work will be completed in a phased approach, shutting down only one inbound lane at a time. Signage and safety barriers will be positioned at the appropriate locations during the designated lane closure(s). The right hand lane (South) officer station will be

replaced first. Replacement will begin **Dec. 24** and be complete by **Jan. 4**. The left hand lane (North) officer station will then be replaced beginning on **Jan. 7**, with completion scheduled for **Jan. 18**. Dates are weather-dependent and any necessary adjustments will be publicized. DPW POC for this action is Joe Gumpert at (309) 782-1389.

North Avenue Opened: Effective **Dec. 17**, the Directorate of Public Works will open North Avenue between building 62 and East Street. The opening includes the intersections of 2nd and 3rd streets. Traffic signs and barrels will be placed as the contractor will still be working on North Avenue from Gillespie Street to Bldg. 62. Please use caution when traveling around the construction area. DPW POC's for this action are Joe Gumpert, (309) 782-1389 or Mike Panilo, (309) 782-6004.



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



CAC/ID Sponsorship Requirements for All Military Members:

Important information update for CAC-enabled Soldiers to prevent disruption of daily duties – [RAPIDS Self Service \(RSS\)](#) is now available for all Common Access Card holders. RSS now allows sponsors to electronically update information and verify eligibility of Family members for the reissuance of a DoD identification card. In order to use the website, a sponsor must have a DoD CAC and a CAC-enabled personal computer. Prior to RSS, the



process of verifying a Family member's record for the reissuance of an ID card required the physical presence of the sponsor or a valid copy of the DD Form 1172-2 with a "wet signature." RSS now allows sponsors to verify Family members, digitally sign and save the DD Form 1172-2 to the Family member's record in DEERS. The digitally-signed DD Form 1172-2 created through RSS now serves as either an electronic or hard-copy verification and sponsors do not have to accompany eligible Family members for the reissuance of an ID card. You may have your dependents visit our site and provide a printed, digitally signed DD Form 1172-2 from their sponsor or notify us that the form is available via their record in DEERS.

IMCOM Strives to Better Prepare Soldiers, Families:

The U.S. Army Installation Management Command is committed to assisting Soldiers and families transition smoothly into civilian employment and America's communities. In response to the president's and U.S. Army's emphasis on a career-ready military, IMCOM is highlighting job fairs, expanding its transition services and keenly focusing on identifying employment opportunities within the command as well as business and industry. "Our

Soldiers deserve the best we can offer them, including the best opportunities for the future," said Lt. Gen. Mike Ferriter, commanding general, U.S. Army Installation Management Command. "We're making sure Soldiers can't slip through the cracks. We will do everything we can to help prepare them for civilian life as thoroughly as we equip them for battle. We owe that to our veterans in exchange for their life of service and sacrifice to this nation."

[\(More\)](#)

2013 Defense Bill Has Good News for Troops:

The 2013 defense policy bill approved Tuesday by congressional negotiators has mostly good news for service members, blunting Defense Department efforts to raise Tricare drug co-pays and neutering a proposed commission to recommend the reform of compensation and retired pay. A final vote on the compromise National Defense Authorization Act of 2013 could come as early as Thursday in the House of Representatives, and by Friday in the Senate, sending the measure on for President Obama's signature. [\(More\)](#)

DoD Announces 2013 Housing, Subsistence Allowance Rates:

On Jan. 1, service members can expect to see an average increase of about \$60 in their



2013 basic allowance for housing, Cheryl Anne Woehr, the BAH program manager for DOD, said Dec. 13. Overall, rates went up an average of 3.8 percent, Woehr said. Rate increases were spread throughout the country. "There wasn't any particular one region that was a big winner or a big loser this year," she said. Service members in New York City will receive the largest increase this year, 14.7 percent on average, followed closely by Altus Air Force Base, Okla., which will see a 14.1 percent average increase. ([More](#))

Army Offers Civilian Career Boost

For 10 MOSs: The Army next year will launch a credentialing program that will enable tens of thousands of soldiers in the 10 largest military occupational specialties to convert Army training and experience into a civilian career and give them a leg up ... ([More](#))

Deployment Extension Pay To End

Soon: As the pace of deployments to Afghanistan slows, the Army will keep offering Deployment Extension Incentive Pay to certain categories of enlisted soldiers, for now. However, the DEIP program, used a few years ago to help the Army phase out ... ([More](#))



Safety Spotlight



IMCOM CG Sends – 2012 Holiday

Safety Message: It's been immortalized in carols as "the most wonderful time of the year," and it is for the Army's home. It's a wonderful time to be part of the U.S. Army's installation management community. We have an incredible workforce and mission. Ours is a diverse team made up of Soldiers, civilians and family members. Our team hails from every corner of the globe, with differing cultures and beliefs – all united in the service of others. It's just the right mix to support troops, provide programs and offer world class customer service to the best trained Army in the world. Whether anticipating Christmas, Kwanzaa, Hanukkah or time among family and friends during this holiday season, know that you are a valued member of the team. Command Sergeant Major Rice and I can never thank you enough for the life of service and sacrifice you've chosen and for the opportunity to share that with you here. We hope that this holiday season provides opportunities for reflection, recreation and renewed commitment to improvement. We've accomplished a lot in the last ten years – developing our workforce, being good stewards of financial and environmental resources, improving the quality of life

in Army communities worldwide. Our Installation Management team is a world class operation because of you. Our mission is complex – a job that is 24 hours a day, seven days a week. While some can rest briefly, others may not. Remember your teammates who will be manning facilities, serving chow to deployed troops or helping newly arrived families find lodging. This is the essence of what we do every day – provide a quality of life commensurate with their quality of service. Now more than ever is the time to remember your family and extended Army family as well – battle buddies, co-workers and the person next to you now. As you travel or attend celebrations, be mindful of your actions and surrounding, keeping safety and responsibility to your teammates and families in mind. We wish you and your families a happy holiday season, prosperous New Year and look forward to starting 2013 with each member of this team, ready, resilient and committed to the next step in enhancing the lives of our Soldiers. Army strong! -- Lt. Gen. Mike Ferriter and Command Sgt. Maj. Earl Rice

New Year's Safety Resolution: As the New Year approaches, it's a good time to reflect on the success of your organization's safety program during the



past year. Was safety a top priority for everyone in your organization? Did your organization meet its safety objectives, or does your organization need to undertake some new initiatives in the coming year? ([More](#))

December is National Safe Toys, Gifts

Month: The holiday season is upon us and for some it means the stress and anxiety of battling last minute crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal. But not you, you are a holiday planning superstar, and your perfectly planned holiday checklist has been finished for weeks. Your halls are decked, your stockings are hung by the chimney with care and all of your gifts follow the U.S. Consumer Product Safety Commission's (CPSC) recommendations for safe toys and gifts. ([More](#))

Equal Opportunity Focus

DEOMI MLK Holiday Poster and News Release:

The Defense Equal Opportunity Management Institute has released its 2013 Dr. Martin Luther King Jr. holiday poster and news release. You can download the hi-resolution image of the poster here. The

accompanying news release is in our photos album. We think this is a beautiful piece of artwork. Let us know what you think. ([More](#))

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation

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

MWR Gift Certificates Make Great Stocking Stuffers:

Looking for that last minute stocking stuffer? How about a gift certificate to the Arsenal Island Golf Course & Clubhouse for the golfer on your list? A gift certificate to the Fitness Center can be used for one of our great fitness classes to help your loved one get a good start on those New Year's resolutions. With the colder temperatures and all the salt on the road who wouldn't want a reloadable gift card for the Auto Shop's carwash? Movie ticket coupons for the Moline Great Escape Theater are available at the Leisure Travel Office and last but not least, remember Outdoor Recreation for

all your winter outdoor rec. equipment needs. From skis and snowshoes to ice skates and snowboards, we are your one-stop winter gear shop.

No More Great Escape Theater Tickets from Leisure Travel:

The Leisure Travel Office has sold the last of their supply of discounted movie tickets to Moline's Great Escape movie theater (now the Regal Moline Stadium 14) and due to new management policies at the theater will not be receiving any more in the foreseeable future. All previously purchased tickets will still be honored.

Saturday, Dec. 22 Through Thursday, Jan. 31, Arsenal Island Golf Clubhouse Closed:

During the above period the Golf Clubhouse will close for regular lunch operations to make building renovations. All pre-booked functions will be unaffected by the closure. Call (309) 782-6319 for more info.

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.

Tuesday Pasta Bar Lunch Special at the Island Oasis Café: Have your pasta just the way you like it every Tuesday from 11 a.m. to 1 p.m. at the Island Oasis Café located inside the Fitness Center (Bldg. 67). Chef James will whip up your choice of pasta, sauce, veggies and meat into a pasta bowl sure to make your taste buds dance with delight. All this plus a side salad and a breadstick for only \$6.95.

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](#))

MWR Outdoor Recreation: Remember Outdoor Recreation for all of your winter outdoor recreation activities. Downhill skis, Cross country skis, snowboards, ice skates, snowshoes and

many other items are available for you to check out and enjoy this winter season.

Time: **8 a.m. - 4 p.m.**

MWR RV Storage and Storage Units:

MWR has several openings for RV storage and Indoor Storage units. For more information or to sign up, please contact Outdoor Recreation at (309) 782-8630.

Time: **8 a.m. - 4 p.m.**

West Side Story (Adler Theatre):

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.**

Scooby-Doo LIVE! Musical Mystery

(Adler Theatre): A trouble-making ghost is haunting a local theater and Shaggy, Fred, Daphne, Velma and Scooby-Doo are on their way to help solve it! This hilarious live theater show brings everyone's favorite animated series to life. LTO has limited discounted seats at \$27 on sale until **Feb. 15** or while supplies last.

Date: **Saturday, March 2**



Time: 2 p.m.

Gabriel Iglesias Stand-up Revolution Tour (Adler Theatre): Gabriel Iglesias high-octane show is a sure-fire hit: a mixture of storytelling, parodies, characters and sound effects that bring all his personal experiences to life. Gabriel's unique and animated comedy style has made him popular among fans of all ages. Discounted seats on sale until **Jan. 15** at \$42.

Date: **Thursday, March 7**
Time: **8 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.

Rock of Ages (Adler Theatre): 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.

Bill Cosby – 50 Years of Making You Laugh Smile and Feel Good Tour (Adler Theatre): One of America's most beloved comedians of all time, Bill Cosby, has captivated generations of fans. His comedy transcends age, gender and cultural barriers. Discounted seats on sale for \$60 until **Jan. 15**.
Date: **Saturday, April 27**
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

Registration Deadline for Summer Day Camp 2013: If you are interested in having your child participate in the 2013 Summer Day Camp Program, all active duty military, DoD civilians, and contractor employees must have their child registered with CYSS by COB on **Dec. 21**. For more information about the Summer Day Camp program, please call (309) 782-7544.

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



Special Needs and Family/Social Gatherings: Holidays, family reunions,



birthdays, visiting relatives, and other special celebrations can be especially stressful for children with special needs. These activities may bring about unexpected events as well as excessive amounts of sensory input and stress. Such situations can contribute to anxiety, and the child can soon feel overwhelmed. Writing a ‘heads-up’ letter to hosts/guests before family visits can help make the event more enjoyable. Share the things that will help your child feel comfortable, activities that your child enjoys, preferred foods, and how guests and family members can expect your child to respond when situations may be too much for him/her. If you are traveling, bring special toys, videos, games, or other comfort items. Be sure to plan frequent breaks when traveling. If you are a guest, ask the host to provide a room where your child can take a break from the crowd. That will help the visit be more enjoyable for everyone. Holidays bring lots of change and increased social demands. Consider keeping the decorations simple and safe. Make sure your decorations will not choke or harm your child if he/she were to touch them or place them in his/her mouth. Send a list of preferred gifts to family members to help everyone feel more fulfilled, that way your child will receive a gift he/she prefers and the

family member may get to witness your child enjoying the gift. Prepare your family for the possibility that your child may not want to participate in opening gifts or consider setting a limit on the number of gifts your child is expected to open. At home, you may allow your child to open a gift a day so he/she is not overwhelmed on the actual holiday. Consider using a social narrative to describe what will happen at holidays or birthdays or other special events. If you plan to attend a family reunion or other large gathering, showing your child pictures of the unfamiliar people and places ahead of time may help ease anxiety. Preparing both your child and your family through open communication is always helpful. For other ideas, see the book, [Finding Our Way by Kristi Sakai](#). For more information on this topic and information on special needs, contact [Jan Saito](#) with the Exceptional Family Member Program at (309) 782-4736. Reference: [Illinois Parent Guide to Autism Spectrum Disorders](#)

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.

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. [Click on this link to view a powerful reminder to be responsible](#) and to “stop thinking like a child.” ([Army News Article](#))



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.

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.

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.

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.

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](#))

Speak Up or Shop Until Your Commissary Benefits Are Dropped: Growing up, the Commissary was just



the store we went to where I got to push the cart and be denied candy. At the time I didn't understand that there was a benefit to shopping there, but as an adult (an adult without military privileges) I understand just how much you can save by shopping at the Commissary instead of the local Safeway. Military families that shop at the Commissary save up to 30% more on their grocery bill than civilian families, however, these savings are in jeopardy. In a measure to cut spending, Senator Tom Coburn (R-OK) has suggested cutting the \$1.5 billion subsidy the Department of Defense spends on Commissary operating costs. In addition to possibly losing the subsidy, military families' Commissary benefits could also be affected by looming sequestration cuts should debt agreements not be reached by January 2nd. That's just three weeks away! With government funding cut by 9.4%, prices could be raised, hours could be restricted, and staff could be reduced in order to absorb some of the shock.

[\(More\)](#)

Special Deals for Holiday Cheers at Your Commissary: The winter holidays are right around the corner, and special in-store promotions and coupons make the commissary the place to go to save on holiday groceries, according to the

Defense Commissary Agency's director of sales. "We've got some great promotions lined up for the holiday season," said Chris Burns, DeCA sales director. "Customers will be able to save quite a bit of money for their winter holiday entertainment and meal needs, thanks to our industry partners." Throughout December, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. Customers are asked to check their local commissary for details on dates and times for the following promotions: • Acosta and participating brands present "The Great Home for the Holidays Sale" and "Celebrate Santa Sale." Both sales will be supported by 300,000 full-color coupon flyers distributed to commissaries worldwide. Most participating brands will donate 25 cents per case sold in the commissaries to the Wounded Warrior Project organization, which supports the rehabilitation of our wounded soldiers. This promotion runs Nov. 29 to Jan. 2. • ConAgra Foods' "Holiday Helpings Event Benefiting USO" promotion will feature displays of the "Holiday Helping Recipe and Coupon Booklet" offering over \$10 in coupons savings. This

booklet provides commissary shoppers helpful ideas and recipes for their holiday gatherings along with savings on seasonal brands. In addition, they will donate 20 cents to the USO for each coupon redeemed up to a total of \$5,000. The [website](#) will also promote these commissary sales promotions. The site will display all the promotion items, provide additional coupons and help shoppers make a shopping list. The promotion runs Nov. 29 to **Jan. 2**. • General Mills' has created Betty 911, a social media site where they can get answers to their questions concerning cooking and baking directly from the Betty Crocker Kitchens. This is available Nov. 29 through December. "The Defense Commissary Agency wishes you and your family, here and abroad, a very happy, healthy and safe holiday season," Burns said. "Your commissary is worth the trip for all your holiday baking and cooking needs!"

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 – Dec. 17-23: On Nov. 17, 1889, Col. James Whittmore assumed command of the RIA. He served as RIA commander until February 1892. On Nov. 18, 1872, an ice blockade formed in the Mississippi River halting ferry traffic cross the river. On Nov. 19, 1872, Maj. D. W. Flagler, the RIA Commander, responded to citizen appeals and opened the newly constructed government bridge to the public. Maj. Flagler, in a letter dated Nov. 23, 1874, that was addressed to the Chief of Ordnance, recommended that

all wrought iron scrap be retained at the RIA for conversion into high grade bar iron for use in construction of RIA Shops.

Healthbeat

Nutrition Intervention Can Help

Manage Stress: It's that time of year again, when there is more on your to-do list than there are hours in the day. Maintaining healthy eating habits can be a challenge. It is especially difficult when there are frequent dinners rich in tradition - thick and creamy holiday beverages and those 'made from the heart' goodies are enough to send your spirits flying. Planning is the key to enjoying your meals without expanding your waistline. Consider directing your thoughts around what, when, where and how much you are eating. A more common term is called mindful eating. What is mindful eating? It is a form of mindfulness, being fully aware with the act of eating. It is a strategy for stopping inappropriate eating habits (stress or emotional eating) and it aids in awareness of mindless eating. Consider this, the benefits of mindful eating are that it eliminates unawareness of mindless eating where you just eat without savoring the taste or even being

aware of what and how much you may be eating. Mindful eating helps you become more fully aware of the food you eat so you require less of it to feel satisfied thus consuming smaller portions of the food (eating less). ([More](#))

Army Medicine Secure Messaging

Service: The U.S. Army Medical Command (MEDCOM) is implementing use of the Army Medicine Secure Messaging Service (AMSMS) by offering it to 100 percent of beneficiaries who receive care in the direct care system by the end of 2014. Secure messaging is a commercial web-based secure platform that provides a robust set of services designed to allow patients and their healthcare team to communicate privately at times and locations that are convenient. This secure platform works very much like an on-line secure banking web site. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Tricare closed **Dec. 21 to Jan. 1**. Clinic closed **Dec. 24, 25 and Jan. 1** holidays. Clinic closed, Friday, staff meeting/training **Dec. 28** at 11:30 a.m. For any issues or concerns with the Riahc clinic please call our customer support line (309) 782-0721.

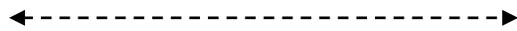


Notes for Veterans



Dod Lends Staff to VA to Address Claims Backlog:

The Defense Department is developing more in-depth exit physicals for departing troops and lending staff to the Department of Veterans Affairs in an effort to help eliminate the massive backlog of disability claims. ([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. 22:** [Skate with Santa](#) (The River's Edge, Davenport)
- Jan. 5:** [Not Dead Yet! - A Celebration of Survival](#) (Moline Public Library)
- Jan. 11-13:** [Bald Eagle Days](#) (QCCA Expo Center)
- Jan. 11-13:** [Quad City Boat & Vacation Show](#) (RiverCenter, Davenport)
- Jan. 13:** [Chocolate Fest](#) (Quad City Botanical Center)
- Jan. 18-21:** [Be a Tourist in Your Own Backyard Weekend](#) (Quad City Visitors Center)
- Jan. 20-22:** [QC Farm Equipment Show](#) (QCCA Expo Center)
- Feb. 14:** [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
- Feb. 14-17:** [2013 Outdoor Show](#) (QCCA Expo Center)
- Feb. 22-24:** [RV & Camping Show](#) (QCCA Expo Center)
- Feb. 24:** [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)
- March 1-3:** [Antique Spectacular](#) (QCCA Expo Center)
- March 16:** [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)
- March 22-24:** [Flower & Garden Show](#) (QCCA Expo Center)
- April 7:** [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)
- April 20:** [Earth Week Fair](#) (QCCA Expo Center)
- May 4:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)
- May 4:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 11-12:** [Beaux Arts Fair](#) (Figue Art Museum plaza, Davenport)
- May 27:** [Quad Cities Criterium](#) (Downtown Rock Island)
- June 1-2:** [QC Pridefest 2013. Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)
- June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
- June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)
- June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
- June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)
- June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)
- June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)
- June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)
- July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)
- July 4-6:** [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)



July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)

July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)

July 26-27: [Downtown Street Fest](#) (Downtown Davenport)

July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 16-17: [River Roots Live](#) (Downtown Davenport)

Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

Sept. 7-8: [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)

Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)

Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)

Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)

Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)

Oct. 24: [Fright Night](#) (The District, Rock Island)

Oct. 26: [Witches Walk](#) (Downtown LeClaire)

Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)

Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)



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

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GEAR UP! FOR WINTER EXCURSIONS



ARMY SAFE
FallWinter
NO TIME TO CHILL



PRACTICE COLD WEATHER DRIVING

- During daylight, rehearse maneuvers slowly on the ice or snow in an empty lot
- Steer into a skid
- Know what your brakes will do: stomp on antilock brakes, pump non-antilock brakes
- Stopping distances are longer on water-covered ice and ice
- Don't idle for a long time with the windows up or in an enclosed space



ARMY STRONG



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