

Dec. 24, 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

Two JMC Employees Awarded Louis Dellamonica Award: Achieving excellence in their day-to-day jobs has earned two Joint Munitions Command employees a noteworthy commendation. James Scott, industrial engineer, and Bryan Arensdorff, quality assurance specialist, received the Louis Dellamonica Award presented to U.S. Army Materiel Command Personnel of the Year. The award -- presented to both gentlemen at the Dec. 4 JMC town hall -

- covered the time period of 2011. The Louis Dellamonica Award is named after a former JMC employee who worked for the federal government for more than 65 years -- the majority of them at Hawthorne Army Depot, Hawthorne, Nev., a JMC subordinate command. AMC awarded Scott for his efforts as project lead in relocating the Deep Drawn Cartridge Case Line from Riverbank Army Ammunition Plant, Riverbank, Calif., to Rock Island

Arsenal, as part of the 2005 Base Closure and Realignment Committee decision. The \$118 million project included a redesigned warehouse to house the new facility. Scott has 31 years of federal service. "It is a great honor to be selected for this very special AMC award. The action of moving the cartridge case capability from Riverbank



Army Ammunition Plant to Rock Island Arsenal was AMC's highest BRAC priority and could not have been accomplished without the excellent government engineers involved," Scott said.

Holiday Wishes to Brave Men and

Women: ☞ During this season, I thank everyone who serves within the Army Sustainment Command and at Rock Island Arsenal for all you do on behalf of our Armed Forces. You are true professionals who are the best in the world at what you do, and I am honored and privileged to be part of your team. ([More](#))



Obamas Offer Holiday Wishes, Call for All to Remember Vets: During the weekly address from the White House, President Obama and his wife Michelle wished service members, veterans and their families a happy holiday season, and called on all Americans to remember those in harm's way. The theme of the



president and first lady's address was reunions. ([More](#))

Iowa Army Ammunition Plant Professionals Earn Lean Six Sigma

Belts: Staff members with the Iowa Army Ammunition Plant recently completed a Lean Six Sigma black belt project designed to decrease excessive transportation costs to ship ammunition with no, or a long, lead-time required-delivery date to storage facilities. ☞ The nine-member team assembled to carry out the project along with black belt coach, William "Tad" Holburn, from Joint Munitions Command headquarters, was made up of personnel from JMC headquarters, IAAAP, American Ordnance and Surface Deployment and Distribution Command. ([More](#))



DoD Bill Requiring Job Cuts Cleared:

Congress has approved the fiscal 2013 DoD authorization bill (HR-4310) that calls for a reduction over the next five years in spending on civilian personnel – and on contractor personnel – equaling the planned



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>



reduction in spending on military personnel. That's estimated to be 5 percent, although that wouldn't necessarily translate into exactly a 5 percent cut in employment at DoD; in addition, the measure specifies that cuts shouldn't be made in functions deemed essential to the department's mission. DoD currently has about 760,000 civilian employees and sponsors say that the cut could be accommodated by abolishing certain positions as they become vacant. The bill also would extend several long-running special benefits for employees assigned to combat zones. ([More](#))

Panetta Memo Describes Possible Sequestration Effects:

While many remain hopeful that Congress and the administration will reach a deal that avoids sequestration, Defense Secretary Leon E. Panetta has issued a memo describing the potential implications of going over the fiscal cliff. Planning for the effects of an across-the-board cut in defense spending as part of the Budget Reduction Act of 2011 "is only prudent," said DoD



officials. Under the law, the reductions are due to take place Jan. 2, 2013. Panetta said it is too early to assess what effects sequestration will have. He did say that it will not affect military personnel or military end strength as President Barack Obama announced his intent to exempt the military personnel accounts from sequestration last summer. The secretary did clarify the potential implications of sequestration in his memo. ([More](#))

Risk of Sequestration Haunts Federal Employees:

In a recent interview on PBS news hour, three individuals discussed what can be expected if lawmakers miss the fiscal cliff deadline at the end of the year. One of the panelists was Jacque Simon, public policy director of the American Federation of Government Employees. She said that federal employees in particular can be hit hard regardless of whether or not a deal is made. "Federal employees are in the uniquely bad position of facing peril regardless of whether there's a deal or whether sequestration and the so-called fiscal cliff occurs. In the event that no deal is made and we do have the automatic cuts known as sequestration starting in January, federal employees face job loss and in some situations, certainly in the

Upcoming Dates

- 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 XLVII)
- 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
- Feb. 12:** Darwin Day
- Feb. 14:** Valentine's Day
- Feb. 14:** National Donor Day
- Feb. 14:** National Pet Theft Awareness Day
- Feb. 17-24:** Military Saves Week
- Feb. 17-24:** Eating Disorders Awareness Week



Department of Defense, but throughout the federal government, people will be furloughed, forced to take unpaid days off, anywhere from 20 to 50 days,” said Simon. ([More](#)) ([FedWeek](#))

Pentagon Will Have to Shed Thousands of Jobs During Next Few Years Under Bill:

The Pentagon will have to shrink its civilian and contractor workforces by thousands of jobs during the next five years under a provision in the fiscal 2013

Defense authorization bill that House and Senate conference negotiators approved on Tuesday evening. The legislation directs the Defense secretary to rebalance and reduce the civilian and contractor workforces from fiscal 2012 through fiscal 2017 by a rate that is at least equal to the percentage of funding saved from planned troop reductions, or 5 percent. The bill also gives the Defense Department discretion over whether to exempt certain mission-critical jobs, including medical services and maintenance of military equipment, from the cuts. The provision means the department could shed up to 36,000 jobs during the next few years. ([More](#))



OPM Issues Furlough Guidance: The Office of Personnel Management on Thursday posted new guidance for federal agencies and employees about administrative furloughs, which it describes as planned and typically non-emergency events. The guidance, dated December 2012, comes days before automatic, across-the-board budget cuts known as sequestration are slated to kick in if Congress cannot agree on an alternative. The Office of Management and Budget last week said furloughs would not happen immediately if sequestration takes effect on Jan. 2, 2013, but instead departments would have to consider furloughs as part of a longer-term plan if the cuts remain. ([More](#))



Debt Ceiling Issue Returns As Fiscal Cliff Looms:

An old dispute has become the newest issue in the fiscal cliff debate: The debt ceiling. Treasury Secretary Timothy Geithner has notified Congress that the nation technically hits its \$16.394



trillion debt ceiling on Monday, but his department can take “extraordinary measures” to keep paying the bills for another few months. ([More](#))

OPM Better Defines Leadership Development Roadmap:

Federal employees aspiring to become senior level managers now have a more definitive roadmap to follow. The Office of Personnel Management just released the Federal Supervisory Training Framework. Working with the Chief Learning Officer's Council, OPM builds upon the statutory and regulatory requirements for manager training. ([More](#))

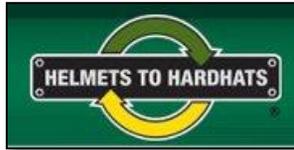
Hatch Act Reform Passes: Congress has sent to President Obama a Hatch Act reform bill that would allow for a broader range of disciplinary actions against employees who are found to have violated the restrictions on partisan politicking. Currently, employees must be fired, and MSPB can reduce the penalty on appeal to no less than a 30-day unpaid suspension—penalties that some consider too harsh given that many of the violations found in recent times



involve actions such as forwarding an email with partisan content in it. The revision would allow for penalties as mild as a reprimand, but working up through firing and debarment from future federal service for five years. ([More](#))

Helmets to Hardhats Job Fair: What: Job Fair; When: Monday, **Jan. 7;**

Where: Iowa National Guard Facility - 9650 N. Harrison Street;



Davenport; Who: Sponsored by Helmets to Hardhats and the Tri-City Building and Construction Trades Council. The Helmets to Hardhats/Tri-City Building and Construction Trades Council Job Fair is open for active duty and military veterans from all branches of service, as well as all veterans groups and other military organizations throughout the region in both Iowa and Illinois. The job fair represents a great opportunity to highlight and showcase career opportunities for veterans in the skilled trades. Representatives from all of the skilled trades will be on hand to provide information pertaining to apprenticeship programs and their particular trade. Applications for entry into

apprenticeship programs will be available. ([More](#))

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

Physical Security Badging Office and Visitor Control Center Holiday Closure: The Rock Island Arsenal Physical Security Badging Office in Bldg. 225 and the Visitor Control Center at the Moline Gate will be closed on Monday, **Dec. 31** to allow the personnel that work there time to celebrate the holidays with family.

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. 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, Jan. 11, 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 Thrift Shop reopens Thursday, **Jan. 3**, at 9 a.m. Lots of mark downs with something for everyone. Happy New Year and see you on the **Jan. 3**. 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.

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 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](#).

VIOS Schedule for January: Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island



Arsenal **Jan. 8, 9 and 10**. Appointments may be scheduled online by submitting a DA3903 Work Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **Jan. 8**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Jan. 9**, 7:20 a.m. – 3:40 p.m.; Thursday, **Jan. 10**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by the elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" Passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

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:

Effective 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 began **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



Army's Strategic Vision Plan

Unveiled: This month the latest Army Capstone Concept was rolled out. The previous ACC was published in 2009. The ACC is a broad roadmap for how the Army will conduct future planning, organization and operations globally in support of the president's national security objectives. "ACC is an important part of how the Army ensures we remain relevant and ready for expectations and missions our nation expects us to fulfill," said Maj. Gen. Bill Hix, director, Training and Doctrine Command's Concept Development and Learning Directorate, during a media round-table, Dec. 21. ([More](#))

US Military's Alcohol-Soaked Culture Taking Toll on Servicemembers:

Thomas Brennan was still unloading his bags at his first duty station when he saw the other Marines drinking on the catwalks. "In a way, I expected it," he

said. "A bunch of people partying, having a good time, getting ready to go to war." Brennan, now a sergeant who will be medically retired this month, said drinking and partying in the barracks isn't quite as obvious now. Marines know they will be punished if they get caught drinking underage or drinking hard liquor in the barracks, he said. But that doesn't mean the drinking has stopped. People just keep their doors closed, he said, and if the platoon sergeant is coming at 6:30 a.m. for inspection, "that means all the evidence is gone by 6:15." ([More](#))

Tricare to End Mail-In Premiums for 2 Programs:

Tricare will stop taking premium payments by mail for the Tricare Reserve Select and Tricare Retired Reserve programs at the end of the year. Starting Jan. 1, Tricare will accept only electronic funds transfers or credit and debit cards for the monthly payments, according to a Pentagon release. The switch will align the military health system's payment procedures and save processing costs, according to Tricare. ([More](#))

Top Post-9/11 GI Bill Payment to Rise

6.2%: The maximum Post-9/11 GI Bill payment for tuition and fees at private and foreign schools will increase to

\$19,198.31 for the 2013-14 academic year, the Veterans Affairs Department has announced. The new cap, which will take effect on Aug. 1, is a 6.2 percent increase over the current limit. That is almost double the 3.3 percent hike that took effect for the current 2012-13 academic year. ([More](#))

Safety Spotlight



New Limits on Cell Phone Use for

Illinois Drivers: Drivers in Illinois are coming under more pressure to stay off their cell phone as a result of four new laws Governor Quinn signed on Friday. Governor Quinn says it is the states way to crack down on distracted driving. Starting immediately, mobile use within 500 feet of an emergency zone is prohibited. This also includes using a cell phone to take photos near emergency sites. Another measure prohibits the use of cell phones by drivers in all roadwork zones. Previously, that restriction only applied to work zones with speed limit reductions. Another law bans commercial drivers from using any hand-held cell phone. Previously, school bus drivers were banned from all cell phone use. Both of those laws take effect Jan. 1. ([More](#))



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](#))

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.

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.

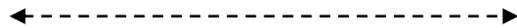
Now Booking Holiday Parties at the Golf Clubhouse: The holiday season is upon us ... it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one 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.**

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

☺
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](#))

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.

Martin Luther King Day of Service – January 2013: Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, Jan. 21, offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help



one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at (309) 782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1st Floor, East Wing and convenient hours are available 7:30 a.m. – 5 p.m., Monday through Friday. The Rock Island Arsenal EAP hopes you have a great start to the New Year. If you would like to learn more about King Day of Service please visit www.mlkday.gov.

PTSD Support Groups: Is the quality of your life being affected by 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.

Smoking Cessation Group: Start the New Year with a healthy plan to 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. 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.

Women in Defense Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later than midnight **April 13**. For more information, call (309) 792-4102.

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](#))

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. 24-Dec. 30: In

December 1871, Shop B (Bldg. 60) was completed. TUES. On Dec. 29, 1918, Col. Leroy Hillman died of pneumonia while commanding the RIA.

Healthbeat

U.S. Cancer Screening Rates

Dropping: The number of Americans seeking cancer screening has declined over the past decade, a new study finds, with less than optimal levels for most types of cancer. Disagreements among the groups that set screening recommendations, including the U.S. Preventive Services Task Force and American Cancer Society, along with rising numbers of uninsured people, may be influencing the decline in screening rates, the researchers said. Common screening tests include mammograms for breast cancer, Pap tests for cervical cancer, sigmoidoscopy and colonoscopy for colon and rectal cancers, and



prostate-specific antigen blood tests for prostate cancer. ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Tricare closed **Dec. 21 to Jan 1**. Radiology closed to **Jan 2**. Clinic closed Jan. 1- holidays. Clinic closed, Friday, staff meeting - **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

Advocates Protest Lowering of COLA for Wounded Vets: Veterans groups say they're willing to help balance the federal budget, but not if it means trimming disability benefits for wounded servicemembers. A platoon of veterans advocates joined the incoming chairman of the Senate Veterans Affairs Committee on Wednesday to protest proposals to lower cost of living adjustments for senior citizens, wounded veterans and their dependants, saying the move unfairly punishes those who have sacrificed much for this country. "We are here today to tell the White House and Congress, 'Do not balance the budget on the backs of disabled veterans who have lost their arms, legs and eyesight defending our country,'"

said Sen. Bernie Sanders, I-Vermont. ([More](#))

Veterans Return to Vietnam for Charity, Reflection: In November, for the second time in six years, members of the Vietnam Veterans of Diablo Valley embarked on a trip to Vietnam to distribute wheelchairs to those in need. And for the second time in six years, it was difficult to tell which group got the most from the experience -- the vets, or those they helped. "It was a good way for me to go back," said Rich Lambert, of Walnut Creek, who flew helicopters during the Vietnam War. "It was very rewarding and heartwarming." Partnering with the Danville-based Wheelchair Foundation, as they had in 2006, the 11 veterans (and six spouses) who made the trip distributed 320 new wheelchairs at prescreened locations during their 18-day stay. ([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:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.
- **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.
- **Car Pool:** 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.

Around the Q.C.

- 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](#) (Figge 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



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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](#).



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



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