

Dec. 27, 2011



Island Insight



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

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

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ACC-RI's Adopt-a-Family Project

Has Best Year Ever: It took only eight working days for employees of Army Contracting Command -- Rock Island to gather its collective goodwill, but it could very well have a life-long impact on one Quad City area family.

Approximately 50 percent of the ACC-RI workforce participated in the 11th annual adopt-a-family project, which ran between Nov. 30 and Dec. 9. Organizers received cash and goods valuing \$1,400

that will go to the family, including one ACC-RI family's donation of two new dressers valued at \$500. According to Lisa Lawson, a procurement technician and the adopt-a-family chairperson, this was the best year ever for collections. What began as a \$10 gift exchange between employees 11 years ago has blossomed into a philanthropic venture just in time for Christmas. "We just thought, what do any of us need or want for \$10 that we don't just go buy?" asked

Lawson. "We decided to help out those less fortunate." The gift and monetary donations from the workforce enabled the organizers to not only purchase all items on the family's wish list, but additional items as well, said Mary Adams, a branch chief in the Ammunition Division. "We are so blessed to have a job and to not really be



in the situation of needing anything in particular for ourselves, to give back to the community is especially important for the people here," said Adams. ([More](#))

Federal Workers' Pay Gains Slowest in 10 Years: The paychecks of federal workers grew at the slowest pace in a decade this year, held down by a partial pay freeze. But federal employees still did slightly better than workers in the private sector or at state and local governments, a USA Today analysis found. Federal pay rose an average of 1.3 percent for the budget year that ended Sept. 30, according to newly released federal data. By comparison, the wages of private workers rose 1.2 percent during the period, the same rate as state and local government pay growth, the Bureau of Labor Statistics reports. None of the wage gains kept pace with inflation. ([More](#))



No Locality Pay Increase in 2012: Federal employees will not receive an increase in General Schedule (GS) locality pay in 2012, and there will be no new GS locality pay areas, according

to a report released recently by the president's Pay Agent. ([More](#))

Anti-Fed Sentiment Likely to Linger, But Future Not All Doom, Gloom:

Last March's near-shutdown of the federal government was something of a wakeup call for federal employees and the public in general. "We last went through a real shutdown back in the mid-'90s and I think people forget, after a period of time, the trauma that can cause," said John Palguta, vice president for policy at the Partnership for Public Service. The averted shutdown was just one of the the significant events that made 2011 such a roller coaster year for federal employees. Palguta added the rising "anti-public-employee sentiment" coming from the proposals to cut the federal workforce and to extend the pay freeze as other factors negatively affecting the feds. ([More](#))



PARTNERSHIP
FOR PUBLIC SERVICE

Do Public Servants Feel a 'Calling'?:

Between pay freezes, furloughs and negative media coverage, it's hard to imagine why anyone would want to work in the public sector these days. Are government



Upcoming Dates

- Dec. 28:** 102nd Anniversary of the Army Chaplain Assistant
- Jan. 1:** New Year's Day
- Jan 2:** New Year's Day (*Federal Holiday*)
- Jan. 3-4:** Quadrantids Meteor Shower [☞](#)
- Jan. 7:** U.S. Army All-American Bowl [☞](#)
- Jan. 8-14:** Nat.Folic Acid Awareness Week [☞](#)
- Jan. 9:** National Clean-Off-Your-Desk Day
- Jan. 13:** AMBER Alert Awareness Day [☞](#)
- Jan. 16:** Martin Luther King Day [☞](#)
- Jan. 22-28:** Tobacco-Free Awareness Week [☞](#)
- Jan. 23-27:** No Name-Calling Week [☞](#)
- Jan. 27:** National Eosinophilia Day [☞](#)
- Jan. 29:** Thomas Paine Day
- Feb. 1:** National Freedom Day
- Feb. 1-7:** National Patient Recognition Week [☞](#)
- Feb. 2:** Groundhog Day
- Feb. 3:** National Wear Red Day [☞](#)
- Feb. 3:** National Patient Recognition Day
- Feb. 4:** USO 71st Birthday [☞](#)
- Feb. 4:** World Cancer Day [☞](#)
- Feb. 5:** Super Bowl XLVI [☞](#)
- Feb. 5:** Army Emergency Relief 70th Birthday [☞](#)
- Feb. 5:** National Weatherman's Day
- Feb. 5-11:** Burn Awareness Week
- Feb. 6-12:** Congenital Heart Defect Awareness Week [☞](#)
- Feb. 6-12:** World Salt Awareness Week [☞](#)
- Feb. 7:** Nat. Black HIV/AIDS Awareness Day [☞](#)
- Feb. 11:** National Inventors' Day
- Feb. 12:** Abraham Lincoln's Birthday
- Feb. 12:** Darwin Day
- Feb. 12-19:** Children of Alcoholics Week
- Feb. 13-17:** Random Acts of Kindness Week
- Feb. 14:** Valentine's Day
- Feb. 14:** National Donor Day
- Feb. 14:** National Pet Theft Awareness Day
- Feb. 19-25:** National Engineers Week [☞](#)
- Feb. 24:** Introduce a Girl to Engineering Day [☞](#)



workers gluttons for punishment? Some seasoned federal workers say they're drawn to public service because it's more than just a job. "I think federal employment is a privilege, a calling," said government worker Doris Tirone. "It's not a means to get rich, at least for the majority of us. In exchange for this privilege, the majority of the federal civilian workforce doesn't take for granted that we work to serve our fellow Americans, not to pad our own pockets. Most of us take this fiduciary responsibility seriously." ([More](#))

Will 2012 Be the Year Feds Flex Their Political Muscles?:

As the year winds down, Congress—at this moment in time—seems to be frozen in a state of suspended animation. The House won't budge. Neither will the Senate. The issue this time is the payroll tax cut extension. The extension, as well as a number of other measures, were rolled up together into a piece of compromise legislation that days ago seemed ready to pass. But it was not to be. ☞ This year has not been a great one for federal employees, and plenty of people believe 2012 is going to be worse. But the current political environment got where it is in



part through anti-government grassroots activism. As a group, feds seem to have enough critical mass to launch their own grassroots offensive -- to defend their jobs, pay and benefits simply by reminding policymakers that they too go to the polls. The question is: Will 2012 be the year they do it? ([More](#))

Eagle Watching: The Rock Island District, U.S. Army Corps of Engineers' Mississippi River Project has posted the Eagle Watches that are scheduled to take place within the District at locations on the Mississippi River. One of the most anticipated is the annual Bald Eagle Days event at the QCCA Expo Center, which is scheduled for **Jan. 6-8**. For additional information about the Expo go to <http://bit.ly/tcYn1a>. For the complete list of eagle watches go to <http://bit.ly/v2boD4>



Army Works to Build, Maintain Intel Capabilities in Cloud: Over the last decade of war, the Army says it's learned a lot about how to leverage technology to put intelligence into the hands of soldiers. Leaders are trying to

make sure they don't lose that momentum once soldiers are off of the battlefield. The Army is pressing ahead with the development of a cloud-based solution for intelligence collection and analysis designed to replace and integrate several preexisting systems, with the goals of getting intelligence directly to the battlefield quickly and efficiently. The Distributed Common Ground System - Army, or DCGS-A, has been in the works for several years, and the Army is trying to make sure the momentum of its development doesn't slow down. ([More](#))

RIA Winter Weather Operations

Update: Last year the Quad Cities experienced a historical blizzard with snowfall amounts of 1-2 inches per hour totaling a record tying 18.4 inches and producing the rare occurrence of thunder snow. This was an eye opening experience that forced us to re-look how the Arsenal operates during severe winter storms. Since that storm we have updated our plans to include some new communications tools and policies to include: • Soldiers, their Families, DA Civilians, contractors and visitors of RIA should visit the website below for



information on installation delays and closures during severe winter weather. No CAC needed, so you can monitor at home ([CLICK HERE](#)) • 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 as soon as possible. • 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.)

A Common Misconception about the FERS Annuity Supplement: The FERS annuity supplement is commonly believed to be linked to the Social Security Administration (SSA), even to the point where some believe the benefit is actually administered by SSA rather than the Office of Personnel



Management (OPM). This seems to be plausible, because the supplement is a quasi-Social Security payment prior to the start of the actual Social Security benefit at age 62. Another reason some think this is true is it would account for the months of delay until the supplement finally starts – OPM is waiting to hear from Social Security, right? The truth is that OPM calculates the supplement independently, without using any data from Social Security. The SSA earnings figures are not the same as FERS earnings per se. ([More](#))

OPM Changes FEGLI Premium Rates for 2012; Many Annuitants Will Pay More:

The Office of Personnel Management (OPM) recently announced that effective Jan. 1, premium rates for some Federal Employee Group Life Insurance (FEGLI) categories will change. FEGLI is the group term life insurance plan available to full- and part-time federal employees and eligible annuitants. FEGLI consists of "basic" life insurance -- the basic insurance amount (BIA) -- and three optional types of coverage -- Option A, Option B and Option C. The BIA is an employee's annual basic pay - as shown



on an employee's current SF 50 (Notice of Personnel Action) -- rounded up to the next \$1,000, plus \$2,000. Option A: Standard - additional coverage of \$10,000. Option B: Additional - additional coverage equal to one to five times an employee's annual basic pay. Option C: coverage for the employee's current spouse and dependent children. Option C coverage provides a base amount equal to \$5,000 for the spouse and \$2,500 for each child. An employee may elect additional coverage in multiples of up to five times the base amount. ([More](#))

Taps for the National Security

Personnel System: As of this Sunday, the National Security Personnel System is officially defunct. In a Federal Register notice published Dec. 28, the Office of Personnel Management and the Defense Department report that they are repealing the regulations accompanying the controversial pay-for-performance system effective Jan. 1. The repeal is basically just housekeeping; the 2010 National Defense Authorization Act ended the legal authority for the NSPS and declared that any existing regs would be toast by the beginning of 2012. ([More](#))



Antiterrorism Theme - Suspicious

Activity Reporting: The Army antiterrorism theme for the second quarter, fiscal year 2012 (2Q/FY12) -- Suspicious Activity Reporting (SAR) - promotes Army-wide heightened awareness and vigilance to prevent and protect the Army community and critical resources from acts of terrorism. Areas to focus on to support the upcoming theme include: expanding the outreach for iWATCH Army as a community watch program, educating the entire Army community on the indicators of suspicious activity and how to report, and educating commanders and staffs on the use of eGuardian suspicious activity information. A variety of antiterrorism awareness products and tools to support the theme is available on the Army Antiterrorism Enterprise Portal. ([More](#))



Dates Set For Christmas Tree Pickup:

Here is a schedule of some of the free, local Christmas tree pickups: **Rock Island: Jan. 2-13.** Trees should be placed at the normal garbage setout point on regular collection days. Ornaments, lights and stands must be

removed, and trees must be placed at least 3 feet from garbage carts. Separate trucks will pick up Christmas trees.

Davenport: Christmas trees are collected free of charge on residents' normal yard waste collection day. Trees must be free of decorations, and must not be placed in plastic bags. Metal stands, wreaths and garland are also considered garbage because of wire and other contaminants. **Moline: Jan. 2-13.** Trees must be placed at least 3 feet from your garbage on your regular collection day. No plastic bags. **Bettendorf:** Christmas tree collection is scheduled for **Dec. 27-Jan. 10**, on residents' regular collection day. All ornaments, plastic wrap, and tree stands must be removed. No sticker required. Trees should be left at regular collection site by 7 a.m. **East Moline: Jan. 9-13.** Trees will be collected on normal garbage collection day. Have them to the curb by 7 a.m. No tree bags or covers. **Silvis:** Trees will be picked up **Jan. 4-11.** ([More](#))

Power Outage - Buildings

108, 109 & 110: A power outage is scheduled for buildings 108, 109 & 110 beginning at 7 a.m. on **Dec. 31.** Power should be restored by 12



p.m. The outage is necessary to complete the work for IJO 11-03677. Time: **7 a.m. - approx 12 p.m.**

Tax Withholding Information: Now is a good time to review your tax withholding information. Please verify that your deductions are being withheld for the correct state and locality. Correct information is your responsibility and changes can be made via MyPay or your CSR's, Dawn Allchin (309) 782-7124, Sylvia Marinich (309) 782-6990, or Susan Stevens (309) 782-6283. Date: **Saturday, Dec. 31**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Jan. 13, 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 a.m. on Jan. 6.** To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.





The Truth About Donating Blood! *Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.*

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

Travel Alert – Senegal: The

Department of State alerts U.S. citizens to the potential for civil unrest and disturbances in



Senegal prior to and directly following the upcoming Presidential elections scheduled for **Feb. 26**. Political demonstrations in June of 2011 were particularly violent, and as certain dates in the election cycle come to pass, the potential for similar confrontations exists. Please note the U.S. Embassy in

Dakar has requested that all non-essential travel to Senegal be deferred from **Jan. 16** through **March 2**. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. Contact your commands respective Antiterrorism Officer for further information. The JMC ATO can be reached at (309) 782-1823 and the ASC ATO can be reached at (309) 782-5809. The USAG-ATO can be contacted at (309) 782-0116. For tenants without ATO's on the installation, the USAG-RIA ATO can provide the training.

Travel Alert – South Pacific Cyclone

Season: The Department of State alerts U.S. citizens residing in or traveling to the South Pacific region about the ongoing threat of tropical cyclones affecting the area. While tropical cyclones in the South Pacific may occur throughout the year, the South Pacific Tropical Cyclone Season began on **Nov. 1** and ends **April 30**. The National Oceanic and Atmospheric Administration recommends that people living or



traveling in regions prone to tropical storms and tropical cyclones be prepared; for further information about tropical cyclone preparedness, please visit NOAA's Tropical Cyclones Preparedness Guide [HERE](#).

Esprit de Corps: Start the new year off right – with following up on your New Year Resolutions to be more confident, assertive and to be a better leader. Your strategy? Check out Esprit de Corps Toastmasters Club meetings held the first and third Wednesdays of every month at the Clock Tower Building.



Date: **Wednesday, Jan. 4**
Time: **11:45 a.m. - 12:45 p.m.**

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



Arsenal Attic Thrift Shop & Boutique:

Thrift Shop re-opens Tuesday **Jan. 3** at 9 a.m. Start the new year by cleaning out those closets and consigning your items. Our volunteers are ready to help you. A great way to make some extra money. Visit www.riamwr.com and click on the Thrift Shop for more details. POC: (309) 782-6977.

Arc Business Supply BSC

Holiday/Inventory Hours: Closed **Dec. 29, 30, Jan. 2, and Jan. 16.**

Arsenal Traffic/Construction

New Parking Available at North End of East Avenue:

Effective Sept. 6, the Garrison Public Works Directorate removed Bldg. 86 (former Bachelors Officers' Quarters) that was located on the north end of East Avenue. A new parking lot has been installed and is now available for use. Now completed, this project is providing additional parking on the northeast side of the Island. If you have any questions, please call Marilyn Miller, parking coordinator, at (309) 782-2715.

Building/Space Closures

Bldg. 60 SW Stairwell Closure: Bldg. 60 SW stairwells, basement to 3rd floor will be closed for cleaning and construction improvements from **Dec.27 through March 31**. Notifications will be posted on all entries to the stairwell by Dec. 19. POC is Amy Henry at (309) 948-1020.

Active Duty/Reserve Zone

Army Tightens Retention: Soldiers whose term of service is scheduled to end in fiscal year 2012 and want to stay in the Army must make that commitment sooner rather than later. With looming cuts to the force, the retention mission has been affected and Soldiers who want to re-enlist must do so by Jan. 31. "This is a huge change in how we do business," said Sgt. Maj. Rob Sluss, III Corps and Fort Hood Retention sergeant major. The biggest change is for Soldiers whose terms expire late in the fiscal year. ([More](#))

Warfighters Provide Input in Quest to Improve MREs:

Troops always complain about food, but maybe a little

less in recent years. The Defense Department has been on a 20-year effort to improve the field rations known as MREs, or meals ready-to-eat. "Even as far back as Operation Desert Shield and Desert Storm, that was really when the MRE improvement program came to fruition," said Robert Trottier, team leader for combat rations at the DoD's Combat Feeding Directorate in Natick, Mass. "We thought we put out a good product. But the reality was that we didn't spend a lot of effort improving it, and it wasn't getting consumed." ([More](#))

Army to Trim NCO Ranks Starting in April, Memo Says:

The Army plans to trim its enlisted ranks of staff sergeant and above starting in April according to a Nov. 14 memorandum. The memo, signed by Thomas R. Lamont, assistant secretary of the Army for manpower and reserve affairs, says the Army will use the Qualitative Service Program to identify noncommissioned officers for involuntary early separation from active duty. ([More](#))

TRICARE Beneficiaries Have Several Pharmacy Options:

Despite questions about whether the Walgreens pharmacy chain will continue as a TRICARE provider, beneficiaries will have several options for filling prescriptions, Defense



Department spokeswoman Eileen M. Lainez said today. The retail pharmacy contract between Express Scripts Inc., or ESI, and the Walgreens pharmacy chain is set to expire on Dec. 31, she added. ([More](#))

DoD Releases Sexual Assault Report, Announces New Policies: Defense Department officials today released the “Annual Report on Sexual Harassment and Violence at the Military Service Academies,” covering the academic year from June 1, 2010, to May 31, 2011. The report shows an increase in reports of sexual assault, with 65 reports of sexual assault involving cadets and midshipmen, compared to 41 reports in the previous academic year. "One sexual assault is one too many," Defense Secretary Leon E. Panetta said in a DOD news release. ([More](#))

Military Financial Fitness: Service members financial readiness is an important part of the military mission. The recently formed Office of Service Members Affairs, a division of the Consumer Financial Protection Bureau, held a Financial Fitness Forum for leaders of the military to discuss mitigating financial issues that distract service members from the mission at hand. “[Our service members] who are

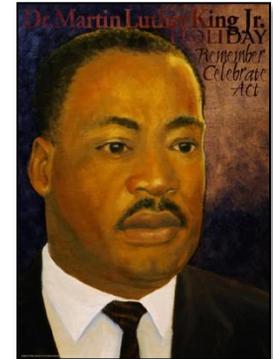
deployed, deployed and redeployed shouldn’t have to worry about how they’re going to pay their bills, or how they’re going to put food on the table for their families,” said Sergeant Major Tomas Gills, Sergeant Major to the Army Deputy Chief of Staff. ([More](#))

Safety Spotlight

Backseat Seat Belt Law Goes Into Effect Jan. 1: A new automotive safety law that goes into effect Jan. 1 in Illinois requires all backseat passengers to use seat belts. Gov. Pat Quinn signed the bill in June. The measure strengthens the state's current seat belt laws, which require passengers in the front seat and anyone under age 19 to wear them. Police will be able to stop vehicles if they notice a passenger isn't strapped in. Fines start at \$25. Exclusions include taxi riders and emergency vehicles such as police cars and ambulances. Another law that becomes effective with the New Year allows school bus companies that suspect a bus driver may be under the influence of alcohol or drugs to require the driver to submit to alcohol and drug testing. Any driver who refuses or fails the test can have his or her school bus permit suspended for three years. ([More](#))

Equal Opportunity Focus

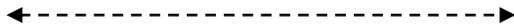
Martin Luther King Jr. Observance: First Army and the Army Sustainment Command's Equal Opportunity Office invite you to our Martin Luther King Jr. Observance, **Jan. 12**, 1-2 p.m., in the Arsenal Club, Bldg. 60. The guest speaker will be Rev. Tyrone Crider with a musical tribute by the Westbrook Singers. DA Civilians can register in [TEDs](#) using the keyword "MLK Observance". For any additional information or accommodations please contact Sgt. First Class Evadne Benson at (309) 782-9060 or Sgt. First Class Willie Jordan at (309) 782-3021.



Garrison EEO Interactive Customer Evaluation: The Garrison Equal Employment Opportunity office Interactive Customer Evaluation (ICE) is now available by clicking [HERE](#) to go to their website to complete the Ice survey. If you are commenting on a Special Emphasis Program select the



program from the drop down menu provided.



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

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

January Trivia Night at Heritage

Hall: Call up to nine of your friends and join us for our monthly trivia at Heritage Hall, Bldg. 60. Cost is \$10 per player with mulligans and double bonus available. Food & drink available. Prizes for 1st-3rd place. Open to everyone. Call (309) 782-6319 for details.
Date: **Thursday, Jan. 19**
Time: **6 p.m.**

Fitness Center Holiday Hours of

Operation: **Dec. 31**, New Years Eve - 7 a.m. - 1 p.m.; **Jan. 1**, New Years Day – Closed; and **Jan. 2**, New Years Day Observed - 7 a.m. - 1 p.m.

Auto Skills Holiday Hours of

Operation: **Dec. 31**, New Years Eve –

Closed; **Jan. 1**, New Years Day – Closed; and **Jan. 2**, New Years Day Observed - Closed (H)

Arsenal Island Golf Clubhouse

Holiday Hours of Operation: Will be closed for the season during the period of **Dec. 22 - Jan. 31**, re-opening for lunch, dinner and bar operations on **Feb. 1**.

January Trivia Night at Heritage

Hall: Call up to nine of your friends and join us for our monthly trivia at Heritage Hall, Bldg. 60. Cost is \$10 per player with mulligans and double bonus available. Food & drink available. Prizes for 1st-3rd place. Open to everyone. Call (309) 782-6319 for details.
Date: **Thursday, Jan. 19**
Time: **6 p.m.**

Racquetball League Now Forming

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

MWR Get-N-Go Grill Has Moved

Back Inside: The MWR Get-N-Go grill normally located outside the Fitness

Center has moved inside Bldg. 110, 1st floor, east wing, for the season. You can enjoy a variety of breakfast & lunch items including omelets, soups, sandwiches & more. Hours are from 6-8:30 a.m. & 11 a.m. – 12:30 p.m.

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

Exercising is great, but it's better with a friend so bring along a friend (or two) to your next Fitness Center Class and receive a free pedometer. If your referral ends up signing up for at least three of the remaining classes, they also receive a pedometer and you get a Spinning water bottle as a referral bonus. Available classes include rowing, total body conditioning, Spinning, strength conditioning, yoga, and Spinning/Core. Call (309) 782-5124 for more info. ([Flyer](#))



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Leisure Travel Holiday Hours of

Operation: **Dec. 31**, New Years Eve – Closed; **Jan. 1**, New Years Day –



Closed; and **Jan. 2**, New Years Day Observed - Closed (H)

Outdoor Recreation Holiday Hours:

Outdoor Recreation will be closed on **Jan. 2** for the New Year's Holiday and **Jan. 16** for the Dr. Martin Luther King Jr. Holiday. Normal hours and times for all other days.

Mike Epps & Friends: Comedian and actor Mike Epps is perhaps best known for his role as "Day-Day" opposite Ice Cube in both "Next Friday" and "Friday After Next." He teamed up again with Ice Cube in "All About the Benjamins" and has also starred in "The Hangover" Seats on sale until **Jan. 6** at \$44.50.
Date: **Friday, Jan. 13**
Time: **8 p.m.**

Adler: Red Green's Live Wit & Wisdom Tour: It is time to bring out the flannel shirt, find those suspenders, dig out the duct tape and join Red Green for a famous Possum Lodge meeting. Ticket on sale now for \$47.50 (Floor Seating)
Date: **Tuesday, May 1**
Time: **7 p.m.**

Skiing, Snowboarding & Snow Tubing Outings: Join Outdoor Recreation for a fun day of Skiing,

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

Discount QC Mallards Tickets: Visit Leisure Travel in Bldg. 60 to get your discount tickets to watch the Quad City Mallards dominate the rink all season long. Tickets are available in the lower bowl for every home game this season for only \$15. Call (309) 782-5890 for more info.

Snow Tubing at Snowstar with Outdoor Recreation: Join Outdoor Recreation for a fun family evening of

snowtubing at Snowstar Winter Sports Park in Andalusia, Ill. Cost is \$13/person and includes tube rental and lift ticket. Participants are responsible for their own transportation to and from Snowstar and should meet there no later than 4 p.m. Call (309) 782-8630
Date: **Friday, Dec. 30**
Time: **4-10 p.m.**

Outdoor Recreation Snow Tubing Outing: Join Outdoor Recreation at Ski Snow Star Ski resort for a fun evening of snow tubing. Cost is \$13 per person. Sign up at the Leisure Travel Office in Bldg. 60.
Date: **Friday, Dec. 30**
Time: **4-9 p.m.**

Outdoor Recreation Ski Snow Star Outing: Join Outdoor Recreation on **Feb. 17** for snow tubing, downhill skiing or snowboarding. Cost per person is \$13 for snow tubing, \$10-\$24 for skiing and \$10-\$29 for snowboarding. Sign up by **Feb. 10** for the February trip. LTO Bldg. 60.
Time: **4-9 p.m.**

Outdoor Recreation is Your Holiday Party Logistics Headquarters: We have everything you need for accommodating all the guests you'll have this holiday season. From tables



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

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

Child, Youth & School Services

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

All Child, Youth & School Services Holiday Hours of Operation: **Jan. 2**, New Years Day Observed - Closed (H)

Dance: SKIESUnlimited is offering Dance for ages 3-5 years old. The winter session is **Dec. 5 – Feb. 27**. Classes will

be held on Mondays, 9:30-10 a.m. Please contact (309) 782-5969 for additional information.

Tumbling/Gymnastics:

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

German Language: SKIESUnlimited is offering German Language classes for the winter session, **Dec. 5 – Feb. 27**. Class for 3-5 years will be held on Mondays 3-3:30 p.m. Class for 5-18 years will be held on Mondays 4-4:45 p.m. Please contact (309) 782-5969 for additional information.

Spanish Language: SKIESUnlimited is offering Spanish Language classes for the winter session, **Dec. 1 – Feb. 23**. Classes for 3-5 years old will be held on Thursdays 3-3:30 p.m. Classes for 5-18 years old will be held on Thursdays 4-4:45 p.m. Please contact (309) 782-5969 for additional information.

Child Care Spaces Still Available: Are you looking for top quality, affordable

and convenient child care? Child, Youth & School Services currently has spaces available for Full & Part-time Preschool age care. Call (309) 782-0791 for more info and to reserve your space.

Army Community Service (ACS)

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



Army Community Service (ACS) Holiday Hours of Operation: **Dec. 30**, Will close 1 hour early (3:30 p.m.); and **Jan. 2**, New Years Day Observed - Closed (H)

Military Spouse Employment Partnership (MSEP): DoD announces a new program and website to support Military Spouses Employment Partnership (MSEP) at www.msepjobs.com. Employers who are seeking Military Spouses, Teens, and Service Personnel in transition post



jobs at the web site. You can search locally or internationally.

www.msejobs.com.

Four New AER Categories of

Assistance: Army Emergency Relief (AER) is pleased to announce the addition of four new categories of assistance: Dental Care for Family Members; Furniture; Rental Vehicles; and Replacement Vehicles. For more information please visit www.riamwr.com/acs/aer.htm or call (309) 782-0815.

AER Scholarships for 2012-13

Available On-line: Army Emergency Relief (AER) scholarship on-line applications for spouses and dependent children are now available through April 2012 at www.aerhq.org and look under the Education Assistance button. For more information call (309) 782-0815 or jon.c.cook.civ@mail.mil.

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

Special Needs Inclusive Recreational

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



Employee Assistance Program



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

National Drunk and Drugged Driving

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



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.

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. 110, 1st floor, SE wing.

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

you a happy, healthy end to 2011. If you haven't been feeling your best lately take a screening as the first step to feeling better.

Education/Training Review

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

Coming Soon--USA Staffing: During FY 11 and 12, the Department of the Army is deploying a new automated, job application system called USA Staffing (USAS). The Rock Island Arsenal CPAC is currently set to transition in April. In the interim, all RIA (Army) vacancies are posted on both www.armycivilianservice.com & www.usajobs.gov. Start building your account and resume in USAS now if you haven't already done so. Please take a moment to visit the following links for additional information:

www.usajobs.gov; [Application Manager](#); [Applicants Brochure](#). Stay tuned for additional announcements regarding this transition.

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

Defense Commissary Agency / PX

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



Commissaries to End Magazine Sales Overseas:

Defense Commissary Agency officials have announced the end of magazine sales in their overseas stores beginning January 2012. This affects all commissaries in Europe, the Pacific (Japan, Okinawa, South Korea and Guam) and Puerto Rico. The Defense Commissary Agency, or DeCA, will continue to sell the Stars & Stripes newspaper since they are printed in theater. Commissaries in Alaska and Hawaii are not affected by this sales change. Magazines will also continue to be available in military exchanges and bookstores located near most overseas commissaries. ([More](#))

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

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

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.

Arsenal Island Sesquicentennial History Breaks:

Next year, 2012 will mark the installation's 150th anniversary. Sponsored by the Rock Island Arsenal Historical Society and as part of the Arsenal Sesquicentennial, a "history break" will be conducted the **second Thursday** of the month from January to December. Join us in the Caisson Room, Bldg. 60, first floor, south wing, from 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (search term "History Breaks"). Due to the size of the room, participation is limited to 50. On **Jan. 12**, learn about "Rock Island



"Arsenal: History and Sites." Using early photographs and images of many current historic sites located on Arsenal Island, this program presents a general history of Rock Island Arsenal. Upcoming topics include a history of Quarters One, a history of the Davenport House, and "RIA by Rail: Bridging the Mississippi."

This Week in Rock Island Arsenal History – Dec. 26-31:

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

Vending Machine Cuisine Your Only Option? Here's What to Eat: It's that weird week between Christmas and New Year's, when everything seems a little quieter. Maybe too quiet. Here at TODAY.com's West Coast headquarters, our usual cafeteria is closed this week, and last week, too. We thought our readers, like us, might be hitting the vending machine more than usual lately. The best option in this scenario, as TODAY's diet and nutrition editor Madelyn Fernstrom reminds us, is to pack your own healthy lunch and snacks. But if you forget, here's what



two of TODAY.com's favorite nutritionists say are the lesser evils the vending machine has to offer. (If you're lucky enough to have a vending machine filled with healthful options -- good for you! But we're talking standard machines here.) ([More](#))

Health Clinic Announcement: Sick Call Hours 7-8 a.m. Clinic closed **Jan. 2.** Training Holiday for Military- **Dec. 30.** For any Issues or Concerns with the RIAHC clinic please call our Customer Support Line – (309) 782-0721.

Notes for Veterans

It's Your Call: Confidential help for Veterans and their families ... Veterans Crisis Line. 1-800-273-8255, press 1. The confidential Veterans Crisis Line and online chat are here for you. If you know a Veteran who is in crisis, VA offers help that can make a difference. The Veterans Crisis Line is staffed by caring, qualified VA responders-many are Veterans themselves-who understand what Veterans have been through. The Veterans Crisis Line and online chat are available to all Veterans and their families, even if they are not registered with VA or enrolled in VA health care. VA professionals are

standing by 24 hours a day, 7 days a week, 365 days a year to provide confidential support by phone or online chat. Assistance is only a phone call or click away. You've served us. Now let us serve you.

Gulf War Vets with 'Undiagnosed' Illness Get More Time to Qualify for Benefits: Veterans of the Persian Gulf War with undiagnosed illnesses have an additional five years to qualify for benefits from the Department of Veterans Affairs. "Not all the wounds of war are fully understood," said Secretary of Veterans Affairs Eric K. Shinseki. "When there is uncertainty about the connection between a medical problem and military service, veterans are entitled to the benefit of the doubt." A recent change in VA regulations affects veterans of the conflict in Southwest Asia. Many have attributed a range of undiagnosed or poorly understood medical problems to their military services. Chemical weapons, environmental hazards and vaccinations are among the possible causes. ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please

use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

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

Around the Q.C.

- Oct. 22-March 24:** [Quad City Mallards](#) (iWireless Center)
- Jan. 6-8:** [Bald Eagle Days](#) (QCCA Expo Center)
- Jan. 13-15:** [Quad Cities Boat & Vacation Show](#) (RiverCenter)
- Jan. 15-17:** [21st Quad Cities Farm Show](#) (QCCA Expo Center)
- Jan. 20-22:** [Rod & Custom Show](#) (QCCA Expo Center)
- Feb. 10-12:** [QC Home Builders Show](#) (QCCA Expo Center)
- Feb. 10-12:** [Iowa/Illinois Regional Auto Show](#) (RiverCenter)
- Feb. 16-19:** [Outdoor Show](#) (QCCA Expo Center)
- Feb. 24-26:** [RV Camping Show](#) (QCCA Expo Center)
- March 23-25:** [Flower & Garden Show](#) (QCCA Expo Center)



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

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

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

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



Island Insight



Joel Hims, Garrison Manager; **Eric Cramer**, Public Affairs Officer; **Mark Kane**, Editor

The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions



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

Game plan.

Finding your loved ones isn't always a game—
In an emergency, your family may not be together.
Plan ahead to keep your family safe.

- Get a portable emergency kit.
- Establish an out-of-state family contact.
- Identify a location for your family to meet.

It's up to you. Prepare Strong.
For more information, visit www.ready.army.mil

READY ARMY
GET READY. STAY READY. BE PROUD.

SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5
Safe Fireworks

- Public displays put on by professionals are the safest way to enjoy fireworks
- Never light fireworks indoors or near dry grass
- Always have a bucket of water and a fire extinguisher nearby
- Never wear loose clothing when using fireworks
- Douse dud devices with water and dispose of properly
- Always read directions and warning labels
- Supervise children around fireworks at all times

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