

Dec. 10, 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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ASC Participates in School Ceremony Honoring Fallen Veteran Graduates on Pearl Harbor Anniversary:

The world was at war and Rudy Tonkovich wanted to serve his country. But before he ever saw action, he got in trouble for being tardy in a class at Davenport High School as it was called in 1942, said Bill Wundram, legendary columnist for the Quad-City Times newspapers who described himself as a "bold, young punk" back then. Wundram witnessed

Tonkovich getting in trouble with the teacher, who he described as pretty strict. The scolding Tonkovich received included the whole class singing "God Bless America" to him. But when asked why he was late 10 minutes late, Tonkovich said he just signed up to join the Marine Corps. All was forgiven. Tonkovich eventually served, Wundram said, and later made the ultimate sacrifice as he was killed in the South Pacific at Iwo Jima. Wundram was

among several guest speakers who participated in Davenport Central High School's remembrance ceremony to pay tribute to those alumni that have died serving in the military. The ceremony was held Dec. 7 -- the 71st anniversary of the Japanese attack on Pearl Harbor. "Yesterday, December 7, 1941-- a date which will live in infamy - the United States of America was



suddenly and deliberately attacked by naval and air forces of the Empire of Japan," President Franklin D. Roosevelt declared to a joint session of Congress beginning at 12:30 p.m. ([More](#))

New Coffee Shop on RIA: There is a new coffee shop on Arsenal Island in Bldg. 60 serving all of your favorite Starbucks drinks that opened on Nov. 5. The shop, dubbed Káva Café, will be open Monday – Friday, 6 a.m. – 3 p.m. Stop in and warm up with a pumpkin spice latte or caramel macchiato today. There will also be an official grand opening on Thursday, **Dec. 13**, at 10:30 a.m., with giveaways, food, and we will be unveiling our full breakfast, lunch and desert selections, food tastings, and entertainment. Mark your calendars!



An Attic In The Basement: What's up with this? An attic in the basement! You'll find it in Building 60 on Arsenal Island. The Arsenal Attic Thrift Shop and Boutique opened in 1975 and is staffed by volunteers. At one time it was located in



an attic but has since moved to its present location. From purses to blouses, shoes to winter coats, all reasonably priced. The items are either donated or sold on consignment. ([More](#))

Crafters Make Cards for Those Who Serve: One recent night, 106 Quad-City women — and a few good men — gathered to make and pack 7,850 greeting cards for service men and women overseas to send to the folks back home. These cards look professional, right off a store rack. They are sent to our servicemen and women who, because of where they are deployed, have no place to buy American greeting cards. ([More](#))



House Dems, GOP Embrace Cuts in Defense Spending: Substantial reductions in military spending should be part of any budget deal that President Barack Obama negotiates with Congress to avert the so-called "fiscal cliff" of automatic tax hikes and spending cuts, a group of House Republicans and Democrats said Monday. With just three weeks to the



Upcoming Dates

- Dec. 10:** 114th Anniversary of the Treaty of Paris
- Dec. 10:** Human Rights Day
- Dec. 10:** Green Monday
- Dec. 13:** 376th Army National Guard Birthday
- Dec. 13:** 9th Anniversary of the Capture of Saddam Hussein by US Army Troops
- Dec. 15:** Bill of Rights Day
- Dec. 15:** Gold Star Wives Day
- Dec. 16:** 68th Battle of the Bulge Anniversary
- Dec. 17:** Wright Brothers Day
- Dec. 21:** First Day of Winter (Winter Solstice)
- Dec. 21:** National Lights On For Life Day
- Dec. 21-23:** National Holiday Lifesaver Weekend
- Dec. 24:** Christmas Eve ([Fed. Holiday Unknown](#))
- Dec. 25:** Christmas (*Federal Holiday*)
- Dec. 28:** 103rd Anniversary of the Army Chaplain Assistant
- Dec. 31:** New Year's Eve
- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 5:** U.S. Army All-American Bowl
- Jan. 13:** AMBER Alert Awareness Day
- Jan. 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. 4-11:** Congenital Heart Defect Awareness Week



double economic hit, 22 lawmakers endorsed further cuts in projected military spending to address the nation's debt, arguing that long-term, strategic reductions were possible with the end of the war in Iraq and the drawdown in Afghanistan. ([More](#))

Pentagon to Start Sequestration

Planning: The Department of Defense has been given guidance from the Office of Management and Budget to plan for sequestration, less than a month from when the cuts are scheduled to take place, unless Congress comes to a debt resolution. Pentagon Press Secretary George Little said during a news conference on Wednesday that DOD still hopes Congress will avoid the sequestration cuts that will take effect Jan. 2, 2013. "We are consulting with the Office of Management and Budget and have been instructed to pursue internal planning on sequestration," Little said. "We are at the very start. We don't have all of the details firmed up. Naturally, we hope very much that sequestration will be avoided. We don't want to go off the fiscal cliff." Senior defense officials, led by Defense Secretary Leon E. Panetta and Chairman



of the Joint Chiefs of Staff Army Gen. Martin E. Dempsey, have warned Congress since the Budget Control Act was passed that sequestration would be a disaster for national security. ([More](#))

'Fiscal Cliff' Would Challenge Army to Maintain Readiness:

Knowing there's a possibility the government will go over a "fiscal cliff" on midnight, Dec. 31, the Army recognizes some of the challenges it will face, but a senior leader said Thursday its priority will be to maintain readiness of the force. Like its sister services, the Army faces repercussions and adjustments that would follow a nearly \$500-billion cut to the Department of Defense over the next decade. "It is all about readiness," said Lt. Gen. William Grisoli, director, Army Office of Business Transformation. ([More](#))



Websites Every Fed Should Know

About: When you work for the federal government, there are numerous tools that are at your disposal. Some of these are designed to make work easier while

others can help you plan out your future and maintain personal goals. Many of these tools were created specifically to be used by federal government workers, making them invaluable resources for every type of worker. Regardless of what you are looking for, these tools can be found online and will aid you in completing any objective. ([More](#))

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, on **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video,



"[The Rock Island Civil War Prison: Andersonville of the North?](#)" Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns have been held the second Thursday of each month this year. **Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m.** As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term



"History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50.

Wreaths Across America: The Rock Island National Cemetery will have a Wreaths Across America ceremony

on Saturday, **Dec. 15**, at 11 a.m., at the main cemetery flagpole. Maj. Gen.

Kendall Penn, First Army Deputy Commanding General of Operations, will be the keynote speaker during the ceremony. The Wreaths Across America story began more than 19 years ago when Worcester Wreath Company (a for-profit commercial business from Harrington, Maine) and began a tradition of placing wreaths on the headstones of our nation's fallen heroes at Arlington National Cemetery during the holidays. The wreath laying is now held annually on the second Saturday of December. This year, the organization has more than 800 participating locations in all 50 states and nearly 30 locations overseas. Today, Wreaths Across America reports it is on pace to lay between 355,000 to 401,000



remembrance wreaths on the headstones of those who served and sacrificed for our freedoms; all focused on the mission to Remember - Honor - and Teach. The public is invited to attend the Rock Island National Cemetery ceremony.

Bonus Holiday Clock Is Ticking: ...

The question of the hour — for millions of feds and non-feds — is simple: Will the White House declare Monday, Dec. 24, as a bonus holiday (or at least a day off) for non-emergency federal workers. Simple question. Not a simple



decision. ⚡ For most policymakers, it should be an easy call: We've done it before, let's do it again. But while the politicians haggle (or do nothing) about the fast-approaching fiscal cliff they created, would it be a good year to let federal workers have an extra day off? Would that play well in Peoria and other places where people don't have jobs? Either way, Congress, which just returned this week, will almost certainly be off. A surprising number of feds have told us that while they would love the day off (and after two years in a pay

deep-freeze, deserve it) they could understand if it doesn't happen. Many say they plan to take time off either way. In the past, when presidents gave feds a bonus day off, the call was made in late November or early December. President George W. Bush waited until Dec. 9 one year. The problem is that it's already Dec. 11. ([More](#)) ([Feds Petition for Christmas Eve Off](#))

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.

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

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

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



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

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



Dec. 13, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA Photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Angel Tree - Christmas Caring: The 23rd annual Christmas Caring Angel Tree is up and ready for the "angels" to be adopted. Visit Room 425 in Bldg. 350 on a break or during lunch to adopt



an angel this year. Gifts are due back by **Dec. 14.**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Arsenal Club (First Floor, Bldg. 60), on **Friday, Dec. 14, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 14.** 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.](#)

IEMA, Grainger Offer Winter Storm Preparedness Sweepstakes: Despite an unseasonably warm start to December, winter's cold, snow and ice are just around the corner. To help people get ready for winter weather, the Illinois Emergency Management Agency (IEMA) and Grainger are teaming up to offer an online winter storm preparedness sweepstakes. The sweepstakes is available on the Ready Illinois website. ([More](#))

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



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

Retirement Readiness NOW Tip:

Think TSP: The elective deferral limit for TSP contributions for 2013 is \$17,500 (which is an increase from \$17,000 that existed in 2012). This means eligible employees may make up to \$17,500 of regular



TSP contributions for the 2013 calendar year. Remember, traditional contributions are tax-deferred and Roth contributions are after-tax. If you want to maximize your TSP contributions for 2013, now is a good time to be thinking about it. If you act now, you can maximize your contribution and spread your total contribution equally over all 26 pay periods in 2013 (e.g., \$17,500/26 pay periods = \$674 per pay period). You can designate your biweekly contribution amount to any dollar or percentage amount, but payroll deductions will stop when you reach \$17,500 during the calendar year 2013. If you elect to contribute a percentage of your pay, versus a flat dollar amount, keep in mind that if you reach the annual maximum before the end of the year, your contributions will stop, causing the agency matching to stop and resulting in a lesser amount of agency matching funds. By spreading out your contributions over the year, you can maximize the agency matching funds. TSP Catch-up: If you are at least age 50 (or will become age 50 during the calendar year) and if you are making the maximum contribution into the TSP during the calendar year (i.e., \$17,500 for 2013) you can make catch-up contributions to your TSP account (as much as \$5,500 per year). Remember,

Catch-up contributions must be elected each year. You can find more information about TSP at www.tsp.gov.

Arsenal Attic Thrift Shop &

Boutique: The Fran Riley visit was a huge success, a good time for everyone, especially our scholarship recipients. If you missed it, go to KWQC.com and catch it online. Thanks to everyone who participated. Open this Saturday, **Dec. 15**, 9 a.m. – 3 p.m. See you at the Attic. POC: (309) 782-6977.

Yankee Candle Discount for Arsenal

Employees: Bring in your employee ID card to the local Yankee Candle located at Northpark Mall and receive \$20 off any purchase of \$45 or more. Now through **Dec. 24**. Save on holiday gifts and more.

Time: **10 a.m. - 9 p.m.**

Arsenal Traffic/Construction

North Avenue 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

New Process Improves Household

Goods Shipments: A system being implemented at U.S. Transportation Command is making permanent-change-



of-station moves more convenient, while reducing lost and damaged shipments and saving the government money. The Defense Personal Property System, introduced in 2009 as a pilot program at 17 installations, now supports 90 percent of all military moves, Jill Smith, personal property division chief at Military Surface Deployment and Distribution Command, told American Forces Press Service. ([More](#))

CAC/ID Sponsorship Requirements for All Military Members:

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



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

Rising Number of Soldiers Being Dismissed for Failing Fitness Tests:

Under intense pressure to trim its budget, the Army is dismissing a rising number of soldiers who do not meet its fitness standards, drawing from a growing pool of troops grappling with obesity. Obesity is now the leading cause of ineligibility for people who want to join the Army, according to military officials, who see expanding waistlines in the warrior corps as a national security concern. Between 1998 and 2010, the number of active-duty military personnel deemed overweight

or obese more than tripled. In 2010, 86,186 troops, or 5.3 percent of the force, received at least one clinical diagnosis as overweight or obese, according to the Armed Forces Health Surveillance Center. ([More](#))

Safety Spotlight



Home Depot Recalls Homer's All-Purpose Bucket Mug Due to Fire

Hazard: Consumers should stop using this product unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. The silver-colored simulated bucket handle below the rim can spark when used in a microwave oven, posing a fire hazard. ([More](#))

Gas Fireplace Inserts Recalled by Jotul North America Due to Electrical

Shock and Burn Hazards: Jotul and Scan gas fireplace inserts, The fireplace inserts electrical wiring can come into contact with the metal rating plate on the insert, posing electrical shock and burn hazards to consumers. ([More](#))

Five Infant Deaths Prompt CPSC to Sue Manufacturer of Nap Nanny and

Chill Infant Recliners: In an effort to prevent children from suffering further



harm, U.S. Consumer Product Safety Commission (CPSC) staff filed an administrative complaint today against Baby Matters, LLC, of Berwyn, Pa., the manufacturer of Nap Nanny® and Nap Nanny Chill™ infant recliners. ([More](#))

December is National Safe Toys, Gifts

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

Equal Opportunity Focus

Supreme Court Ruling Allows Feds to Appeal Some Discrimination Cases in District Court:

The Supreme Court ruled Monday that federal employees can appeal discrimination-related complaints in federal district court. The ruling follows earlier lower court

decisions that forced employees to appeal some Merit Systems Protection Board decisions through the U.S. Court of Appeals for the Federal Circuit. The justices' decision applies to federal employees filing "mixed cases" — complaints involving both allegations of wrongful termination and job discrimination — under the Civil Service Reform Act. In this case, Carolyn M. Kloeckner was fired from the Labor Department in 2005 after complaining of sex and age discrimination and a hostile work environment. ([More](#))

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation

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

MWR Gift Certificates Make Great

Stocking Stuffers: Looking for that last minute stocking stuffer? How about a gift certificate to the Arsenal Island Golf Course & Clubhouse for the golfer on your list? A gift certificate to the Fitness

Center can be used for one of our great fitness classes to help your loved one get a good start on those New Year's resolutions. With the colder temperatures and all the salt on the road who wouldn't want a reloadable gift card for the Auto Shop's carwash? Movie ticket coupons for the Moline Great Escape Theater are available at the Leisure Travel Office and last but not least, remember Outdoor Recreation for all your winter outdoor rec. equipment needs. From skis and snowshoes to ice skates and snowboards, we are your one-stop winter gear shop.

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](#))

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

Downtown Chicago Shopping Trip: Let the Leisure Travel Office handle the transportation and you concentrate on the shopping. Cost is \$41 per person ... sign up now.

Date: **Saturday, Dec. 15**
Time: **6:30 a.m.**

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.**

Harlem Globetrotters (iWireless

Center): The Harlem Globetrotters "You Write the Rules" 2013 World Tour is right around the corner. For the first time ever, you, the fans, will have the opportunity to vote on the rules the Globetrotters will play with that could affect the outcome of the game.

Discounted seats on sale until **Dec. 17**, Lower bowl seats \$29; Upper bowl seats \$22. Please call (309) 782-5890 for more information.

Date: **Saturday, Jan. 5**



Time: 7 p.m.

West Side Story (Adler Theatre):

From the first note to the final breath, West Side Story soars as the greatest love story of all time and remains as powerful, poignant and timely as ever. Leisure Travel has discounted floor seating for \$62. On sale until **Dec. 21**.
Date: **Monday, Feb. 18**
Time: **7:30 p.m.**

Scooby-Doo LIVE! Musical Mystery (Adler Theatre):

A trouble-making ghost is haunting a local theater and Shaggy, Fred, Daphne, Velma and Scooby-Doo are on their way to help solve it! This hilarious live theater show brings everyone's favorite animated series to life. LTO has limited discounted seats at \$27 on sale until **Feb. 15** or while supplies last.
Date: **Saturday, March 2**
Time: **2 p.m.**

Gabriel Iglesias Stand-up Revolution Tour (Adler Theatre):

Gabriel Iglesias high-octane show is a sure-fire hit: a mixture of storytelling, parodies, characters and sound effects that bring all his personal experiences to life. Gabriel's unique and animated comedy style has made him popular among fans

of all ages. Discounted seats on sale until **Jan. 15** at \$42.

Date: **Thursday, March 7**

Time: **8 p.m.**

Free Universal Military Only: Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military identification. Admission is valid for up to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30**. Contact LTO at (309) 782-5890.

Rock of Ages (Adler Theatre): In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50
Date: **Wednesday, April 24**
Time: **7:30 p.m.**

Bill Cosby – 50 Years of Making You Laugh Smile and Feel Good Tour (Adler Theatre):

One of America's most beloved comedians of all time, Bill Cosby, has captivated generations of fans. His comedy transcends age, gender and cultural barriers. Discounted seats on sale for \$60 until **Jan. 15**.

Date: **Saturday, April 27**

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

MWR Outdoor Recreation Seasonal Entrance Change:

With the end of the summer season, Outdoor Recreation patrons are asked to use the South Entrance to the Equipment Checkout Center in Bldg. 333.



Child, Youth & School Services



Registration Deadline for Summer Day Camp 2013:

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

Covenant Cottage Child Development Home:

[Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family



Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

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



Families in Waiting Hearts Apart Program: Hearts Apart program is for Military and Department of Defense Civilian Family Members who are going to be or have been separated because of military commitments (deployments, extended temporary duties, remote tours). The



Hearts Apart group is currently meeting on a weekly basis. Contact ACS for information (309) 782-0829 Time: 9:30 a.m.

Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

National Drunk and Drugged Driving (3D) Prevention Month: The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This Holiday



Season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life. [Click on this link to view a powerful reminder to be responsible](#) and to "stop thinking like a child." ([Army News Article](#))

PTSD Support Groups: You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Keep Your Mental Health in Check During the Holidays – December 2012: Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy ... whether it is the most joyous time of year is up for debate but it might certainly be the



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

Smoking Cessation Group: Want to join a supportive group of individuals with a common goal to quit smoking?

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

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Get Ready, Get Set, Go-Go-Go to School!: Seeking or pursuing a college degree? Have questions? The Army Education Center will be hosting on a monthly basis the following schools: **Dec. 17:** Trinity College of Nursing & Health Sciences; **Dec. 12:** Kaplan University; **Dec. 19:** St. Ambrose University; **Dec. 11:** Black Hawk College. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary, unless specified. All scheduled times are 10 a.m. – 2 p.m. in Bldg. 56, 1st Floor, Room 120.

Education Center POC: [Stephanie Allers](#), (309) 782-5895.

Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

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 Helping 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. 10-16: In December 1905, the Army Chief of Ordnance authorized RIA workers the right to heat coffee at noon hour. From this authorization developed an organized effort by the workers to create a hot lunch and cafeteria program. In December 1870, Aikens & Co., Pittsburgh, Pa., furnished the RIA with slate at \$15.25 per square. The slate was used to cover the roofs of buildings. In December 1959, the RIA repaired and modified the first XM70 boosted rocket launcher prototype. During the winter of 1863, temporary shops were built on the Island for use in construction of Arsenal buildings.



RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, on **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The Rock Island Civil War Prison: Andersonville of the North?](#)" Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. **Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m.** As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room, participation is limited to 50.



←-----→
Healthbeat
Ⓢ

Secondhand Smoke Puts Children at Risk for Meningitis: Exposure to secondhand smoke -- during their mother's pregnancy or later in the home -- greatly increases children's risk of invasive meningococcal disease, according to a new evidence review. Invasive meningococcal disease is a major cause of bacterial meningitis and can also cause severe illness when bacteria invade the blood, lungs or joints. Children and young adults are particularly at risk. The death rate for meningococcal disease is nearly 5 percent, and one in six patients will be left with a severe disability, including neurological or behavioral problems. U.K. researchers reviewed 18 previously published studies and found that exposure to secondhand smoke at home doubled the risk of invasive meningococcal disease in children. The risk was even higher for children younger than 5 years old. The results of the review also showed that children born to mothers who smoked during pregnancy were three times more likely to develop invasive meningococcal disease than those born into nonsmoking households. ([More](#))

←-----→
Notes for Veterans
Ⓢ

Report Reveals Further Reduction in Veterans Homelessness: The Departments of Veterans Affairs and Housing and Urban Development (HUD) today announced that a new national report shows that homelessness among Veterans has been reduced by approximately 7 percent between January 2011 and January 2012. The decline keeps the Obama Administration on track to meet the goal of ending Veteran homelessness in 2015. "This report continues a trend that clearly indicates we are on the right track in the fight to end homelessness among Veterans. While this is encouraging news, we have more work to do and will not be satisfied until no Veteran has to sleep on the street," said Secretary of Veterans Affairs Eric K. Shinseki. "The success we have achieved is directly attributable to the hard work by all of our staff, and the federal, state, and community partners who are committed to ending Veteran homelessness." ([More](#))

Veterans Opportunity to Work to Hire Heroes Act: Veterans Opportunity to Work to Hire Heroes Act mandates pre-separation counseling, a VA Benefits Briefing and a DOL Employment Workshop for all Soldiers in transition in order to give them the



greatest opportunity for success post-military service. Numerous transition studies determined the need to prepare Soldiers in all components for educational and credentialing requirements, as well as to enhance opportunities to link Soldiers with private industry. VOW was implemented Nov. 21. ([More](#))

'Hiring Our Heroes' Connects

Veterans, Spouses With Jobs: More than 400 veterans and military spouses headed out to the Washington Nationals baseball park on Wednesday morning to talk with 87 potential employers as part of the on-going nationwide "Hiring Our Heroes" campaign. Sponsored by the U.S. Chamber of Commerce and Capital One, the "Hiring Our Heroes" campaign was first launched in March 2011 as a way to engage the business community nationwide (and in Puerto Rico) into committing to hire 500,000 veterans and military spouses by the end of 2014. So far, some 800 businesses of all sizes have pledged to hire 182,000 veterans and military spouses toward that goal -- 85,000 have landed jobs with the private and public sectors in just the last seven months according to the chamber's September quarterly report. ([More](#))



Car Pooling Announcements



Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Car Pool:

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



Around the Q.C.



Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

Dec. 15: [A Holiday in the Gardens](#) (Quad City Botanical Center, Rock Island)

Dec. 15: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

Dec. 16: [5th Annual River Bandits Indoor Frost Fest](#) (Modern Woodmen Park)

Dec. 22: [Skate with Santa](#) (The River's Edge, Davenport)

Jan. 5: [Not Dead Yet! - A Celebration of Survival](#) (Moline Public Library)

Jan. 11-13: [Bald Eagle Days](#) (QCCA Expo Center)

Jan. 11-13: [Quad City Boat & Vacation Show](#) (RiverCenter, Davenport)

Jan. 13: [Chocolate Fest](#) (Quad City Botanical Center)

Jan. 18-21: [Be a Tourist in Your Own Backyard Weekend](#) (Quad City Visitors Center)

Jan. 20-22: [QC Farm Equipment Show](#) (QCCA Expo Center)

Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)

Feb. 14-17: [2013 Outdoor Show](#) (QCCA Expo Center)

Feb. 22-24: [RV & Camping Show](#) (QCCA Expo Center)

Feb. 24: [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)

March 1-3: [Antique Spectacular](#) (QCCA Expo Center)

March 16: [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)

March 22-24: [Flower & Garden Show](#) (QCCA Expo Center)

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



April 20: [Earth Week Fair](#) (QCCA Expo Center)

May 4: [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)

May 4: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

May 11-12: [Beaux Arts Fair](#) (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](#) (Greenville Sports Complex, Moline)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Island Insight



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

The Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical 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



Island Insight

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A poster titled 'GEAR UP! FOR COLD WEATHER' featuring a soldier in camouflage gear. The poster includes a list of tips for cold weather clothing and a warning about skin effects. At the bottom, it features the 'ARMY SAFE FALL WINTER NO TIME TO CHILL' logo and various Army safety slogans.

GEAR UP! FOR COLD WEATHER

★ **GETTIN' COLD FEET**

Cold Weather clothing:

- Keep it Clean
- Avoid Overheating
- Wear it Loose and in Layers
- Keep it Dry

WATCH FOR EFFECTS TO THE SKIN, SUCH AS:

- SWOLLEN RED OR DARKENED
- PAIN, TENDERNESS, HOT OR ITCHY
- NUMBNESS OR TINGLING
- BLEEDING OR BLISTERED
- GRAY, WAXY FEELING OR "WOODEN" TO THE TOUCH
- DIZZINESS, WEAKNESS OR BLURRED VISION
- VIGOROUS SHIVERING
- LACK OF COORDINATION AND IMPAIRED JUDGMENT
- PAINFUL, RED, WATERY OR GRITTY FEELING IN THE EYES (SNOW BLINDNESS)

ARMY SAFE
FALL WINTER
NO TIME TO CHILL

ARMY STRONG
U.S. ARMY CENTER FOR BUSINESS SAFETY CREW
ARMY SAFE IS ARMY STRONG
I BANG BY BROTHERS & SISTERS

