

The Information Bulletin October-November 2010

The Mission of The Rock Island Arsenal Community Mayoral Program is to provide a method to improve the quality of living, promote an atmosphere of mutual concern while promoting a sense of togetherness, provide information to the military community and provide an avenue to bring needs, concerns and recommendations of the residents to the Garrison Managers attention. Please feel free to contact me with any and all issues. Stephanie Lamb Rodman Housing Mayor

Snow blowers Be prepared for a 10-15 minute instructional class on the use and troubleshooting of the snow blower being issued by housing. Morning and afternoon times TBA.

Holiday Events

FREE FAMILY PHOTOS-November 21 @ Arsenal Island Golf Course 1000-1700. Sign up thru ACS.

Coming soon- Ice Rink with skates rental at old golf range by Moline bridge. More info to follow.



HEALTH

Flu season is here!! The best tip for fighting the flu is prevention. Flu Prevention Tips.

- Wash your hands frequently using warm water and soap, scrubbing all surfaces for about 10 seconds. Some flu viruses can live up to two hours on surfaces like desks, phones and door knobs.
- Avoid sharing objects (cups, utensils, etc.). Wipe down shared equipment such as phones and keyboards.
- Get enough sleep and manage your stress. Lack of sleep and high levels of stress can reduce immune functioning, thus lowering the body's ability to fend off colds and flu.
- Drink more water. You may not feel as thirsty during fall and winter, but it's important to make sure you don't get dehydrated. Consume at least 8 glasses a day.

Influenza Vaccination Information: This year's flu vaccine will be trivalent (with three different vaccine viruses) and will include the H1N1 vaccine. For more information on the vaccine and who should receive it please visit the CDC website at <http://www.cdc.gov/media/pressrel/2010/r100224.htm>

There are **several options** for RIA Service Members, Family Members, DOD employees, and Retirees to receive their vaccine this year:

1. US Army Health Clinic RIA has vaccine available for Soldiers. Call 782-0805 for information on distribution dates and times.
2. In addition, CVS, Walgreens, & Wal-mart pharmacies will administer season influenza [sic vaccine] at no cost to TRICARE beneficiaries. Service Members who receive influenza vaccinations from non-military sources will provide immunization documentation to the unit's MEDPROS point of contact no later than the next duty day following vaccination. For more information on this option, contact your local TRICARE advisor, 2-0800 or your Command Surgeon.
3. Rock Island County Health Department has vaccine on hand and will begin regular flu clinics 5 through 28 Oct. The cost is \$30. For more information please visit: <http://www.co.rock-island.il.us/HealthHome.aspx>
4. MWR is also sponsoring flu shots at the following locations and times, no appointment necessary:
Bldg 60 Cafeteria, 19 Oct, 10:30 a.m. - 1:30 p.m. Bldg 212 Cafeteria, 20 Oct, 10:30 a.m. - 1:30 p.m.
Bldg 350 Cafeteria, 21 Oct, 10:30 a.m. - 1:00 p.m. Bldg 67, Fitness Center, 26 Oct, 10:30 a.m. - 2:00 p.m.

Cost is \$25 per person, cash or check only, must be 18 years old or older, for more information call 782-5890.

Activities

Oct. 22: Halloween Fun Night at Roosevelt (Roosevelt Community Center, Davenport)

Oct. 22-23: 2nd Annual Haunted Island Goes Batty (Credit Island Lodge, Davenport)

Oct. 23: Dance for the Cure (Mississippi Valley Fairgrounds)

Oct. 23-24: Great Train Expo (QCCA)

Oct. 23-24: Rock & Gem Show (Mississippi Valley Fairgrounds)

Oct. 24: 6th Annual CBRC Pumpkin Dash (Credit Island)

MWR Family Halloween Party: Bring your ghouls and goblins to MWRs 2nd Halloween party. We will have a bounce house, coloring table, cookie walking toss, Scooby Doo movie and lots of door prizes and candy. Hot dogs, chips and pop will be \$3. **Wednesday, Oct. 27 5-7 p.m.**

Galena Fall Bus Trip: The city is a popular tourist destination known for its history, historical architecture, as well as its great stores. Join us for a fall trip. \$39 per person **Saturday, Oct. 30 8 a.m. - 5 p.m.**

Oct. 30: Davenport Trick or Treating

Oct. 30: Lago marcino's Cocoa Beano Halloween Hot Chocolate 5K Race (i Wireless Center, Moline)

Oct. 30: Witches Walk (downtown Le Claire, Iowa)

Oct. 30: Halloween Howl (Fairmount Branch Public Library, Davenport)

Oct. 30-31: Boo at the Zoo (Niabi Zoo, Coal Valley, Ill.)

Oct. 31: Davenport Halloween Parade (Downtown Davenport) (Registratrants needed by Oct. 5)

Oct. 31: 7th Annual Toys for Tots Spook-tacular Dance Concert (Nighswander Theatre, Davenport)

Oct. 31: Halloween Costume Contest (The River's Edge, Davenport)

Nov. 5-7: Quad Cities Antique Spectacular (QCCA)

Nov. 6: Major League Eating Competition (Isle Casino Hotel, Bettendorf)

Nov. 13: Quad-Cities Black Hawk College Hawk Hustle (Blackhawk College)

CIRCA 21 "Plaid Tidings" the Forever Plaid Christmas Show: The hilarious, harmonious quartet, The Plaids, perform a swinging holiday spectacular. After their sudden demise, the four young men return to Earth with a touching and nostalgic show blending mirth, music and a bit of "The Ed Sullivan Show" Seats on sale until **Nov.5**, \$43.50 per person. **Saturday, Nov. 13 5:45 p.m.**

Nov. 20: Festival of Trees Parade (Downtown Davenport)

Nov. 20: Lighting on the John Deere Commons (Downtown Moline)

Holiday Pops: Ballet Quad Cities, the Holiday Pops Children's Chorus, the Sanctuary Choir of First Presbyterian Church, and Quad City Arts Visiting Artist, the —pop opera|| sensation Destino in this Quad City holiday tradition. Seats are on sale until Oct. 15. Sec. 105, \$32; Sec. 204,\$22 **Saturday, Nov. 20 7:30 p.m.**

Nov. 19-28: Quad City Arts Festival of Trees (Downtown Davenport)

Nov. 25: Turkey Trot (Downtown Davenport YMCA)

Nov. 26-28: Christmas Craft Show (QCCA)

Dec. 2-3: National American Spirit Pageant Preliminaries (River Center, Davenport)

Dec. 3-4: Christmas in the Village (Village of East Davenport)

Coming to i Wireless **Jeff Dunham ... Identity Crisis Tour.** With humor he and his hilarious troop of comedic sidekicks will have toy entertained from the moment the show starts to finish. Seats on sale now. \$55 per person **Thursday, Dec. 30 8 p.m.**