



Jan. 19, 2022

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce.

Island Insight Submission: <https://home.army.mil/ria/index.php/contact/public-affairs>

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Army Corps of Engineers, Rock Island District, to Receive \$1.2B in FY22 through Infrastructure Funding Law

The U.S. Army has announced the Civil Works studies, projects and programs that the Corps would implement in Fiscal Year 2022 with the \$22.81 billion in supplemental funding provided in two recently enacted laws — the Infrastructure Investment and Jobs Act; and the 2022 Disaster Relief Supplemental Appropriations Act. Included in this supplemental funding is \$1.2 billion for the Rock Island District to carry out projects and programs in the Upper Mississippi River Valley. “This is a historic day for the Rock Island District,” said Col. Jesse Curry, commander of the U.S. Army Corps of Engineers, Rock Island District. “This represents funding that vastly outnumbers figures our District’s annual budget has ever seen. It’s testament to our professional workforce that they are trusted to carry out the kind of workload this funding will bring.” Rock Island District is set to receive two priority construction new starts, one through the Navigation and Ecosystem Sustainability Program (NESP) and



Upcoming Dates

January: National Operations Security Month
January: National Slavery and Human Trafficking Prevention Month
January: National Mentoring Month
January: National Blood Donor Month
Jan. 21: ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.
Jan. 21: USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
Jan. 22: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
Jan. 22: Do You Want To Build A Snowman, Heritage Hall, Bldg. 60, 10 a.m.
Jan. 25: 77th Anniversary of the end of Battle of the Bulge
Jan. 25: 100th Anniversary U.S. Army Band "Pershing's Own" is formed
Jan. 25: National Have Fun at Work Day
Jan. 26: National Spouses Day
Jan. 26: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
Jan. 27: International Day of Commemoration in Memory of the Victims of the Holocaust
Jan. 27: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
Jan. 28: 49th Anniversary Vietnam Conflict Ceasefire
Jan. 28: Data Privacy Day
Jan. 28: USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
Jan. 29: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.

new start funding for the Brandon Road Interbasin Project. (More: www.mvr.usace.army.mil/Media/News-Releases/Article/2905198/army-corps-of-engineers-rock-island-district-to-receive-12b-in-fy22-through-inf)

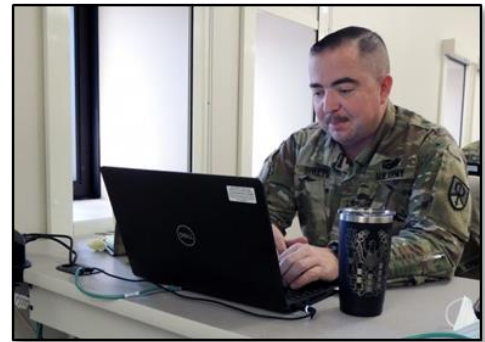
Military Families, Civilians Banned From Blood Donation Now Eligible Under New Rules

While the world was rocked by the COVID-19 pandemic and the focus of health care centered on trying to contain the rapid spread of the virus, the Veterans Administration announced the U.S. Food and Drug Administration lifted restrictions on certain military families and civilians previously banned from donating blood. In a press release dated Jan. 25, 2021, the VA reported the longstanding ban that prevented some 4.4 million veterans, service members and Civilians stationed in certain parts of Europe between 1980 and 1996 from donating blood has been eliminated. The ban was meant to prevent transmission of a deadly brain disease, commonly known as “mad cow disease.” According to the VA, under the new guidelines, people who had been ineligible because they resided for six months or more on U.S. military bases in Germany, the United Kingdom, Belgium and the Netherlands between 1980 and 1990, or on bases in Greece, Turkey, Spain, Portugal, and Italy between 1980 and 1996, may now be eligible. The deferral, however, is still in place for past or recent residency or travel in some European countries. For instance, FDA guidelines do not permit donation by individuals who have spent three months or more cumulatively in the United Kingdom from 1980 to 1996. (More: www.army.mil/article/253422)



Exercise Preps ASC-ARE Soldiers for Deployment

Members of the Army Sustainment Command-Army Reserve Element who will support the 401st Army Field Support Brigade in Kuwait were brought here to prepare them for their duties downrange. It proved to be time well spent, according to Chief Warrant Officer 4 Jason Miner, an ASC-ARE automotive maintenance officer who attended the exercise, dubbed CORE 22.1. “I did this training 10 years ago and a lot of material is the same but I’ve learned that the surveillance and reporting requirements have kind of changed and been automated, so that’s a big difference,” he said. “We used to do this with paper, pen, and a clipboard.” The two-week course will come in handy during the upcoming deployment, he added. “We will lean on this training when we go downrange,” Miner said. “We need this base of knowledge to perform our duties. Having this refresher is beneficial and by going over the changes that have taken place, I feel comfortable with the role.” (More: www.army.mil/article/253391)



From Clerk Typist to Army Senior Leader -- an American Dream Realized

The American Dream of opportunity and prosperity through hard work, determination, and skill is personified in JoEtta Fisher who achieved that dream through government service and made the nation better in the process. Fisher started working for the government as a summer-hire clerk typist at Rock Island Arsenal while attending Moline High School in Moline, Ill. She took clerical and secretarial courses during her senior year of high school and participated in a program, in which she worked half days on the Arsenal. Thirty-five years later during a ceremony on Jan. 19, 2022, she retired as the highest ranking civilian within the Joint Munitions Command, a worldwide organization providing all services within the Department of Defense and U.S. allies with conventional ammunition from bombs to bullets. “During her 35-year career, JoEtta has been respected throughout the Army and Department of Defense for her expertise, her valued advice to commanders, senior leaders, and ammunition professionals around the world, and most importantly, for her commitment to supporting the JMC workforce and developing the next generation of leaders,” said Brig. Gen. Gavin Gardner, the JMC commander and host of Fisher’s retirement ceremony. Fisher was respected by all services supported by JMC. (More: www.army.mil/article/253355)



From Afghanistan to Arsenal, 20-Year Army Veteran Creates a Healing Musical Landscape

Spencer Beatty’s life changed forever late one night in August 2010, when he was stationed in Kabul, Afghanistan. “I was looking at the moon wondering if I could ever get my life back together,” the 51-year-old Army Major recalled recently of his fourth deployment during the global War on Terror. “And that is when it happened. Orchestra music came pouring in as if the night sky had a song to sing. That was the beginning of 45 days of intensive composing as the music continued to flow. By the time I returned home a couple months later, I was back on the road to being me again.” More than 11 years later, the Coal Valley man — who will retire in March after 20-plus years in the Army — is working with Quad-Cities musician Mason Moss to bring together a small orchestra for a recording project that will capture Beatty’s digital compositions properly. (More: www.ourquadcities.com/news/local-news/from-afghanistan-to-arsenal-20-year-army-veteran-creates-a-healing-musical-landscape)



Rock Island Arsenal Museum Raising Money for USCT Civil War Uniform

Rock Island Arsenal Museum officials said, when reimagining the museum, it was important to tell stories about people of color. Now, the museum is working to create an exhibit about the 108th US Colored Troops (USCT), a unit of nearly 1,000 former slaves and freemen, and raise enough money to purchase a reproduction of a USCT uniform. "There are many voices that tell the story of the army, and there are diverse voices that tell the story of the army," said Patrick Allie, Rock Island Arsenal Museum director. The 108th USCT served as the longest-tenured Rock Island Prison Barrack guards during the Civil War. "What we are specifically trying to do, especially with the 108th exhibit, is make it so when visitors come through they see a reflection of themselves in the exhibit, so they are able to make that personal connection," Allie said. (More: www.kwqc.com/2022/01/21/rock-island-arsenal-museum-raising-money-usct-civil-war-uniform)



Tuskegee Airman Charles McGee Dies At 102

Tuskegee Airman Charles McGee died in his home Jan. 16. He was 102 years old. According to a news release put out by Tuskegee Airmen Inc., McGee died peacefully in his sleep. "He had his right hand over his heart and was smiling serenely," his youngest daughter, Yvonne McGee, said. McGee was preceded in death by his wife, Frances. The couple raised three children, were grandparents to ten children, and also had numerous great-grandchildren. "He was a wonderful human being," McGee's son, Ron McGee, said. "I feel proud and privileged to be called his son." In March 1942, McGee was a college student studying engineering at the University of Illinois in Champaign. Less than four months prior, the Japanese had bombed Pearl Harbor in Hawaii, and the U.S. was at war. "In ROTC I learned to handle a rifle pretty well," McGee said during an interview several years ago. "But because I was in school, my draft board wasn't pulling my number." (More: www.army.mil/article/253382)



OPM Announces \$15 Minimum Wage for U.S. Federal Civilian Employees

Today, the U.S. Office of Personnel Management (OPM) announced that federal civilian employees in the U.S. will now be paid at least \$15 per hour. OPM issued a memorandum for heads of Executive departments and agencies that provides implementing guidance for how agencies should adjust pay rates for General Schedule (GS) and Federal Wage System (FWS) employees stationed in the U.S., and how to use administrative authority for other pay systems to lift the pay of federal employees who currently make less than \$15 per hour. In total, these changes will impact 67,000 out of 2.2 million federal employees. The largest share of these workers, over 56,000 of them, currently work at the Department of Defense. OPM's guidance directs agencies to implement these changes by Jan. 30. "As the largest employer in the country, how the federal government treats its workforce has real impact," said Kiran Ahuja, Director of the Office of Personnel Management. "The Biden-Harris Administration believes that the federal workforce should be treated with dignity and respect. Raising pay rates across the federal government to a minimum of \$15 per hour reflects our appreciation for the federal workforce and our values as a nation. We know that paying a living wage provides a myriad of benefits, from recruitment to retention to increased productivity, and more. It's also the right



thing to do. We should strive for every federal job to be a good job, and we want to ensure that every federal employee has a pathway to the middle class. Increasing pay rates to at least \$15 per hour will keep the federal government competitive in the marketplace and is another way that we can serve as a model employer, setting a high bar for other sectors to follow.” (More: www.opm.gov/news/releases/2022/01/release-opm-announces-dollar15-minimum-wage-for-us-federal-civilian-employees)

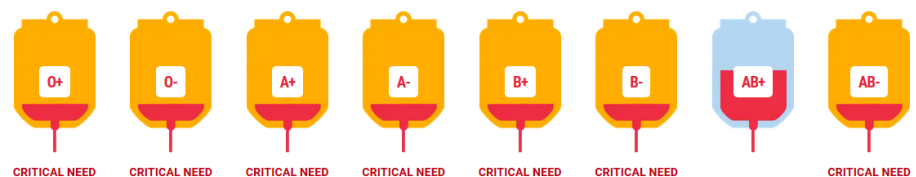
Marijuana Use ‘Remains Relevant, But Not Determinative’ for Security Clearances

An increase in the number of states and localities that have decriminalized marijuana has prompted a recent update in guidance for security clearances for federal personnel. Avril Haines, director of national intelligence, issued an unclassified memo on December 21 to agency heads, obtained by Government Executive, which is “designed to provide clarifying guidance to federal agencies charged with determining such eligibility through adjudication,” following changes on the state and local levels, an ODNI spokesperson who did not provide a full name told Government Executive on Monday. Currently, 36 states; Washington, D.C.; Guam; Puerto Rico; the U.S. Virgin Islands; and the Northern Mariana Islands allow use of medical marijuana. Eighteen states and Washington, D.C. and the Northern Mariana Islands legalized it for recreational use, according to the National Organization for the Reform of Marijuana Laws. “I encourage agencies to remind civilian, military and contractor personnel, who are eligible for access to classified information or eligible to hold a sensitive position (i.e., the national security workforce) as well as authorized investigative and adjudicative personnel, of the importance of continued adherence to federal laws and policies, to include adhering to applicable reporting requirements,” Haines wrote. “Disregard of federal law pertaining to marijuana remains relevant, but not determinative, to adjudications of eligibility for access to classified information or eligibility to hold a sensitive position.” (More: www.govexec.com/management/2022/01/marijuana-use-remains-relevant-not-determinative-security-clearances/360618)



Blood Donors Urgently Needed

Both nationally and here within this region, we are experiencing an urgent need for blood to prevent shortages for patients and hospitals. As the local blood provider for 126 hospitals in Illinois, Iowa, Missouri,



and Wisconsin, ImpactLife shares in the concern over the state of the blood supply both nationally and within our region. Within their service region, they strive to collect an average of 3,600 donations on a weekly basis. In recent weeks, however, the donation rate has ranged from 2,500 to 2,800 donations per week. Christmas and New Year’s holidays, as well as winter weather and the ongoing impact of the COVID-19 pandemic have combined to decrease the rate of donation. Blood products are perishable and must be used for transfusion within a short window of time, so they strive to keep a 5-day supply in their inventories to meet anticipated and unanticipated needs. Currently most blood products and types are less than 3-day supply. Urgent need for all donations & blood types especially Type O, AB and all types for Platelets. ImpactLife has a blood drive scheduled on Arsenal Island for the month of January:

- **Friday, Jan. 21:** 10 a.m. to 1:30 p.m. in Building 333, conference room left of MWR lobby; donor promo – shamrock t-shirt or \$5 gift card.
- **Friday, Feb. 11:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby; donor promo – shamrock t-shirt or \$5 gift card.
- **Friday, Feb. 18:** 10 a.m. - 1:30 p.m. in Building 333, conference room left of MWR lobby; donor promo – shamrock t-shirt or \$5 gift card.
- Gift card options: Amazon, Home Depot, Lowe's, Target, Subway, Starbucks, Walmart

If you would like to donate at either of these blood drives, feel free to email

bhancock@impactlife.org with the time you'd like to schedule, or call the Donor Scheduling Team at 800-747-5401; you may also log on to www.ImpactLife.org and use code 029 to locate the blood drives. ImpactLife is requiring masks for donors, staff, and volunteers in all of their facilities and donor buses.

- Moline Donor Center – 3600 16th Street
- Davenport Headquarters – 5500 Lakeview Parkway
- West Davenport Center – 1320 W. Kimberly Road

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: www.militaryblood.dod.mil

Eagle Watch/Clock Tower Tour

The U.S. Army Corps of Engineers, Rock Island District will host multiple eagle watch events this season in January and February. For each event, participants will meet at the Mississippi River Visitor Center on:

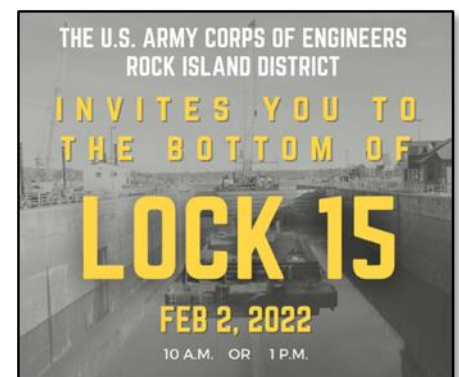
- **Jan. 29:** 10 a.m. & 1 p.m.
- **Feb. 5 & 12:** 10 a.m. & 1 p.m.

Climb back in history as you ascend the Clock Tower Building on Arsenal Island. The upper floors offer a great view of the Mississippi River around Locks and Dam 15 where there is a good opportunity to view bald eagles in the wild. At the height of the tour, we will be six floors up in the clock room looking at the inner workings of the historic clock installed in the tower in 1868. Reservations are required which can be made by calling the Mississippi River Visitor Center at 309-794-5338.



See the Bottom of Lock 15

The U.S. Army Corps of Engineers, Rock Island District invites you to the bottom of Lock 15 on **Wednesday, Feb. 2**, 10 a.m. or 1 p.m. The U.S. Army Corps of Engineers, Rock Island District is offering two unique opportunities for local area high school and college students, interested in science, technology, engineering and math, to tour the inside of Lock 15 in its dewatered state. Reservations are required and space is limited. Participants will travel to the bottom of the chamber where they will observe work crews actively performing critical repairs to our aging inland waterway navigation infrastructure. Tours will last approximately one hour and will be conducted outside in the cold. Participants should dress appropriately for the weather and be prepared to wear provided safety gear. Contact the Mississippi River Visitor Center at 309-794-5338 for reservations and details – reserve your spot today.



Arsenal Island Workforce Exclusive Lock Tour

The U.S. Army Corps of Engineers, Rock Island District is offering a unique opportunity for those working or living on the Rock Island Arsenal to tour the inside of Lock 15 in its dewatered state. Tours will be offered on a first-come, first-served basis **Saturday, Feb. 5** from 10 a.m. to 2 p.m. and families are welcome to join. Participants will travel to the bottom of the lock chamber where they will see and learn about critical repairs being made to the aging inland waterway navigation infrastructure. Tour participants should check-in at the Mississippi River Visitor Center before joining a tour to receive necessary safety gear. Tours will be conducted outside in the cold so participants should come prepared with cold-weather gear. Contact the Mississippi River Visitor Center at 309-794-5338 for more information.



True Lifestyle Medicine Wellness 9-Month Series

Army Contracting Command – Rock Island (ACC-RI) is proud to announce a 9-month Health and Wellness series presented virtually via MS Teams by Dr. Cheryl True of True Lifestyle Medicine, LLC which will start next month in February. This series is geared toward individuals who wish to embrace a healthier lifestyle and increased benefits of self-care. Schedule and topics are presented below with this [MS Teams link](#) (link is the same for each session). You must register in TEDs no later than the day prior to the event and self-certify in TEDs after the event to receive credit. Those that do not self-certify within one week will be deleted from TEDs. If you do not register in advance, you are welcome to attend using the teams' link, but you will need to add it to your TEDs history after the fact. TEDs key word: "True Lifestyle Medicine,"

1 CLP. The sessions will not be recorded.

- **Feb. 14:** [Foundations of Health & Wellbeing. Thinking Outside the Clinic: An Intro to Lifestyle Medicine](#), 1-2 p.m.
- **March 14:** [Setting Up for Success: Defining and Achieving Your Goals](#), 1-2 p.m.
- **April 11:** [Exploring the Pillars: Nutrition "Fueling Your Future"](#), 1-2 p.m.
- **May 9:** [Cooking Demo: "Whole Food Plant Based Recipes and Meal Preparation"](#), 1-2 p.m.
- **June 13:** [Exploring the Pillars: Physical Activity "Moving Through Your Day"](#), 1-2 p.m.
- **July 11:** [Exploring the Pillars: Stress & Resilience "The Human Capacity to Adapt and Thrive"](#), 1-2 p.m.
- **Aug. 8:** [Mindfulness, Meditation & Relaxation "Putting Your Mind to Work. Your Body is Listening"](#), 1-2 p.m.
- **Sept. 12:** [Exploring the Pillars: Social Relationships "The Power of Connections"](#), 1-2 p.m.
- **Oct. 17:** ["The Basics: Incorporating Lifestyle Changes at Home and at Work"](#), 1-2 p.m.

Health and Wellness POC: Theresa Fahrenkrug, 563-650-2093, theresa.m.fahrenkrug.civ@army.mil; TEDs POC: Rebecca Peterson, 563-210-4436, Rebecca.a.peterson.civ@army.mil.

AMC Looks to BEYA as Valuable Tool to Build Diversity in Workforce

When the goal is building a diverse workforce of scientists and engineers, one of the best places to start is with graduating college students. But, with efficiency in mind, recruiters from both private industry and government organizations need ways to quickly introduce their job opportunities to a wide range of STEM (Science, Technology, Engineering and Mathematics)-educated students from higher educational institutions, including Historically Black Colleges and Universities. Enter the Black Engineer of the Year Awards STEM Global Competitiveness Conference (also known as the Becoming Everything You Are conference). For 36 years, BEYA has been a leading venue for introducing the nation's minority STEM-educated students to the workplace. During that time, several government agencies – including the Army Materiel Command – have partnered with BEYA to connect with the most recent graduates in science and technology fields. This year, the BEYA STEM Global Competitiveness Conference is set for **Feb. 17-19** and will be virtual. (More at: www.beya.org)



Emergency Leave Transfer Program to Assist Federal Employees Affected by Hurricane Ida

If you are interested in donating annual leave, [complete OPM Form 1638](#) and submit to the Civilian Personnel Advisory Center, Building 104, no later than **Monday, March 14**. You must state on the 1638 which Emergency Leave Transfer Program you are donating to. If you have any questions contact the CPAC at 309-782-2430. This initiative has been directed by the President. The POC is Jaime Slocum at jaime.l.slocum.civ@army.mil OPM Form 1638: https://www.opm.gov/forms/pdf_fill/opm1638.pdf

VIOS Scheduling Eliminated, Garrison PA Assumes Limited Command Photos

The Visual Information Ordering System (VIOS) will no longer be available to schedule official Department of the Army photos previously taken monthly by a representative from Fort Eustis' Multimedia Visual Information Center and coordinated through the Garrison's Directorate of Plans, Training, Mobilization & Security (DPTMS) Visual Information section. This was due to the impact of COVID-19 and former Army Secretary Ryan McCarthy and former Chief of Staff Gen. James McConville's direction to suspend the use of the photos from officer promotion board packages effective Aug. 1. Official U.S. Army "head and shoulders" command photos (**leadership photo board photography**) duties have been assumed by Garrison Public Affairs for on-Island commands that do not have a public affairs office; this will take place by appointment only at 309-782-1121. The scheduled photos will be taken at the Photo Studio in Room B11 in the basement of Building 90. The 8"x10" head and shoulders – command photos will not be printed, but will be made available digitally. The previous service administered through VIOS and Fort Eustis personnel included government passport photography, which is suspended along with service record/DA Photos. Walk-in appointments are not available.



Arsenal Traffic/Construction



Building 227 Demolition and Partial Parking Lot 2C Closure

The Directorate of Public Works will block off 102 parking spaces in parking lot 2C (adjacent to Building 227) from **Nov.1 to March 4**. This closure is required for the demolition contractor to set up heavy lift equipment and provide requisite clear zone during the demolition and removal of material from Building 227. The personnel turn-style entry toward Building 220 will remain open and available at all times. Signage, fence and barricades will be in place for safety.

Extension of Sylvan Drive Construction Project at Beck Road Intersection

Sylvan Drive from the Beck Avenue intersection north to the Building 208 parking lot will remain under construction through **Thursday, June 30** in order to replace the road, sewers and railroad crossings. USACE, Navy Reserve Center, Commissary, the Exchange, and Outdoor Rec will follow Beck Avenue to Gillespie Street to Rodman Avenue. JMTC's employee parking lot will remain accessible via Rodman Avenue. There is no change to the previously published closure area and detour routes. Signage and barricades will be placed for safety and traffic control.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



Active Duty Spouse Night

Active Duty Spouse Night is rescheduled to **Tuesday, Jan. 25**, 6-8 p.m. Come join us for a night of crafts, games and prizes.

USO Geo Bachelor/Single Soldier Night

The USO and Rock Island Elks Lodge #980 present the January Geo Bachelor/Single Soldier Night. Join us **Friday, Jan. 28**, at the TaxSlayer Center in Moline for a night of Quad City Storm hockey. We will cheer on the QC Storm as they take on the Peoria Rivermen. This event is open to currently serving military members of all branches, active duty, Guard and Reserve with valid military ID. Please RSVP by 3 p.m., **Wednesday, Jan. 26** to mdavis@uso.org. USO Illinois Rock Island is located on Rock Island Arsenal in Building 110. USO Illinois Rock Island provides a vital connection to USO programs and services for nearly 50,000 troops and their families in the Quad Cities. All amenities are offered free, daily, to active duty, guard and reserve military and their

dependents, and retired military members. The center features a Cyber Canteen furnished with computers, printer and fax, as well as free WI-FI access. (More: <https://illinois.uso.org/rockisland>)

Safety Spotlight



ARMY SAFE
IS ARMY STRONG



The top priority of the installation safety office is to safeguard and protect service members, their families, civilian employees and Army property as well as to create the safest workplace and living environment possible. Website: <https://home.army.mil/ria/index.php/about/Garrison/safety-office>

UPS vs Surge Protector vs Power Strip: What's The Difference?

What's the difference between a surge protector, UPS and power strip? Learn when you should use one instead of the other in this helpful guide. Computers rely on steady and constant power to provide a reliable working environment. Uninterruptible power sources (UPS), surge protectors (also known as surge suppressors) and power strips offer power and protection to your devices and PCs. But it's important to know how each of these devices works, so you can determine which you need to protect your equipment. (More: www.cdw.com/content/cdw/en/articles/datacenter/ups-vs-surge-protector.html)

Equal Employment Opportunity Focus

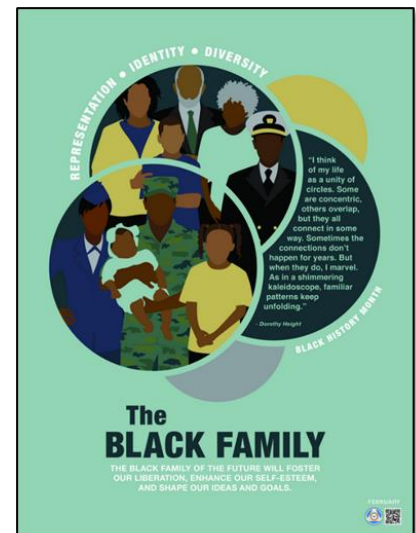


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It is the policy of the Department of Army to provide equal opportunity in employment for all people and to prohibit discrimination in employment because of race, color, religion, sex, national origin, age (40 and over), disability, genetic information, and/or reprisal for prior EEO activity. Any Department of the Army employee, former employee, or applicant for employment, and certain contract employee, who believes they have been discriminated against because of race, color, religion, sex (includes pregnancy, equal pay, gender identity, and sexual orientation), national original, age (40 and over), mental or physical disability, genetic information, and/or reprisal for prior EEO activity in an employment matter, subject to the control of the Army, may initiate the EEO complaint process. To file an EEO complaint, you must contact the Garrison EEO Office within 45 calendar days of the alleged discriminatory incident and express your intent to initiate the complaint process. The Garrison EEO office is currently providing services virtually. Please contact EEO staff at 309-782-2548.

African American History Month

February is African American History Month, and the Army reflects upon and celebrates the tremendous contributions of African-Americans to the nation. The theme of 2022 African American Month is “The Black Family: Representation, Identity, Diversity.” During this observance the Army reflects on the contributions of African American Soldiers. The Army is dedicated to leveraging the strength of our diverse force and ensuring equality for all its members. To sustain a high-quality Army that is trained and ready, the Army will continue to ensure that all Soldiers and Civilians are given the opportunity to maximize their talents and potential. African Americans make up more than 19 percent of the Total Army and the Department of the Army Civilian Workforce. African Americans play vital roles in today’s Army as Soldiers, Army Civilians and family members, and are critical members of the Army team. The Army strongly embraces diversity as a way to maximize individual talent, increase morale and greatly enhance military effectiveness. The Army finds its strength not only in its diversity, but in its ability to bring together people of different faiths, cultures, and races who share common values like duty, honor, selfless service, loyalty, and respect. The Army is confident that the myriad of talent, skills, and abilities in the diverse force will help to meet future defense challenges and win the nation’s wars.



Morale, Welfare & Recreation



Army MWR is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, Family members, Retirees and its civilian workforce. Visit the MWR website at <https://rockisland.armymwr.com> for information on all MWR programs. How is MWR doing? Tell us by going to <https://ice.disa.mil>, navigate to "Rock Island Arsenal" and search "MWR" for a full listing of all our programs and services.

Island Oasis Now Inside Only

The Island Oasis is serving lunch today from their indoor location, inside the Fitness Center lobby (Building 67) and is open Monday-Friday from 11 a.m. – 1 p.m. The soup today will be sent to the workforce each day. There are lots of other delicious items on the regular menu as well. Please remember to bring a mask as it is required for entry to the Fitness Center and please remember to social distance while waiting in line and for your order. Call 309-782-6319 for more info on the Island Oasis.

MWR Leisure Travel Office



We offer substantial discounts on tickets to local attractions, concerts, amusement parks and regional bus trips to exciting destinations. Check with us first for all your entertainment needs, we can save you money. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. Contact the office at 309-782-5890. (email: anna.winters@us.army.mil) (website: <https://rockisland.armymwr.com/programs/leisure-travel-office>)

Do You Want To Build a Snowman

Join us for Do You Want to Build a Snowman on **Saturday, Jan. 22**, in Heritage Hall, Building 60, at 10 a.m. If you're the parent, grandparent or guardian of a little one, you are well aware of the power and allure of the princesses. If your little one knows all the words to all those animated fairy tale shows, than "Do you want to build a snowman" is the event for you. MWR Leisure Travel Office has contacted the wintery princesses and they will be making a special appearance to read a story, dance and take photos with your child. Other fun activities will be provided. Contact the Leisure Travel Office at 309-782-5890 to get your spot reserved. Cost is \$25 per child. Limited spaces – face masks are required.

Quarters One Historical Tour

Join us for Quarters One Historical Tour on **Saturday, Feb. 12**, at 10 a.m. Cost: \$10 per person. At 51 rooms and more than 20,000 square feet, Quarters One is the second largest government homes. Being behind only the White House. To learn more of the history behind this hidden treasure and a guided tour get your spots today. Contact 309-782-5890.

Galena Day Trip

Join us for a trip to Galena, Illinois, on **Saturday, Feb. 12**. Depart from the Moline Gate Visitor Control Center parking lot at 8 a.m.; departing Galena at 3 p.m. Cost is \$30 per person.

Transportation only. Masks required. Stroll along Galena, Illinois' Main Street and discover art galleries, home decor, antique stores, boutiques and kitschy treasures. The historic architecture provides the perfect background for you to shop until you drop. Take your time enjoying special sweet treats from our local bakeries, chocolatiers, and more while strolling down Main Street. Contact the Leisure Travel office at 309-782-5890 to reserve your spot.

Canoecopia Event

MWR is planning a van trip to the Canoecopia event held in Madison, Wisconsin, on **Saturday, March 12**. The MWR van will depart from the Visitor Control Center at 6 a.m., departing from event at 2 p.m. Cost is \$35 per person, 10 passenger van. Masks are required. Transportation only. Canoecopia is the largest paddle sports consumer event in the world. More than 250,000 square feet of kayaks, canoes, stand up paddleboards, outdoor equipment and clothing, with the best selection of the season, make Canoecopia a "must go" place for gear. More than 180 seminars and clinics make Canoecopia an educational event where you can learn about the perfect gear for your style of paddling, develop skills to get you where you want to go, and discover some of the many places to paddle, both near and far. Tickets can be purchased at the door – 1-day is \$15. Ages 17 and under are free. Cash or check only for tickets purchased at the event.

Cinch World's Toughest Rodeo

Cinch World's Toughest Rodeo will be returning to the TaxSlayer Center on **Saturday, April 2**, at 7:30 p.m., and **Sunday, April 3**, at 2 p.m. Fans are invited into the arena to a meet and greet with both contestants and specialty entertainers for autographs and photographs one hour prior to show. Enjoy the free preshow featuring interactive fun for adults and kids of all ages. Leisure Travel Office has discounted seats on sale for \$31, \$43 and \$61. Call 309-782-5890 to get your tickets.

Monster Jam

Monster Jam will be at the TaxSlayer Center in Moline on **Saturday, April 23**. Two show times 1 p.m. or 7 p.m. MWR Leisure Travel Office has discounted seats on sale until **Thursday, March 31**. Call 309-782-5890 or stop by the office to get your tickets before they are gone.

Truck lineup: Grave Digger® driven by Brandon Vinson; Earth Shaker® driven by Tristan England; Megalodon® driven by Bernard Lyght; Scooby-Doo™ driven by Myranda Cozad; Jurassic Attack driven by Dave Olfert; Extreme Attitude driven by Travis Mowery; Jailbird driven by Kaylyn Migues; and Rockwell Red driven by TBA. **Truck and driver line-up subject to change.

Child & Youth Services



Child & Youth Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYS programs/facilities will be closed all federal holidays, CYS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. (Website: <https://rockisland.armymwr.com/programs/cy>) (Facebook: www.facebook.com/RIACYSS)

CYS Archery Night

CYS invites your 6th-12th grader to our archery night on **Thursday, Jan. 27**, 6-7:30 p.m., at the School Age / Youth Center, Building 150. Food and beverages will be provided. Our Sports & Fitness Director, Andy Milton, will provide initial archery instruction and then teens will have the opportunity to shoot at indoor targets and hang out with their friends. This is a free event for CYS registered youth. Please RSVP to 309-782-6515 or 309-782-5019 to sign up for the event. All military, civilian, veteran, and contractor teens are welcome to participate.

CYS Teen Council

CYS is looking for youth leaders to join our Teen Council. It is held the first Wednesday every month from 4:30-5:30 p.m. at the School Age / Youth Center, Building 150. Teens will earn service learning hours while helping to plan future teen events and learning marketing, budgeting, event planning and leadership skills. Youth must be registered with CYS to participate, but no sign up is necessary. For more information call 309-782-6515. All military, civilian, veteran, and contractor teens are welcome to participate.

Army Community Service



Army Community Service is an Army-wide community, social service program that provides services that assist Soldiers, Family members, and Department of the Army civilians maintain readiness, develop self-reliance, resiliency and stability. U.S. Army Installation Management Command provides these services through a network of programs that support goals related to recruitment, retention, morale, and operational readiness of the force. ACS on RIA is located in Bldg. 110, 1st floor SE; visit our ACS website <https://rockisland.armymwr.com/programs/army-community-service> or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook click here: www.facebook.com/RIAACS. 24/7 Domestic Violence Crisis Line: **309-912-6089**. The ACS center is open Mondays, Tuesdays, Thursdays, and Fridays from 7 a.m. - 4:30 p.m., and Wednesdays from 12-4:30 p.m.

Managing Stress and Parenting

Join Heather Lamb from the Every Child (formerly known as the Child Abuse Council of the Quad Cities) on **Wednesday, Jan. 26**, 4-5 pm., as she discusses the good and bad about stress and how

not only to manage it, but to help your kids manage it too. This discussion is open to everyone and can be attended in person at the ACS Office (Building 110) or remotely by MS Teams.

<https://dod.teams.microsoft.us/l/meetup-join/19%3adod%3af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2/1642618407865?context=%7b%22Tid%22%3a%22fae6d70f-954b-4811-92b6-0530d6f84c43%22%2c%22Oid%22%3a%2261d0c5c0-7849-4c27-8496-15842a8c1dfe%22%7d>

Please register by emailing Jennifer.a.kerr10.civ@army.mil or calling the Family Advocacy Program at 309-782-3049.

Active Duty Out Processing Levy Brief

Out Processing Levy Brief schedule - this briefing is designed to provide you with access to the information and resources you need to complete your permanent change of station move. Service members that are put on assignment will sign up for the next available briefing. Spouses are encouraged to attend with or without their sponsor and should bring a power of attorney in case specifics need be discussed or coordinated. Upcoming Levy Brief dates:

- **Wednesday, April 20**
- **Wednesday, July 20**

Delivered through MS Teams, 9:30 a.m. – noon; to register call MPD at 309-782-1526.

Discovery Time Playgroup

Discovery Time Playgroup will allow little ones to enjoy crafts, story time, games and more, while parents socialize in safe, friendly space. Join us! January events will feature:

- **Jan. 27** - Hot cocoa and craft

Sessions will take place at Community Christian Fellowship, 1702 6th Avenue, in Moline; park in the rear of the building by the green awning. Cost is Free. Registration information, call 309-782-3049 for details.

Connect With ACS

Connecting with ACS has never been easier. Facebook, MS Teams, and in person are all available during our normal business hours. Our public Team on Microsoft Teams hosts handy flyers, discussions about common issues, and links you to all ACS training including opportunities to attend the new mandatory (for military) Touchpoint Financial Training. You can join our Public Team at:

https://dod.teams.microsoft.us/dl/launcher/launcher.html?url=%2F_%23%2F%2Fteam%2F19%3Adod%3Af3f10f76250b4841b46fc866ffd659d8%40thread.tacv2%2Fconversations%3FgroupId%3D4599aea9-a639-4594-b287-ec2247363d19%26tenantId%3Dfae6d70f-954b-4811-92b6-0530d6f84c43&type=team&deeplinkId=780ef25c-87d5-4c2f-a3b0-5ff9305570c4&directDI=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true

Facebook provides steady updates about programs, tips for healthy relationships, and connects the Army Family beyond just those working here on island including Spouses and Dependents. Check out the ACS Facebook page at www.facebook.com/riaacs.

Domestic Violence Support Group Offered Twice Weekly

R.S.V.P. with the Domestic Violence Advocate at: crystal.l.bartholomew2.ctr@mail.mil or 309-782-3773.

Volunteer Orientation

Learn about volunteer opportunities every Tuesday, 9:30-11 a.m., in the RIA community and how to navigate the Volunteer Information Management System. Participants will also discuss rules and regulations for volunteering on a military installation. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

Sponsorship Training

This mandatory face-to-face training will be the first Friday of the month, noon – 1 p.m. It provides sponsors with tools and resources to be effective in assisting in-coming personnel with correct and timely information and resources that they may need to make informed decisions during the PCS process and through community integration. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

Overseas Orientation

Mandatory briefing for anyone who is being assigned to an OCONUS location. This training, held the first Tuesday of the Month, 9-10:30 a.m., includes the needs to know before you go, culture and customs, information on any applicable screenings, visas, and assistance with connections to gaining resources, as well as other information for specific needs. POC for this announcement is the Relocation Assistance program manager, Chassity Morse; 309-782-0816; chassity.r.morse.civ@army.mil.

MWR Outdoor Recreation Office



Outdoor Recreation is your one-stop rental shop for all your outdoor adventures, special events, home maintenance and repair. No matter the season, we have the equipment to get you out into the great outdoors. From skis and snowboards to campers and canoes, we have you covered. Office Hours: Monday through Friday, 8:15 a.m. – 4 p.m., Building 333, Phone: 309-782-8630. (email: robert.l.lampert.naf@mail.mil), Website: <https://rockisland.armymwr.com/programs/outdoor-recreation>

Snow Days

Whether you're planning a trip to the mountains or getting out to explore the winter wonderlands of the Mississippi River Valley, Outdoor Recreation has the equipment you need. Downhill skis, snowboards, cross country skis, snowshoes, ice skates and fat tire bicycles are available for rental. Before your next winter adventure please stop by the Outdoor Recreation Office in Building 333 to see all the great equipment available for your use. Open Monday thru Friday 8:15 a.m. – 4 p.m. (closed all federal holidays). For more info please call 309-782-8630.

Winter Camping

For the more adventurous the camping trailers at Outdoor Recreation are available during the winter months. Many Iowa and Illinois state parks are open for winter camping with limited amenities. The plus side is that the campground will be much less crowded, quieter and at night around the campfire there will be a million stars in the sky. Check ahead with the state parks to see what kind of services are available at this time. With the Outdoor Recreation camper trailer and your own electric space heater you are sure to have a great great relaxing time. For more information please contact Outdoor Recreation at 309-782-8630.

Fat Tire Bicycles

Your bicycle riding does not need to stop when there is snow on the ground. There are miles of trails in the Quad Cities region and several fat tire bicycle riding events planned over the winter months by area bicycle clubs. Outdoor Recreation has five inch adult fat tire bicycles available for rental. Come try something new and see how fun riding in the snow can be. For more information, contact Outdoor Recreation at 309-782-8630.

Employee Assistance Program



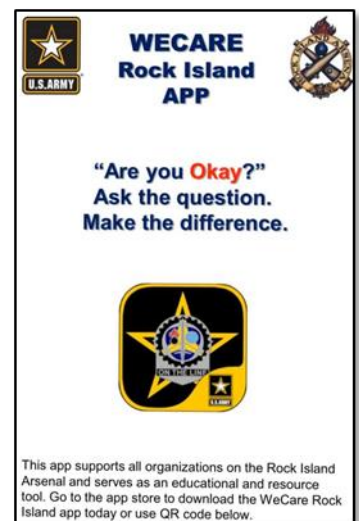
The ASAP/EAP is dedicated to excellence in providing a standard of care that enhances the quality of life for its clients and the workforce of Rock Island Arsenal. We believe that personal, family, and workplace problems can affect an employee's well-being and job performance. The ASAP/EAP promotes healthy lifestyles. Our most important asset is our employees and we are committed to providing professional counseling, educational assistance, and intervention services in an effort to promote wellness and improve the climate of the Rock Island Arsenal. ASAP/EAP is located in Bldg. 56, 1st floor; visit our ASAP/EAP website <https://home.army.mil/ria/index.php/my-fort/all-services/army-substance-abuse-program> or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. Find us on Facebook click here: www.facebook.com/RIAEmployeeAssistanceProgram.

WeCare Rock Island Arsenal App

The WeCare Rock Island Arsenal App (WeCare RIA) is available for download to mobile devices from the App Store. At the touch of a finger you can readily access vital tools and resources available to you and your family. The WeCare RIA App was developed to support the Rock Island Arsenal and US Army's Domestic Abuse, Resilience in the Workforce, Suicide and Sexual Harassment/Assault Prevention campaigns. It serves as an educational and resource tool for the user to recognize and reduce high risk behavior. The app allows all military, civilians, and family members who are aware of, witness to, or involved with a high risk behavior the ability to have points of contact and resources readily available with one click of a button. The main features include emergency phone numbers for local and national points of contact on a one-touch dialer. Go to the App store and download the WeCare Rock Island Arsenal App or from the below link:

- Apple's iOS: <https://itunes.apple.com/us/app/wecare-rock-island-arsenal/id1454377310?ls=1&mt=8>
- Android: <https://play.google.com/store/apps/details?id=mil.army.wecarerockisland&hl=en>

Tell your Family and friends.



Education/Training Review



Army Continuing Education System (ACES) is the Army's method for delivering educational opportunities to Soldiers that remediate, develop, and enhance skills needed for present and future jobs. The Army Continuing Education Division (ACED) promotes lifelong learning, readiness and resilience through flexible and relevant education programs, services and systems in support of the Total Army Family. The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 8 a.m. – 3:30 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. Contact Mary Hansarik at mary.p.hansarik.civ@mail.mil for Education Center requirements. Please visit our website to learn more: <https://home.army.mil/ria/index.php/my-fort/all-services/continuing-education-services>

There are no announcements at this time.

Defense Commissary Agency / Exchange



Rock Island Commissary information is located at: www.commissaries.com/shopping/store-locations/rock-island-arsenal; Rock Island Exchange information is located at: www.shopmyexchange.com/company/storeDetails.jsp?storeId=1074020.

Scholarships for Military Children Applications Open

Applications are now open for the Scholarships for Military Children Program for academic year 2022 – 2023. The program, now entering its 22nd year, recognizes the contributions of military families to the readiness of the fighting force and celebrates the commissary's role in enhancing military quality of life. It's administered by Fisher House Foundation, a nonprofit organization dedicated to helping service members, veterans and their families. Thus far, the program has awarded more than \$21 million to 12,312 students, selected from a pool of nearly 109,000 applicants. (More: www.commissaries.com/our-agency/newsroom/news-releases/scholarships-military-children-applications-open-today)

Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. (website: www.arsenalhistoricalsociety.org) (Facebook: www.facebook.com/RIAMuseum)

History of the 108th Infantry Regiment, USCT

Join us **Thursday, Feb. 3**, in the Lock & Dam Lounge, Building 60, at 6 p.m. as the Rock Island Arsenal Historical Society honors Black History Month and explores the history of the 108th Infantry Regiment, United States Colored Troops – a unit comprised of former enslaved and

freemen – who served as guards during the Civil War at the Rock Island Prison Barracks. Rock Island Arsenal Museum director, Patrick Allie, will lead a discussion of the contribution of African-American troops during the Civil War, the history of the 108th USCT and its soldiers, and the Rock Island Prison Barracks.

History of African-Americans at Rock Island Arsenal

Join us **Sunday, Feb. 6**, at 11 a.m., online, for the History of African-Americans at Rock Island Arsenal – discover the history of African-Americans in the U.S. Army and the history of black workers at Rock Island Arsenal. (More: www.facebook.com/events/487434069471349)

Arsenal of Democracy - Women Workers at Rock Island Arsenal During WWII

Join us **Sunday, March 13**, at 11 a.m., online, when Rock Island Arsenal Museum director, Patrick Allie, as he explores the history of women workers at Rock Island Arsenal during WWII. (More: www.facebook.com/events/504448280912562)

RIA Museum Closed For Renovation

The Rock Island Arsenal Museum is undergoing a \$1.5 million renovation. The project includes the biggest modernization of the museum in more than 50 years. The renovation will refocus the exhibits on the history of the U.S. Army's organic industrial base, Rock Island Arsenal, and the Arsenal's current role in producing Army readiness. It is part of the U.S. Army Museum Enterprise's five-year reform effort to refine its collection and enhance education and training capabilities at its 47 field museums. To provide a sneak peek of the new exhibits, a series of virtual presentations will be held this summer outlining the new interpretation and exhibit design. Stay tuned for updates on the [Museum's Facebook page](#) or website, arsenalhistoricalsociety.org, as it undergoes this exciting process. The museum has been closed since March 2020 due to a nationwide surge in COVID-19 cases. "We look forward to reopening our doors to the Quad Cities community in the fall of 2022," said Patrick Allie, Rock Island Arsenal Museum director. For more information or questions contact 309-782-3518.



Healthbeat

The Rock Island Arsenal transitioned from Health Protection Condition Alpha (HPCON A) to HPCON Bravo Plus (HPCON B+) effective Aug. 23. The decision to transition to HPCON B+ was made based on guidance outlined in the [Secretary of Defense memorandum dated April 29, 2021](#), which takes into consideration increasing case rates and community transmission levels in and around the Quad Cities. Implemented measures under HPCON B+ includes enforcing social distancing in all gathering places, to include reduced gathering sizes to 40 percent normal capacity. Additionally, RIA is maintaining the current DoD indoor mask mandate applicable to the workforce, visitors, and contractors, for both vaccinated and unvaccinated individuals, per the DoD memorandum dated July 28, 2021 – "[Updated Mask Guidance for all DoD Installations and Other Facilities](#)," stating installations must reinstitute mandatory use of masks indoors in geographic areas of **substantial** and **high** community spread of the COVID-19 virus as defined and publically identified by the [Centers for Disease Control and Prevention \(CDC\)](#).

Optimizing Sleep as a Soldier: The Science, Challenges and Significance

Sustained mental health is critical to establishing and maintaining a medically ready force, and sleep can play a part in protecting that readiness. "We can do better for the next generation of Soldiers and address more components of readiness to improve the long-term health and resilience of Soldiers after they get out of the military," said Dr. Janna Mantua, lead scientist of Operational Research at the Center for Military Psychiatry (CMPN) at the Walter Reed Army Institute of Research. "They have an important job and we have to make sure they are taken care of." If a Soldier is suffering from burnout and mental exhaustion, they are more likely to leave the Army earlier and seek more health treatment while on active duty, both of which can financially strain the Army. Those negative feelings can be caused – or exacerbated – by poor sleep habits. In fact, researchers at the Defense Health Agency's National Intrepid Center of Excellence, who treat some of the most serious causes of post-traumatic stress disorder and traumatic brain injury, first work to ensure their patients sleep schedules are well-adjusted, as symptoms of sleep loss look a lot like symptoms of those conditions. (More: www.wrair.army.mil/node/660)

Notes for Veterans

There are no announcements at this time.

Around the Q.C.



An interactive version of Around the Q.C. is now available at:
www.facebook.com/groups/275103093432020

Once you have joined you can see a listing a the Facebook events people have posted to the group at:
<https://www.facebook.com/groups/275103093432020/events>

The impact to these events in light of COVID-19 is unknown. It is recommended that employees look at the event link for details.

Island Insight



Col. Todd J. Allison, Garrison Commander; Mark Kane, Deputy Public Affairs Officer and 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 processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of AR 360-1 www.army.mil/usapa/epubs/pdf/r360_1.pdf 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 Public Affairs, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For submission of announcements to the *Island Insight*, use the following link: <https://home.army.mil/ria/index.php/contact/public-affairs>. To send comments email usarmy.ria.imcom-central.mbx.usag-ria-pa@army.mil or phone 309-782-1121.

