



Feb. 2, 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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First Army Trained On New Software Suite That Enhances Warfighting Capability

A nascent computer software program and its associated server hardware are providing a user-friendly way for Soldiers to hone their Warfighting function skills. For First Army, it will also mean a way to make the



deployment process for Reserve Component units a smoother one. Additionally, it will provide a valuable tool to First Army in the event of a Large-Scale Mobilization Operation. First Army Soldiers and civilians learned about the program, called the Command Post Computing Environment — also called CPCE — during training conducted at First Army headquarters the final week of January. Luther Thomas, First Army G3 Operations deputy, said, “CPCE will provide a secure platform from which the First Army Staff can produce a Common Operation Picture in order to provide the First Army Command the sufficient time and information to make decision with regards to LSMO.” One of the students, Lt. Col. Joe Myers, serves as First Army chief of current operations. He related how the CPCE will benefit First Army and its partnered Reserve Component units. “It is a very tactically

Upcoming Dates

- February:** Black History Month
February: American Heart Month
February: National Cancer Prevention Month
Feb. 5: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
Feb. 5: Eagle Watch/Clock Tower Tour, Mississippi River Visitor Center, 10 a.m. & 1 p.m.
Feb. 6: History of African-Americans at Rock Island Arsenal, [online](#), 11 a.m.
Feb. 8: Active Duty Spouse Night, ACS, Bldg. 110, 6-8 p.m.
Feb. 9: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
Feb. 10: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
Feb. 11: ImpactLife Blood Drive, donor bus in Commissary Parking Lot, 10 a.m. - 1:30 p.m.
Feb. 11: USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
Feb. 11: I-Rock 93.5 Live Remote, Lock & Dam Lounge, 3-7 p.m.
Feb. 12: Quarters One Historical Tour, 10 a.m.
Feb. 12: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
Feb. 12: Eagle Watch/Clock Tower Tour, Mississippi River Visitor Center, 10 a.m. & 1 p.m.
Feb. 13-19: National Salute to Veteran Patients Week
Feb. 13-19: National Children of Alcoholics Week
Feb. 14: St. Valentine's Day

efficient system. If you're looking at tracking where a unit is and what its unit-specific requirements are, it's very good for that," he said. "First Army will mainly use it for the orders process and the tracking of information requirements, requests for information, and as a system to track readiness and movement of personnel along the deployment timeline." (More: www.army.mil/article/253602)

LOGCAP Support Brigade Unit Deploying Soon To Support Central Command

A LOGCAP Support Brigade unit will soon be heading off to support contract operations in an overseas theater. The 4th LOGCAP Support Battalion will be deploying about 19 to 22 Soldiers to a location in the Central Command theater somewhere in the Middle East, a unit official said. While deployed, it will report to the 401st Army Field Support Brigade, headquartered at Camp Arifjan, Kuwait. The 401st AFSB is one of seven brigades that are part of the U.S. Army Sustainment Command headquartered at Rock Island Arsenal. The 4th LOGCAP Spt. Bn. is one of five battalions within the LOGCAP Spt. Bde. and is headquartered in Athens, Georgia. The brigade is under the U.S. Army Reserve Sustainment Command. LOGCAP, or Logistics Civil Augmentation Program, is a program administered by ASC to provide contingency support to augment the Army force structure. The LSB provides military supporting/augmentation capability to LOGCAP. (More: www.army.mil/article/253730)



A Day On, Not a Day Off, For RIA-SAMC Members

Rock Island Arsenal Sergeant Audie Murphy Club members showed support for the local community through a volunteering event at the Martin Luther King Community Center in Rock Island, Illinois, Jan. 15. The purpose of the event was to help the center prepare for the Martin Luther King Jr. Day memorial service held there Jan. 17. "By the end of the volunteering event, we were able to achieve the many tasks planned, saving the community center a total of 30 hours of labor," said Sgt. 1st Class Mikaela Clark, U.S. Army Sustainment Command provost sergeant and RIA-SAMC vice president. Four volunteers from the U.S. Army Sustainment Command – Clark, Master Sgt. Maria Fisher, Sgt. 1st Class Angelica Bridges, and Staff Sgt. Ashley Wirth – and two from First U.S. Army – Sgt. 1st Class Ashley Strachan and Sgt. Emily Cabrera – were able to successfully paint the MLK Community Center's Family Advocacy office, put together furniture, as well as reorganize and clean multiple offices and storage rooms throughout the center. (More: www.army.mil/article/253658)



US Army's Rock Island Arsenal to Receive 2nd SPEE3D 3D Printer

Military forces worldwide are hyped about using additive manufacturing (AM), spurred by the technology's ability to produce components on demand, at the point of need, without the logistics of traditional resupply and acquisitions, and at a fraction of the costs and times. The use of 3D printing is becoming so widespread that in 2021, the United States military announced it wanted to "mainstream AM across the Department of Defense (DoD)" under a unified strategy to develop standards for digital manufacturing products and processes. Now, the U.S. Army announced it would leverage the capabilities of a new platform called WarpSPEE3D—the world's first large-format cold spray metal 3D printing technology—to mature AM applications developed by



Australian company SPEE3D. In recent Australian Army field trials, the company's WarpSPEE3D machines have proven robust enough for austere environments such as the field of combat, making it an ideal expeditionary solution for building components on-demand at the point of need. (More: <https://3dprint.com/288475/us-armys-rock-island-arsenal-to-receive-2nd-spee3d-3d-printer>)

RIA Personnel Donate Critically Needed Blood; Blood Drive Coming Feb. 10

The need to give blood is always there. Fortunately, blood drives are a common thing in our local area. The most recent one was held Jan. 21 inside the Morale, Welfare and Recreation building, next to the post exchange at Rock Island Arsenal, Illinois. According to Kirby Winn, public relations manager with ImpactLife, about 15 to 18 people donate blood at the arsenal when ImpactLife holds blood drives on the installation. ImpactLife -- formerly called the Mississippi Valley Regional Blood Center -- serves 125 hospitals in Illinois, Iowa, Missouri and Wisconsin. It collects blood at 22 fixed-site donor centers and at more than 5,000 mobile blood drives held annually. Thanks to a change made by the Food and Drug Administration in August 2020, more people are now eligible to donate. "The big news for us with this change is the ability to bring back a large number of donors who were previously deferred because they were stationed in Europe within this time frame," Winn said. (More: www.army.mil/article/253734)



Leader of ISIS Dead Following U.S. Raid in Syria

Secretary of Defense Lloyd J. Austin III said today that the United States and its citizens are safer after the death of the leader of ISIS in northwest Syria. Abu Ibrahim al-Hashimi al-Qurayshi, the leader of the Islamic State of Iraq and Syria, died last night when he detonated an explosive device during a U.S. military operation that aimed to kill or capture him, a Pentagon official said. An ISIS deputy and some of al-Qurayshi's family members were reportedly killed when al-Qurayshi detonated the explosive device, the official said. "The professionalism, skill and readiness of our troops — honed through relentless rehearsal — has dealt ISIS a severe blow and has helped make our country and our fellow citizens safer," Austin said in a statement this morning. (More: www.defense.gov/News/News-Stories/Article/Article/2922796)



Department of the Army to Initiate Separation of COVID-19 Vaccination Order Refusers

The United States Army announced today that it will immediately begin separating Soldiers from the service who refuse to be vaccinated against COVID-19. Under a directive issued by Secretary of the Army Christine Wormuth, commanders are to initiate involuntary administrative separation proceedings against any Soldier who has refused the COVID-19 vaccination order and does not have an approved or pending exemption request. The order applies to regular Army Soldiers, reserve-component Soldiers serving on Title 10 active-duty, and cadets. "Army readiness depends on Soldiers who are prepared to train, deploy, fight and win our nation's wars," said Secretary of the Army Christine Wormuth. "Unvaccinated Soldiers present risk to the force and jeopardize readiness. We will begin involuntary separation proceedings for Soldiers



who refuse the vaccine order and are not pending a final decision on an exemption.” (More: www.army.mil/article/253681)

U.S. to Deploy 3,000 Troops to Romania, Poland, Germany

The United States will move approximately 3,000 service members to Romania, Poland and Germany in response to Russia's continuing build-up of forces on its western border with Ukraine and in Belarus, Pentagon Press Secretary John F. Kirby said today during a news conference. The move demonstrates America's commitment to the defense of NATO allies, Kirby said. Russian President Vladimir Putin has deployed a full range of military capabilities on its western border. While U.S. officials still believe Putin has not made up his mind to invade Ukraine again, he certainly has the capabilities needed to do so, the press secretary said. "The current situation demands that we reinforce the deterrent and defensive posture on NATO's eastern flank," Kirby said. "President [Joe] Biden has been clear that the United States will respond to the growing threat to Europe's security and stability. Our commitment to NATO Article Five and collective defense remains ironclad." (More: www.defense.gov/News/News-Stories/Article/Article/2920844)



Gold Star Families Day Would Be Celebrated Each September under New Proposal

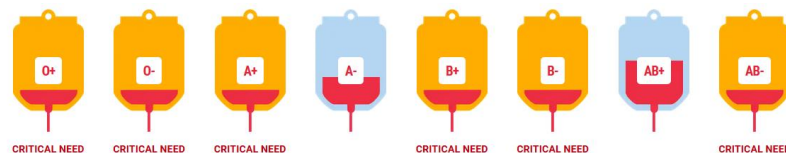
America recognizes troops' time in service each November on Veterans Day, but now a bipartisan group of senators wants to set aside a day for Gold Star families each September to better honor their sacrifices. On Tuesday, the lawmakers introduced the new Gold Star Families Day Act, which would make the last Monday in September — just about six weeks before Veterans Day — a federal holiday to recognize families who have lost a loved one while serving in the military. "For the countless American families spanning generations who have given and sacrificed so much to defend our nation and protect our freedoms and way of life, our country is eternally grateful," said Sen. Joni Ernst, R-Iowa and an Army National Guard veteran. (More: www.armytimes.com/news/pentagon-congress/2022/02/01/gold-star-families-day-would-be-celebrated-each-september-under-new-proposal)



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 February:

- **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:

- **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.



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)

BEYA HIRING EVENT
FEBRUARY 17-19, 2022

U.S. ARMY

DEFEND YOUR NATION AS AN ARMY CIVILIAN FOR THE U.S. ARMY MATERIEL COMMAND

175,000 Civilians, Contractors, and Military

30+ Career Fields

50 STATES are impacted by AMC

95% OF EMPLOYEES are Civilians and Contractors

SUPPORTING A TOTAL OF NINETY-FIVE ARMY INSTALLATIONS

& more than 150 COUNTRIES

SCAN HERE for more information
or visit www.beya.org

U.S. Coast Guard Auxiliary Boater Safety

Looking for a state approved boating safety course or need a boating safety certificate? Boat America is a state approved boating safety course taught by U.S. Coast Guard Auxiliary qualified instructors. We're offering this course on:

- **March 5 and March 12**
- 8 a.m. - 12:30 p.m.
- Two days, 4.5 hours per day, nine hours course total
- Cost: \$40 per person

Don't let a good boating day become a bad one – for more information and/or to register contact Charles Brennan at Charles.Brennan@CGAuxDiv9.org or 630-290-4773. Course Content:

- Know Your Boat
- Before You Get Underway
- Operating Your Boat... Safely
- Legal Requirements of Boating
- Boating Emergencies... What To Do
- Enjoying Water Sports with Your Boat

USCG Auxiliary, Division 9 Station, Sunset Marina, 10 - 31st Avenue, in Rock Island.

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

Weingarten Notice

It is time once again for the annual reminder of Weingarten Rights provided by 5 USC 7114. The information below applies to all bargaining unit employees: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee, and the employee requests representation. If you have any questions or concerns, please contact your Labor Relations Specialist or Ombudsman.

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, 2020. 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

Interested in line dancing? Learn some new moves on **Tuesday, Feb. 8**, 6-8 p.m., at Army Community Service, Bldg. 110, with the Mississippi Valley Country Dance Association. Fee is \$4 at the door. The event is only open to active duty spouses. Please RSVP to 309-782-4736. Snacks and water will be provided or you may bring your beverage of choice.

Upcoming Online USO MVP Events

On behalf of Amazon's upcoming series, *Reacher*, we have tickets available to the virtual advanced screening of the first two episodes, followed by Q&A special pre-recorded conversation with Jack Reacher himself, Alan Ritchson, and author and executive producer Lee Child.

- Register and submit your questions here: usomvp.org/Reacher
- From the movie *DOG*, we will have actor/co-director Channing Tatum, co-director Reid Carlin, & story by and producer Brett Rodriguez live for a Q&A on **Thursday, Feb. 10**, at 10 a.m.
- Register and submit your questions here: usomvp.org/DOGMovie
- Join the USO and multi-award winning singer/ songwriter Garth Brooks for a live discussion and Q&A on Random Acts of Kindness Day, **Thursday, Feb. 17**, at 1 p.m. Register here: usomvp.org/GarthBrooks
- In celebration of Black History Month, join the USO and celebrity chef Carla Hall for a live Q&A and soul food cooking demo on **Friday, Feb. 18**, at 11 a.m. Register and submit your questions here: usomvp.org/CarlaHall

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>)

Tax Center Services

The U.S. Army Materiel Command Legal Center-Rock Island Arsenal no longer operates a tax center. As a result, free tax preparation and filing services will no longer be available on-post. There are, however, free online services available to active-duty service members, retired and honorable discharged members, spouses, dependent children and survivors. It's important to decide what best fits your needs. Some factors to consider include the complexity of your taxes, ability to do your own tax work, and cost. Many people who used to itemize find that their tax preparation has been simplified by the larger standard deduction. Below are some resources to use:

- **IRS: Free File**
Eligibility: All filers with income below \$66,000
Website: <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free>
- **MilitaryOneSource, MILTAX**
Eligibility: Active duty military. Retired and honorable discharged members are authorized for up to 180-days past separation. Spouses, dependent children and survivors are able to use the free services as well.
Website: www.militaryonesource.mil/miltax-software
- **Volunteer Income Tax Assistance (VITA)**
Eligibility: Earn low to moderate income; or be disabled; or not speak English; or be a senior citizen.
Website: <https://www.benefits.gov/benefit/1543>
- **Tax Counseling for the Elderly (TCE)**
Eligibility: Over the age of 60 or older and in need of either counseling or return preparation services.
Website: <https://www.benefits.gov/benefit/722>

The VITA program works closely with Military OneSource, a DoD program that provides a host of services to the military community, including free, online tax preparation software. For additional details go to www.militaryonesource.mil/financial-legal/tax-resource-center/preparing-filing-and-refunds/volunteer-income-tax-assistance-program

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)

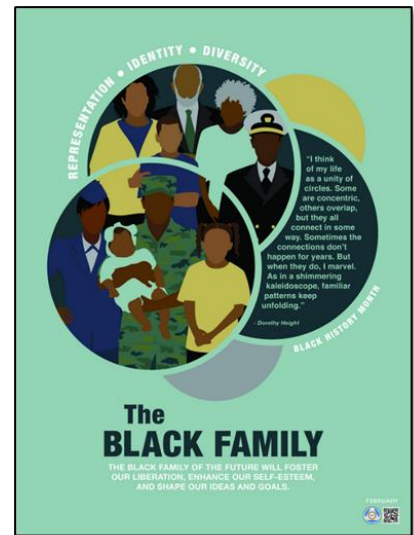
Equal Employment Opportunity Focus



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.



Officials Discuss Diversity, Equity and Inclusion Benefits to DOD

Defense Department personnel discussed the benefits of diversity, equity and inclusion. Don Means Jr, the director of Operations and Infrastructure Center, Defense Information Systems Agency and Serena Chan, the senior technical advisor of OIC, DISA, spoke today at an AFCEA NOVA virtual panel. Equity is about promoting justice, fairness and impartiality when devising or implementing procedures, processes and programs so every person can have the opportunity to get equal possible outcomes, Chan said. (More: www.defense.gov/News/News-Stories/Article/Article/2920971)

DOD, Nation Celebrate Black History Month

Black History Month, also known as National African American History Month, is an annual celebration of achievements by Black Americans and a time to recognize the positive impact they've had on the history of the United States and the Defense Department. Black people have fought in every United States war, from the Revolutionary War through the wars in Iraq and Afghanistan. Ninety African Americans have been awarded the Medal of Honor. Yet, throughout most of American history, Black service members were placed in segregated units. Desegregation didn't occur until Jan. 26, 1948, when President Harry S. Truman issued Executive Order 9981 directing the armed services to integrate. Active-duty service members number 1,319,283; of those, 227,974, or 17.3%, are African American, as of December 2021. According to the U.S. Census Bureau, in 2020, the Black or African American population was 41.1 million, representing 12.4% of the U.S. population. (More: www.defense.gov/News/Feature-Stories/Story/Article/2912763)

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.

Lock & Dam Lounge – I-Rock 93.5 Live Remote

Join us at the Lock & Dam Lounge on **Friday, Feb. 11**; when Ryan from I-Rock 93.5 will be hosting a live remote. Stop in for a chance to win concert tickets to see Tool, Korn and ATR (All that Remains); there will also be other I-Rock 93.5 swag for you to collect. You must be present to win the concert tickets. We will be open 3-7 p.m. with live remote from 4-6 p.m. so come in to register for the ticket drawings and check out our newly updated menu along with our pitcher and bucket of beer specials. This event is open to the public. To gain access to the island all you have to do is enter through the Moline gate, show your valid driver's license (Real ID) with the Gold Star or show two forms of identification. We are looking forward to hosting Ryan and I-Rock 93.5 and can't wait to see you there.



Lock & Dam Lounge Now Open Fridays

Your wish is our command... Lock & Dam Lounge will now be open on Fridays. We are planning food features each day and a variety of fun events such as First Friday/Right Arm Nights, trivia, Lock and Fam Night and so much more. Be on the lookout each month for upcoming food features, beverage specials and happenings. Hours of operation Wednesday through Friday, 3-7 p.m. Please call 309-782-6319 for more information.

Auto Service Center, "Do-It-Yourself" Saturdays

Exciting news from the Auto Service Center, dedicated "Do-It-Yourself" Saturdays are continuing in the New Year. Please hurry and reserve your spot now before the "bays" and "lifts" are full. We will be open **Feb. 5 and 19**. "Do-It-Yourself" space available from 8 a.m. – 2 p.m. For those mechanically inclined come on in to perform all of your vehicles maintenance and repair jobs. The cost will be \$13 for the first hour and \$10 an hour for any additional hours needed. For more information please call 782-8631.

FMWR Digital Photo Contest

Enter your best photo in the 2022 U.S. Army Digital Photography Contest through **March 15**. This is an event encouraging novice or photography enthusiasts to capture their favorite views, moments and adventures from all across the world. Entries submitted showcase some of the most original and

creative minds at work. Share your best shots for a chance to win great prizes. Enter at www.armymwr.com/programs-and-services/arts-crafts/digital-photo-contest

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.



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>)

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.

Dr. Seuss Birthday Celebration

Join us **Wednesday, March 2,** in the Lock & Dam Lounge dining area; doors open at 4 p.m., and the movie begins at 5 p.m. The Lock & Dam Grill will be open and adult & child menus will be available. Come celebrate the birthday of one of the most beloved children's authors of our time, Dr. Seuss. I am what I am! That's a great thing to be! If I say so myself, Happy Birthday to me!

Quarters One Paranormal Investigation

Join us **Saturday, March 12,** in Quarters One; doors open at 5 p.m., with the Illinois Paranormal Introduction at 6 p.m., and the investigation from 7-10 p.m. Limited to 30 guests; cost is \$25 per person. RSVP by calling 309-782-5890. Must be 18 years of age or older no alcohol allowed. Face masks are required. Quarters One is not handicapped accessible.

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 Canoeopia a "must go" place for gear. More than 180 seminars and clinics make Canoeopia 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.

Quarters One Historical Tour

Join us for Quarters One Historical Tour on **Saturday, March 19**, 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.

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 Sports and Fitness Opportunities

Enjoy these winter sports and fitness opportunities through Child and Youth Services (CYS) Sports and Fitness. What better way to stay active in a safe and healthy environment. With programs for children ages 3 to 17, there is something for all ages. Military, civilian, veteran, and contractor

families are eligible to participate in all attached offerings. Sign-ups begin and end very soon for many programs including:

- Baseball Leagues (for children 4-15 years old), sign up period **Feb. 7 to March 8**
- Softball Leagues (for children 4-16 years old), sign up period **Feb. 7 to March 8**
- Basketball Skills Clinic (for children 6-17 years old), sign up **until Feb. 11**
- “Little Hoopsters” Parent/Child Basketball (for children 3-5), sign up **until Feb. 8**
- “Little Sluggers” Parent/Child Baseball (for children 3-5), sign up **until Feb. 8**

Help Wanted – volunteer sports coaches needed within the Sports and Fitness Program, especially to help with upcoming baseball/softball spring season. POC: Andy Milton, sports and fitness director, 309-782-6793. To sign up for sports, call CYS Parent Central Services at 9 a.m. during the sign up periods listed above at 309-782-0791, or stop in to the office on 1st Floor, Building 110. Each child must be registered with CYS in order to participate. Sports physicals are required.

Parent Training

RIA parents of 4th-12th graders, please join us for a collaborative training opportunity at the School Age/Youth Center on **Thursday, Feb. 24** from 11:30 a.m. - 12:30 p.m. We will be discussing topics such as respect, bullying, and healthy relationships. There is a MS Teams option to join in on the training. This training opportunity is open for military, civilian, veteran and contractor families. Please call and RSVP with our School Liaison Office at 309-782-6515.

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.

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%2F1%2Fteam%2F19%3Adod%3Af3f10f76250b4841b46fc866ffd659d8%40thread.tacv%2Fconversations%3FgroupId%3D4599aea9-a639-4594-b287-ec2247363d19%26tenantId%3Dfae6d70f-954b-4811-92b6-0530d6f84c43&type=team&deeplinkId=780ef25c-87d5-4c2f-a3b0-5ff9305570c4&directDl=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.

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.

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.

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 a 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.

2022 ASAP/EAP Calendar Logbooks Are Still Available. Pick Them Up While They're Hot

Your Army Substance Abuse Program/Employee Assistance Program is committed to keeping you and our community safe by providing free and confidential assessment, short-term counseling, referral and follow-up services to the RIA workforce. You can contact an EAP Counselor by calling; 309-782-4357 (HELP). If you are having thoughts of suicide, the National Suicide Prevention Lifeline, 1-800-273-8255, provides immediate and confidential support. The lifeline is available 24 hours a day 365 days a year. The 2022 Date Log Books will be available from 7 a.m. – 4:30 p.m. at the ASAP/EAP office in Building 56, 1st Floor, Room 104. Stop over the EAP office and pick up a calendar log book for yourself, co-worker, friend or family member.

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>

RIAWC Scholarship

The Rock Island Arsenal Welcome Club (RIAWC) scholarship applications became available online Jan. 25 at <https://riawc.com/scholarship>. The deadline for the applications is **Friday, March 18**. The applications are open to active duty, Guard, Reserve as well as civilian and contractor employees on Rock Island Arsenal and spouses and dependents of all those individuals. The application further explains requirements. Questions can be directed to riawcscholarship@gmail.com.

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.

Share the Love! Exchange Helps Military Communities Make Valentine's Day Special with Gifts, Flowers and More

Warfighters and military families can shower their sweethearts with affection this Valentine's Day by picking up fresh flowers and gifts from the Army & Air Force Exchange Service. Starting the week of Feb. 7, military shoppers can choose from a selection of fresh Designer's Choice and Fantasy Farms flowers at participating Exchanges and Expresses. Flowers can also be delivered directly to shoppers' loved ones when ordered from ShopMyExchange.com. (More: <https://publicaffairs-sme.com/ExchangePost/2022/02/03/share-the-love-exchange-helps-military-communities-make-valentines-day-special-with-gifts-flowers-and-more>)

Commissaries Offer Customers Plenty of Product Selections to Boost Their Cardiovascular Wellness

February is American Heart Month and a perfect time to focus on heart health. Many of the factors of cardiovascular health are under our control. One of the most significant weapons is the food we eat. The Defense Commissary Agency (DeCA) offers customers plenty of opportunities to make better product selections for their heart health while saving significantly in the process. (More: www.commissaries.com/our-agency/newsroom/news-releases/heart-health-month-commissaries-offer-customers-plenty-product)

Feb. 17 Is the Application Deadline for the Annual Scholarships for Military Children Program

The Feb. 17 deadline to apply to the Scholarships for Military Children program, administered by the nonprofit Fisher House Foundation, is quickly approaching. A total of 500 scholarship grants, each for \$2,000, will be awarded for the 2022-23 school year with at least one recipient selected at every commissary location where qualified applications are received. Additional recipients will be selected based on a prorated basis, so more applicants will be selected from those commissaries with larger numbers of applicants. (More: www.commissaries.com/our-agency/newsroom/news-releases/clock-ticking-feb-17-application-deadline-annual-scholarships)

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 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](https://www.facebook.com/RIAMuseum) 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 \(CDC\)](#).

Answering Your Questions About COVID-19 Testing

COVID-19 continues to spread, now as the Omicron variant. Getting vaccinated is the most effective way to protect you and your family from getting seriously ill, getting hospitalized, or dying. You should also make sure you're up to date with your vaccines. Testing is another important step you can take to protect yourself and others. "Testing is critically important to help reduce the spread of COVID-19," said Dr. Kenneth Yale, interim director of the TRICARE Health Plan. "If you've been exposed to a person with COVID-19 or are experiencing COVID-19 symptoms, you should get tested. We encourage TRICARE families to follow currently approved TRICARE requirements for coverage of COVID-19 testing at TRICARE.mil to ensure your test is covered." (More: <https://health.mil/News/Articles/2022/02/02/Answering-Your-Questions-About-COVID19-Testing>)

Ask the Doc: The Dangers of Yo-Yo Diets and How to Avoid Them

Dear Doc: I suppose I'd consider myself a "gym rat." I've got quite a bit of muscle mass. I guess I'm what you could refer to as "stocky." This tends to be a problem around PRT (Physical Readiness Test) time. I'm a perfectly healthy guy in my 20s, but I have a lot of anxiety when it comes to weighing in. I often resort to practically starving myself for a few weeks before the PRT and then recovering by eating a few sizeable meals after. I've heard that this kind of "yo-yo dieting" isn't exactly the smartest thing to do and, honestly, I usually don't feel very good for a few days after. I also try to stay away from the many "fad diets" out there (Keto, intermittent fasting, Paleo, etc.), but I'd really like to know what I can do to avoid either of these things. Also, what are the dangers of what I'm currently doing and these types of diets? (More: <https://health.mil/News/Articles/2022/01/26/Ask-the-Doc-The-Dangers-of-Yo-Yo-Diets-and-How-to-Avoid-Them>)

The 'BodPod' Measures Body Fat and Fat-Free Mass

Step into this oblong, egg-shaped machine for just five minutes and you'll receive a detailed analysis of your body composition measuring your fat mass and your fat-free mass, including blood, organs, and muscle. Known as the "BodPod", the device can quickly assess your body composition with a degree of accuracy that once required far more costly and cumbersome methods. The BodPod is a next-generation body composition device that uses air displacement to measure the

density of your whole body to determine body composition and resting metabolic rate. (More: <https://health.mil/News/Articles/2022/01/27/The-BodPod-Measures-Body-Fat-and-Fat-Free-Mass>)

Notes for Veterans



VA Amplifies Access to Home, Community-Based Services for Eligible Veterans

The Department of Veterans Affairs' Office of Geriatrics and Extended Care is expanding its Home-Based Primary Care, Medical Foster Home and Veteran-Directed Care programs to make them available at all VA medical centers by the end of fiscal year 2026. VA will add 58 medical foster homes and 70 Veteran-directed care programs to VAMCs across the nation and add 75 home-based primary care teams to areas with the highest unmet need. (More: www.va.gov/opa/pressrel/pressrelease.cfm?id=5757)



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 at 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, 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.

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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.

