



Feb. 16, 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>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Employment Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)
- [MWR Leisure Travel Office](#)
- [Child & Youth Services](#)
- [Army Community \(ACS\)](#)
- [MWR Outdoor Recreation](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)
- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Around the O.C.](#)

Army Housing Survey Helps Leadership Improve Quality of Life on Post

Last call for tenants to fill out the Army's housing survey. You have until Feb. 24. The Army's survey gives people living in on-post housing an opportunity to have a direct link to those in charge of housing, to be able to share what they think of their current home, and to suggest how to make things better. "The 'Tenant Satisfaction Survey' is a satisfaction survey specific to each installation's Army Family Housing service and amenities. Residents are picked randomly by the contractor conducting the survey. They pick from residents currently living in Rock Island Arsenal Family Housing," explained Jerry Vesey, chief of Operations and Maintenance, RIA Directorate of Public Works. "The process is the same for every Army Installation and ratings for each installation are posted at <https://reports.celsurvey.com>. The RIA Directorate of Public Works Housing specialist receives notice when RIA results are released," Vesey said. "The results are also reviewed by the garrison commander. The survey results are used to inform the garrison of any areas that need improvement." An online survey



Upcoming Dates

February: Black History Month
February: American Heart Month
February: National Cancer Prevention Month
Feb. 19: U.S. Coast Guard Reserve 81st Birthday
Feb. 19: 77th Anniversary of the Battle of Iwo Jima
Feb. 19: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
Feb. 20-26: National Engineers Week
Feb. 21: President's Day (*Federal Holiday*)
Feb. 23: 77th Anniversary of Flag Raising on Iwo Jima
Feb. 23: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
Feb. 24: Thirsty Thursday, Lock & Dam Lounge, 3-7 p.m.
Feb. 25: USO Frank'n Friday, Bldg. 110, 11 a.m. - 1 p.m.
Feb. 25: TGIF, Lock & Dam Lounge, 3-7 p.m.
Feb. 26: Do-It-Yourself Saturday, Auto Service Center, 8 a.m. - 2 p.m.
Feb. 28: 31st Anniversary of the End of the Gulf War
March-September: PCS Season
March: National Women's History Month
March: Irish-American Heritage Month
March: National Brain Injury Awareness Month
March 2: Workforce Wednesday, Lock & Dam Lounge, 3-7 p.m.
March 2: Dr. Seuss Birthday Celebration, Lock & Dam Lounge, 4 p.m.

link was emailed from CEL & Associates, Inc. — an independent, third-party company — on Jan. 11 to more than 110,000 tenants living in privatized, government-owned and government-leased housing on Army installations around the globe. Completing the confidential survey takes about 10 minutes. (More: www.army.mil/article/254138)

DoD Awards Contract With Capgemini to Strengthen Army Enterprise Common Shared Services

The U.S. Army CIO Enterprise Cloud Management Agency (ECMA) and Army Contracting Command Rock Island (ACC-RI) awarded the Enterprise Common Shared Services (ECSS) contract to Capgemini Government Solutions on Feb. 7. The contract will provide expansion and continuous improvement to the cARMY Common Shared Cloud Services across multiple cloud environments, classifications and geographic locations to serve the global mission of the U.S. Army. This partnership will increase the Army's readiness and lethality while enabling the expansion and continued services provided by cARMY, the backbone for ECSS. "It isn't enough to simply apply the science of delivering cloud common services and succeed at the scale of the Army," said Paul Puckett, ECMA Director. "There is an art in providing enterprise IT services that people love to use in addition to meeting the mission need." (More: www.army.mil/article/253871)



New Under Secretary of the Army Sworn In

The Secretary of the Army, Christine Wormuth, swore in Gabe Camarillo as the 35th Under Secretary of the Army, in a ceremony on Feb. 8, 2022, at the Pentagon. "I am thrilled to welcome Under Secretary Gabe Camarillo back to the Army team. He brings a wealth of experience in the military's modernization and personnel portfolios and will hit the ground running immediately," said Wormuth. As the Under Secretary of the Army, Mr. Camarillo is the Secretary of the Army's senior civilian assistant and principal adviser on matters related to the management and operation of the Army. He is also the Chief Management Officer of the Army. "I jumped at the chance to come back and serve with Soldiers, Army Civilians, and their families. I've always been impressed by the talent they bring and the sacrifice they make for the country," said Camarillo. "I look forward to supporting our Soldiers and Army Civilians in their role and hope to make their path a little bit easier." (More: www.army.mil/article/253890)



Tips Provided on Thriving through Life's Challenges

With everything going on in the world today, we can all use a little more resilience. A 13-part weekly series on the topic will take place virtually starting in March and is open to anyone who wants to hone their life skills. Valerie Francis, health promotion program manager and master resilience trainer at the Command Surgeon's Office, Army Materiel Command, said the virtual series follows the skills outlined by the Army in its resilience training. Titled "How to Thrive During Life's Challenges: Charting Your Course to Improve Performance and Resilience," the class will be offered online from 10 to 11 a.m. on Thursdays starting March 3. It's the second iteration of a series that started in October and ran through January, Francis said. "Although the content is the same, we tailored the slides and case



studies to be appealing for both military and civilian personnel,” she said, noting that the upcoming series should apply to everyone. Taught by a team of six master resilience trainers at Redstone Arsenal and Rock Island Arsenal, Illinois, the training stemmed from a discussion about “how to provide employees tools and resources to address stress, anxiety and uncertainty” as they transitioned back to in-person work. (More: www.theredstonerocket.com/news/article_c7545646-8f42-11ec-9305-1fd216cba62f.html)

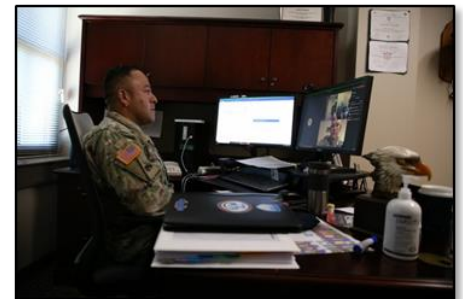
Five Elite Illinois National Guard Soldiers Deployed From Arsenal to Mongolia

As much of the nation watched pre-game Super Bowl hype, five soldiers with the Illinois Army National Guard were launched Sunday on a super showdown of their own. But this team’s big game won’t be held in sunny California, but the ancient Asian land of Mongolia. A logistics advisor team of five soldiers from the Illinois Army National Guard’s elite 6th Battalion, 54th Security Force Assistance Brigade (SFAB) held a deployment ceremony on Sunday, Feb. 13, at the Rock Island Arsenal. After a short training in Texas, the team will join the active-duty Army’s 5th SFAB based at Joint Base Lewis-McChord, Wash., to deploy to Mongolia. The six-month deployment is the first for the Illinois National Guard’s SFAB unit and represents the first SFAB to support the U.S. Indo-Pacific Command, according to a Monday release. (More: www.ourquadcities.com/news/local-news/five-elite-illinois-national-guard-soldiers-deployed-from-arsenal-to-mongolia)



Army CID Outlines Measures to Safeguard against Cyber Threats

Since the onset of COVID-19, more people are engaging with others on social media, a U.S. Army Criminal Investigation Division agent said. Humans are increasingly becoming more connected digitally now than ever before. But, where there is a gathering of people, there is almost always someone looking to exploit them said Special Agent Deric Palmer, CID Cyber Field Office, Digital Persona Protection Program Manager. “I would say there’s always a good use aspect of social media. A lot of people can’t see the harm that comes along with it,” Palmer said. Palmer, who has a combined 20 years working in law enforcement, recently published his yearly guide “Social Media Protection” in which he outlines topics to ensure his audience is aware and prepared for threats that exist online, and to maximize the privacy and security settings with their social media accounts. (More: www.army.mil/article/254052)



DOD Report: Consolidation of Defense Industrial Base Poses Risks to National Security

A report just released by the Defense Department reveals consolidation in the defense industrial base, which poses risks to national security. The report lays out a series of proposed efforts by the department — including finding ways to help more small businesses get involved — to help mitigate that risk. The “defense industrial base” refers to the collection of businesses, large and small, that DOD relies upon to provide the materials, equipment and weapons systems needed to defend the nation. In recent years, the report shows, the number of companies within the defense industrial base has shrunk dramatically. The decrease in participation decreases the diversity of suppliers and at the same time decreases the kind of



competition that spurs innovation and lowers prices paid for defense materials by the taxpayer, the report says. (More: www.defense.gov/News/News-Stories/Article/Article/2937898)

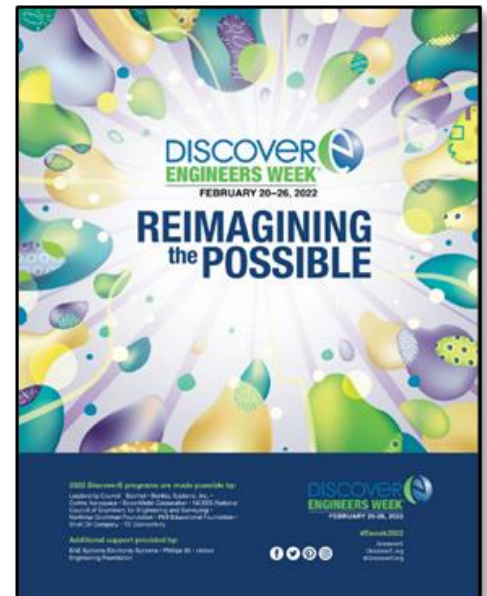
Biden Signs Stopgap Funding Measure into Law, Avoiding Government Shutdown

President Joe Biden on Friday officially signed into law the stopgap funding measure passed by the Senate Thursday night, averting a government shutdown for now. The funding for the federal government was set to expire on Friday. The bill signed into law Friday will extend the funding until March 11. The House of Representatives voted last week on a bipartisan basis to approve the measure, known as a continuing resolution or CR for short. The bill passed in the Senate by a tally of 65 to 27. Lawmakers are also working to lock in a broader full-year spending package, but have said they need more time to finish and, as a result, needed a short-term funding extension to avert a shutdown at the end of the week. (More: www.cnn.com/2022/02/18/politics/biden-signs-government-funding-bill)



National Engineers Week

National Engineers Week this year runs from **Feb. 20 to 26** and this year our theme is "Reimagining the Possible." Engineers create new possibilities all the time. From green buildings to fuel-efficient cars to life-saving vaccines, engineers work together to develop new technologies, products and opportunities that change how we live. Let's inspire the next generation by celebrating all the ways engineers turn dreams into reality by reimagining what seems impossible to become the possible. National Engineers Week is always the week in February which encompasses George Washington's actual birthday, Feb. 22. It is observed by more than 70 engineering, education, and cultural societies, and more than 50 corporations and government agencies. The purpose of National Engineers Week is to call attention to the contributions to society that engineers make. It is also a time for engineers to emphasize the importance of learning math, science, and technical skills. The celebration of National Engineers Week was started in 1951 by the National Society of Professional Engineers in conjunction with President George Washington's birthday. President Washington is considered as the nation's first engineer, notably for his survey work. Prior to the start of National Engineers Week, the University of Missouri College of Engineering began celebrating the world's first Engineers' Week in 1903, 48 years before the National Society of Professional Engineers, with St. Patrick as the patron saint of engineers.



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 March:

- **Friday, March 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, March 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

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.

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.

- **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.

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

RIA 2022 Earth Day

Join us **Thursday, April 21**, at the Memorial Park Pavilion, 11 a.m. - 12:30 p.m., for the Rock Island Arsenal's Earth Day program. Earth Day is officially recognized each year on April 22, but due to that day landing on a Friday when many installation employees are off, this event will be held on Thursday. Everyone will gather at Memorial Park Pavilion for a short presentation with our Garrison Commander providing opening remarks, followed by an off-post guest speaker, then the very popular free distribution of tree saplings provided by Living Lands & Waters, a very active Quad-Cities organization that specializes in environmental protection, preservation, and restoration.

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



Share Your Voice! The Army Housing Tenant Satisfaction Survey Is Live!

The Army's annual housing tenant satisfaction survey active through **Thursday, Feb. 24**, to gather feedback about living in Army housing. You are encouraged to rate your satisfaction with services, property and the overall housing experience through the survey, that response will guide future Army decisions. Tenants received a link via email from CEL & Associates, Inc. – an independent, third-party company. Army privatized, government-owned and government-leased housing tenants can rate their satisfaction with services, property and the overall housing experience through the online survey. Feedback will be used by the Army to help maintain a high quality of life for service members and their families. The Army is investing billions of dollars into transforming barracks and on-post housing at installations across the globe to provide Soldiers and their families with quality, safe and secure housing and a better quality of life. The Army has fully implemented the Tenant Bill of Rights, ensuring privatized housing tenants receive quality housing and fair treatment. Housing tenants who do not receive the survey notice email from ArmyHousingSurvey@celassociates.com should contact their local garrison housing offices. The Tenant Satisfaction Survey is Office of Management and Budget approved: OMB Control Number 0704-0553; OMB Expiration Date 03/31/2022. (More: www.army.mil/article/253145)



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>

There are no announcements at this time.

Equal Employment Opportunity Focus

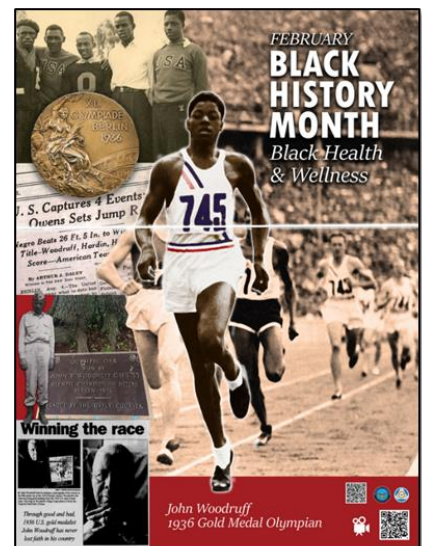


C

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.

Black History Month

February is Black History Month, and the Army reflects upon and celebrates the tremendous contributions of African-Americans to the nation. The theme of 2022 Black History Month is “Black Health & Wellness.” 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.

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.

Appointments Available At the Auto Service Center.

Please call to make an appointment with our skilled team of mechanics. Some of our top services are oil changes, brake service, alignments, AC service, tire service and suspension repair. We can also provide you with a variety of other vehicle maintenance and repairs. Make an appointment for our experienced team of mechanics to diagnose that noise or error code and fix it at a fair and honest rate. Whether you're simply due for an oil change, tire rotation or have a major repair, let us provide you with quality service. For more information and appointments, call 309-782-8631, Tuesday – Thursday: 8 a.m. – 4:30 p.m.

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. 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.

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>)

Wanted – Crafters & Vendors

MWR is looking for crafters and vendors for upcoming events.

- **Saturday, April 2:** Easter Egg Hunt, 8-11 a.m.,
- **Saturday, May 21:** MWR Armed Forces Day Celebration, 10 a.m. - 2 p.m.

Cost is \$25, we provide the table and two chairs. Contact the Leisure Travel Office for more information at 309-782-5890.

Discounted Movie Tickets

MWR Leisure Travel Office has discounted movie tickets for Moline Regal Cinema and Davenport 53rd Cinema. Davenport tickets are \$10 each and we also have a concessions card for \$8 (junior popcorn and small fountain). Regal tickets are \$10 and we offer a gift packet that includes two movie tickets and a \$10 concession card. For more information call 309-782-5890.

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!

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.

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.

Quarters One Paranormal Investigation

Join us **Saturday, March 26**, 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.

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.

Planet Funk Con

Join us **June 24-26** for Planet Funk Con at the River Center in Davenport. For the last couple of years Planet Funk Con has held the biggest pop culture convention the Quad Cities has ever seen. Join our thousands of attendees for comics, toys, anime, celebrities, cosplay, panels, table top game, video games, tournaments, and a ton of fun. Join us for three days of fresh and funky fun. MWR Leisure Travel Office has tickets available for sale. Friday/Sunday \$10, Saturday \$15, weekend pass \$25, V.I.P pass \$55. For more information contact the Leisure Travel Office at 309-782-5890.



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)

DoDEA Pilot Program Kicks Off Second Year

The Department of Defense Education Activity (DoDEA) is accepting applications for the second year of its Expanded Eligibility Pilot Program (E2P2). This program allows dependents of active-duty military members serving in locations that do not have a DoDEA brick-and-mortar high school the chance to enroll in the DoDEA Virtual High School (DVHS). E2P2 was authorized as part of

the 2021 National Defense Authorization Act and is limited to 400 enrollments. Students can take up to two, year-long courses per academic year and must obtain approval from their local school system. Homeschooled students are also eligible for the program. The courses are intended to supplement the local education activity and must be used as part of graduation requirements. Courses offered include World Languages, Career and Technical Education, and Advanced Placement. The full list of courses and the application for E2P2 can be found at www.dodea.edu/dvs/e2p2.cfm. During its first year, students from all over the country enrolled in E2P2. Parents of the students are stationed at military installations like Fort Drum, New York; Norfolk Naval Base, Virginia; and even Eielson Air Force Base in Alaska. The program has students from all four services: Army, Navy, Air Force and Marines. Tenth-grader Brianna W. is the dependent of a soldier stationed at Fort Polk, Louisiana. Brianna enrolled in German 2 through E2P2, and says the program allowed her to continue her language studies even though German wasn't offered at her local high school. "This program is helpful and engaging," Brianna said. "As long as you set goals for yourself and apply yourself accordingly online you will see that it is actual fun."

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**

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.

Teen Training Event

Join the School Age/Youth Center for a Teen Training Event on **Thursday, March 3**, 6:30-7 p.m. We will be discussing topics such as bullying, healthy relationships, and interactions with individuals with special needs. Service learning hours will be provided for participation along with pizza and soda. Military, civilian, veteran and contractor teens are welcome, CYS registration is required. Call 309-782-6515 or 5019 to RSVP for the event.

Teen Movie Night

Attention all Rock Island Arsenal teens. Join the School Age/Youth Center for a Teen Movie Night on **Friday, March 4**, from 6-8 p.m. We will be watching Shrek and make sure to wear something

green and enjoy green snacks. Military, civilian, veteran and contractor teens welcome, CYS registration is required. Call 309-782-6515 or 5019 to RSVP for the event.

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. ([ACS on MS Teams](#))

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>

Ice Skate Rental

Now open, RIA's ice rink located behind Building 312. Outdoor Recreation has plenty of ice skates for rent.

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.

Suicide Prevention: Reducing Barriers through Communication, Trust At All Levels

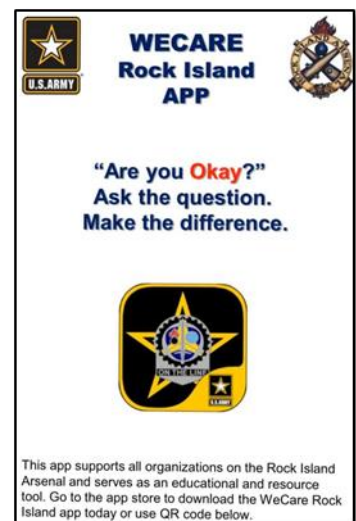
Military members face daily challenges that range from minor to extremely difficult. One of the most challenging problems military leaders face today is the loss of members due to suicide. These tragic losses of life reverberate in Army formations and can undermine trust and cohesive teams. The Army is implementing a public health approach to suicide based on the Centers for Disease Control suicide prevention efforts. The new, comprehensive, and integrated policies, focus on prevention rather than intervention. (More: www.army.mil/article/253981)

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>

Transition Assistance Program

The Transition Assistance Program (TAP) is a U.S. Department of Defense (DoD) led program that provides information and training to ensure service members transitioning from active duty are prepared for their next step in life – whether pursuing additional education, finding a job in the public or private sector, or starting their own business. It is highly recommended transitioning service members begin the transition process 365 days prior to transitioning for those who are separating and two years prior for those who are retiring. In the event of an unanticipated separation or retirement, or a member of the reserve component is demobilized with less than 365 days, TAP must begin as soon as possible within the remaining time period of service. Upcoming TAP dates:

- **May 9-13**
- **Aug. 8-12**

TAP is a week-long class; to register please contact Carol Beauford at usarmy.ria.usag.mbx.hrm-tsm@army.mil.

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.

Your Commissary Challenges You to Supercharge Your Nutrition in March

Maybe you made a New Year's resolution to eat better, and maybe you got off track with it. You might have snacked while watching the Big Game or eaten a little too much chocolate or candy for Valentine's Day. Before you knew it, your resolve to make healthier choices began to fade. But every day is a new opportunity to build healthier habits, and Your Commissary is here to help. March is when Spring begins, a time of new beginnings. It's also National Nutrition Month, which makes it a great time to have a fresh start and familiarize yourself with the Healthy Living resources we offer, if you haven't already. We're giving you advance notice so you can prepare for our 30-Day Challenge, if you choose to accept it: use these resources to help you build healthy habits for 30 days to see how simple and effective these changes can be. (More: www.commissaries.com/our-agency/newsroom/news-releases/your-commissary-challenges-you-supercharge-your-nutrition-march)

Exchange Provides Free Movies for Military Members at Installations Lacking Theaters

As part of its longstanding commitment to bring movies to Warfighters wherever they are called to serve, the Army & Air Force Exchange Service has launched a new program to provide movies to those installations not located near a theater. The new service replaces the VHS program that launched at Army and Air Force locations in 1986. Installations that officially request the service and are approved will receive a SIM card with 16 movies and a player. Movies can be downloaded from the SIM card to the player, which can hold up to 100 titles. A new SIM card with 16 more movies will be sent monthly. (More: <https://publicaffairs-sme.com/ExchangePost/2022/02/14/exchange-provides-free-movies-for-military-members-at-installations-lacking-theaters>)

Military Community Can Receive 10% Off Tax Preparation Through Army & Air Force Exchange Service and H&R Block

The Army & Air Force Exchange Service is taking the stress and worry out of filing taxes by teaming with H&R Block to provide tax preparation services to military members and their families at a 10% discount at select locations worldwide and online. (More: <https://publicaffairs-sme.com/ExchangePost/2022/02/09/military-community-can-receive-10-off-tax-preparation-through-army-air-force-exchange-service-and-hr-block>)

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)

Rock Island Arsenal Historical Society March Dinner

Join us for the RIA Historical Society March Dinner, **Thursday, March 3**, in the Lock & Lounge. The program will be presented by Dr. Jane Simonsen. She is a professor of history and women's, gender, and sexuality studies at Augustana College. She received her PhD in American studies from the University of Iowa in 2001, and is the author of *Making Home Work: Race, Gender, and Native American Assimilation in the American West, 1850-1919*. Her most recent article is titled "Power Suits: Sartorial Politics in Portraits of Black Hawk, 1833-1837." She currently serves on the boards of the Journal of American Studies and of the Hauberg Estate in Rock Island. Her areas of teaching and research include U.S. history, Native American history, gender history, and visual culture. Dr. Simonsen's program will be: Legitimate Heirs: Native Women's Land Claims in Eastern Iowa. In the years leading up to and following the Black Hawk War, a number of individuals with Sauk or Meskwaki mothers and Euro-American fathers were entitled to land in Eastern Iowa. Many of these women had close, even familial, ties with white traders, miners, and settlers in the area. This presentation will look closely at the documentary evidence involved in these claims to better understand the ways that white men and native women negotiated the meanings of land, the legal power of white men, and shifting ideas about Native American identity into the 1840s. The program will follow a dinner of beef stroganoff, vegetable, rolls and butter. The cost of the dinner \$15. Reservations are due by noon on **Monday, Feb. 28**. To make your reservation, please contact one of the following individuals: Linda Miller at 563-355-6165 or email Linda at chiicaliinda@aol.com; Julianne Hardy at 563- 343-5637; or Jim Jochum. Dinner cancellations must be made by the reservation deadline or you will be liable for costs incurred and billed accordingly.

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 \(CDC\)](#).

Choose to Lose Challenge

Are you ready for our new Choose to Lose Challenge? ASC headquarters and brigades personnel, along with the Rock Island Arsenal workforce, you are invited to join! Find out more at www.dvidshub.net/.../choose-lose-challenge-2022. Register at <https://asc.aep.army.mil/sites/g1/G1HRI/Wellness/C2L/Lists/Choose2LoseTracker/NewItem.aspx?Source=https%3a//asc.aep.army.mil/sites/g1/G1HRI/Wellness/C2L/Lists/Choose2LoseTracker/ByTeams.aspx&RootFolder=>

Is Your DEERS Information Up to Date?

When is the last time you checked to see if your information in the Defense Enrollment Eligibility Reporting System (DEERS) is up to date? If it's been a while, take time to log in to DEERS and review your information. Keeping information on you and your family current in DEERS is important. Inaccurate information in the DEERS database could prevent you from being able to use your TRICARE benefits properly. "TRICARE eligibility and health plan enrollment is maintained in DEERS," said Dr. Danita Hunter, chief of Policy and Programs for the TRICARE Health Plan. "Check the DEERS records for you and your family and make sure they're current and accurate. If you see anything wrong, get it fixed right away. Incorrect information in your DEERS record can cause problems with TRICARE claims and other health care benefits." You can update contact information yourself. But you'll need to reach out to Defense Manpower Data Center for other updates and corrections. Follow these steps to help you maintain your information within DEERS. (More: <https://newsroom.tricare.mil/Articles/Article/2935925/is-your-deers-information-up-to-date>)

Notes for Veterans



VA Encourages Donating Blood Amid Blood Crisis

The Department of Veterans Affairs and its participating VA medical centers across the country are in the midst of “Roll Up Your Sleeve 2022” blood drives through March in response to the ongoing national need for blood during the continuing COVID-19 public health emergency. VA teamed up with the American Red Cross and America’s Blood Centers’ regional blood collection organizations, in December — activating its extensive network of medical facilities to support the nation’s need to replenish the blood supply. (More:

www.va.gov/opa/pressrel/pressrelease.cfm?id=5765)

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; Staci-Jill Burnley, Public Affairs Officer; Mark Kane, Editor The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word 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

https://armypubs.army.mil/ProductMaps/PubForm/Details.aspx?PUB_ID=1020482 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.

